



REGISTRATION FORM  
Terms and Conditions - General

Western Educational Adventures Inc.  
(250) 888-1622  
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[www.westernadventures.ca](http://www.westernadventures.ca)

COVID-19 Policy (Swimming Lessons) v1.0 Aug 13, 2020

**PLEASE READ THIS POLICY CAREFULLY**

**Infectious Disease Policy Statement**

WEA recognizes the seriousness of respiratory illnesses such as COVID-19, as well as other communicable diseases (including seasonal influenzas). There are measures that childcare settings can take to reduce the risk of transmission of respiratory illnesses including COVID-19. This document describes the procedures implemented by WEA to reduce opportunities for the transmission of COVID-19 and other communicable diseases in outdoor swimming settings.

This guidance has been developed based on the BC and Canadian situation using the current available scientific evidence and expert opinion provided by the provincial and federal governments as well as the Canadian Red Cross. These guidelines are subject to change as new information on COVID-19 becomes available. For up to date information regarding the COVID-19 situation in British Columbia, visit [bccdc.ca](http://bccdc.ca).

**Primary Focus Mitigation Strategies**

The office of the Provincial Health Officer advises that the two most important ways to prevent and control respiratory viruses, including COVID-19, in schools and childcare (hence outdoor programs) settings are:

**1. The consistent practice of good hand hygiene**

Hand hygiene via washing with plain soap and water is preferred, as the mechanical action of handwashing is effective at removing visible soil as well as microbes. In instances where hand washing sinks are not available, supervised use of alcohol-based hand sanitizers containing at least 60% alcohol may be considered. If hands are visibly soiled, alcohol-based hand sanitizers may not be effective at eliminating respiratory viruses.

Participants and staff should clean their hands:

- I. Before leaving home and upon arrival at the program
- II. After using the toilet
- III. After breaks and swimming activities
- IV. Before eating any food, including snacks
- V. Before leaving for home from the program

**2. The consistent practice of good respiratory etiquette**

Respiratory etiquette includes covering the mouth and nose during coughing or sneezing with a tissue or a flexed elbow and disposing of used tissues in a plastic-lined waste container, followed by hand hygiene.

- I. For participants and staff who are ill with respiratory illness symptoms (fever, cough, fatigue, and/or muscle aches) we require you to stay home.
  - i. Participants who have any of the above symptoms should be kept home.



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- ii. The use of masks for children in WEA program settings is not required. Masks are suggested to be utilized by people who have symptoms to reduce the risk of spreading the virus through droplets produced when coughing, sneezing or breathing. Children who have symptoms should be kept home from the program rather than relying on masks.
- II. Maintain cleaning and disinfecting policies.
  - i. Regular cleaning and disinfecting of equipment and high-touch surfaces (e.g., door handles, water fountain push buttons) will help prevent the transmission of viruses.
- III. Keeping parents informed about the measures WEA is taking.
  - i. It is important for WEA to keep parents/caregivers informed of what they are doing to protect participants including how they are preventing the spread of respiratory infections.
- IV. Participants and their families required to self-isolate or to self-monitor.
  - i. Participants are required to self-isolate (stay at home) if they are confirmed to have any respiratory illness (including COVID-19), are exhibiting symptoms of or are at higher risk of developing the disease (for example, due to close contact with a confirmed case of COVID-19).
  - ii. Others at lower risk of developing the disease will self-monitor daily for symptoms. Individuals who are self-monitoring can attend programs and participate in regular activities.
  - iii. When participants/staff have completed a 14-day period of self-isolation without developing COVID-19, they can return to full activities and recommence any scheduled activities in childcare programs and outdoor education programs. Individuals who are self-isolating do not require a doctor's note to return to courses, and will receive personalized instructions from health care professionals on when it is safe to return to social settings, and as such do not require further instruction from WEA regarding special monitoring or other procedures.
- V. Manage participants with possible COVID-19.
  - i. If a participant or staff member begins to experience symptoms (e.g., fever, cough, sore throat, shortness of breath, fatigue, headache, muscle aches) of any respiratory illness (including COVID-19) or another communicable disease/virus while attending a WEA program, the child or staff member will be:
    - 1. Promptly moved to an area separate from others, with adequate supervision until they can go home. If possible, the participant will be placed in a separate room from other participants/staff with a closed door. Any rooms they have been in while symptomatic will be cleaned and disinfected before others enter them.
    - 2. Situated two meters away from others.
    - 3. Instructed to wear a surgical mask. If the participant/staff is not able to comply or there are no appropriately sized masks available, the adult(s) caring for them should wear a surgical mask. If a mask is unavailable, the participant will be instructed to cover their mouth and nose with a tissue or cloth when coughing or sneezing.

### ***WEA Swimming Lesson Procedures to Mitigate Risk of Transmission of Communicable Illnesses***

According to the Centre for Disease Control (CDC), currently, there is no evidence that the virus that causes COVID-19 can be spread to people through the water in pools, hot tubs, or water playgrounds. Additionally, proper operation of these aquatic venues and disinfection of the equipment used should inactivate the virus.



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### At WEA we will:

1. Constantly monitor and adhere to government guidelines that are applicable to our industry/programs, such as those above that are relevant.
2. Follow government policies on whether childcare facilities or aquatic facilities can run or not. If schools, recreation centres and/or day cares are operating, WEA will be operating. If they are closed, WEA will likely close too.
3. Operating exclusively in an outdoor environment to reduce probability of transmission.
4. Running only private swimming lessons with a maximum of three participants, all of whom are in the same family bubble, to one staff member.
5. Ensure personal swimming equipment is encouraged and should be brought by the participants (e.g., goggles, swim caps, water gloves) and are not to be shared by other participants.
6. Sanitize our communal equipment after each lesson. Staff will be responsible for cleaning all used equipment after each private lesson. WEA will provide each staff with an equipment disinfectant kit including:
  - a. Diluted bleach spray bottle
  - b. Clean cloth
7. Enforce mandatory hand washings/sanitizing before each lesson and after bathroom use.
8. Have all staff and participants fill out a Daily Health Check form prior to coming to swimming lessons. No sick participants or staff may attend WEA programs. If participants show up sick, they will be immediately separated from the group and sent home.
9. Check that no one in the participant's/staff member's household or close circle may be showing symptoms of being sick or have a confirmed case of a respiratory illness (including COVID-19).
10. Promote social distancing by:
  - a. Running parent-and-tot style classes for participants under the age of 2 years old. In these lessons, staff must stay 2 meters away from participants at all times.
  - b. Ensuring staff will stay at least 2 meters away from parents and other staff members.
  - c. Ensuring each unit (defined as a group of 1 staff member with up to 3 participants) is a minimum of 2 meters away from another unit.
11. Ensure that if applicable or necessary, all staff and participants will:



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- a. Wear the recommended PPE for the particular situation.
- b. Have gone through the entire duration of a quarantine period, such as 14-days of self-isolation for COVID-19.
- c. Be screened and provide proof of said screening prior to entering a WEA program.

### ***Please Be Advised (Disclaimer):***

We are working with participants in an outdoor environment. We will do our best to follow the above policies, but it is unrealistic to say they happen 100% of the time. Participants constantly must be reminded of any rules and guidelines in a normal setting. Times where infectious disease are prevalent are no different.

1. We expect parents to reinforce all actions to prevent communicable diseases while at home with their participants. Participants need to be reminded of safe health and hygiene practices while in their home setting as well, in order to maintain our social responsibility to each family member involved in WEA programs.
2. You or child (if applicable) may still contract the disease.
3. By agreeing to our terms and conditions, you acknowledge having read and agreed to the policies and procedures laid out in this document.

### ***Additional Information from B.C. CDC:***

- COVID-19 virus has a very low infection rate in children (ages 0 – 19).
- In B.C., less than 1% of children tested have been COVID-19 positive, and even fewer are suspected to have been infected based on serological testing. Most children are not at high risk for COVID-19 infection. Children under 10 comprise a smaller proportion of the total confirmed child cases compared to children between the ages of 10 and 19.
- Based on published literature to date, the majority of cases in children are the result of household transmission by droplet spread from a symptomatic adult family member with COVID-19. Even in family clusters, adults appear to be the primary drivers of transmission.
- Children under one year of age, and those who are immunocompromised or have pre-existing pulmonary conditions are at a higher risk of more severe illness from COVID-19 (visit the BCCDC Children with Immune Suppression page for further details).
- Children who are at higher risk of severe illness from COVID-19 can still receive in-person instruction. Parents and caregivers are encouraged to consult with their health-care provider to determine their child's level of risk.
- Children typically have much milder symptoms of COVID-19, if any. They often present as low-grade fever and a dry cough. Gastrointestinal symptoms are more common than in adults over the course of illness, while skin changes and lesions are less common.



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**COVID-19 Daily Health Checklist**  
(to be completed by **ALL** staff and program participants daily)

Question	Yes	No
Are you experiencing any respiratory symptoms (ie., shortness of breath, cough, sore throat, fever)?		
Have you been in close contact with anyone experiencing any respiratory symptoms (ie., shortness of breath, cough, sore throat, fever)?		
Have you been in close contact with a confirmed or possible case of COVID-19?		
Have you traveled outside of Canada in the past 2 weeks?		

If you answer “yes” to any of the above questions, you are unable to work or participate in a WEA program as per our COVID-19 policy.

**References:**

(2020, July 29). COVID-19 Public Health Guidance for K-12 School Settings. BCCDC. Retrieved from: [http://www.bccdc.ca/Health-Info-Site/Documents/COVID\\_public\\_guidance/Guidance-k-12-schools.pdf](http://www.bccdc.ca/Health-Info-Site/Documents/COVID_public_guidance/Guidance-k-12-schools.pdf)

(2020, June). Swimming & Water Safety Program Training COVID-19 Protocols. Canadian Red Cross.



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**By signing this form, the Participant/Parent(s)/Guardian(s) of the Participant or staff member acknowledge having read and agreed to the above COVID-19 Policy.**

**By signing this agreement, I acknowledge that I am nineteen (19) years of age or older.**

\_\_\_\_\_  
Signature of Participant/Parent or Guardian or staff member

\_\_\_\_\_  
Date

\_\_\_\_\_  
Name of Parent/Guardian or staff member