



COVID-19 RETURN TO TRAINING & COMPETITION GUIDELINES

Bahamas Aquatics Federation

Version 1
October 16, 2020

BAF COVID 19 Task Force

COVID-19 RETURN TO TRAINING GUIDELINES

BAHAMAS AQUATICS FEDERATION

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I. INTRODUCTION

As the COVID-19 pandemic began to affect the world, The Bahamas Aquatics Federation began to prepare protocols to ensure that aquatics can continue in the safest conditions. The Bahamas Aquatics thanks all registered clubs for their patience, leadership and commitment to flattening the curve. While it has been hard to adjust and even stop training sessions, we all know that everything done was in the best interest for all stakeholders.

As the world now shifts towards the new normal that includes the re-opening of society and sporting events, Bahamas Aquatics Federation is pleased to share Version 1 of our Return to Training & Competition Guidelines document with the aquatics community. We are all eager to return to training and competition so we all hope that this resource will provide all stakeholders, i.e. athletes, parents, coaches and clubs the information they need to safely return to the water. As we continue to return to aquatics and implement these protocols and individual club protocols, we will continue to learn and develop these plans to create a new normal for the sport.

Our main objective is to return to the pool safely. It is imperative that these plans adhere to the national health guidelines and restrictions in place at any particular time. We all have the responsibility to ensure that we are doing everything we can to not only keep our aquatic community safe but our entire country safe.

As we continue to learn more about the coronavirus, we recognize that information is fluid and changes quickly. The information provided in this document is based on the best information available at this time with the recommendations from health professionals in our aquatic community. As information changes, this plan will be continuously updated and shared.

The Bahamas Aquatics Federation would like to thank all members of the COVID-19 Task Force and the Ministry of Health for the development of this document. We look forward to their ongoing efforts to ensure that the protocols are updated as more information becomes available.

Yours in aquatics,



Algernon Cargill

President

Bahamas Aquatics Federation



II. BAHAMAS AQUATICS FEDERATION COVID-19 TASK FORCE MANDATE

Mission Statement or Statement of Purpose

To develop a resource document and a framework to inform the resumption of competitive swimming in The Bahamas with an emphasis on the health and safety of our athletes, officials and volunteers.

Covid-19 Task Force Membership

The Bahamas Aquatics Federation (BAF) Covid-19 Task force shall be appointed by the Bahamas Aquatics Federation Executive and shall consist of seven (7) members. The members shall be comprised of one (1) BAF Technical Advisor and six (6) health professionals. The members of the Task Force are as follows:

Co-Chairs:

- Mancer Roberts Sr. (Bahamas Aquatics Technical Director)
- Dr. Brenna Turnquest

Members:

- Mrs. Philice Albury (Secretary)
- Dr. Jillian Bartlett
- Dr. Carnille Farquarhson
- Dr. Sean Knowles
- Dr. Inga Pratt
- Mrs. Sherinette Norville-Smith (Grand Bahama Representative)

Responsibilities

The Bahamas Aquatics Federation Covid-19 Task Force, utilizing the latest information available to date from third-party sources, including the World Health Organization and local and international public health authorities, shall be responsible for:

1. Serving as the primary liaison for the Federation with the Ministry of Health (MOH), the Ministry of Youth, Sports and Culture (MOYSC) and the National Sports Authority (NSA) with regards to Covid-19 protocols and use of the Betty Kelly-Kenning Aquatic Centre (BKKAC), South Beach, and other private facilities.
2. Reviewing the existing protocols implemented by the BAF and make amendments if required.



3. Documenting a comprehensive framework for returning to competition (Swimming, Open Water and Water Polo).
4. Addressing the following health and safety considerations:
 - a. Health monitoring
 - b. Physical-distancing protocols
 - c. Hygiene practices
 - d. Cleaning and sanitization protocols
 - e. Key indicators for each phase of a phased approach to resuming competitions
5. Implementing guidelines or protocols for the following:
 - a. A phased approach for return to competitions
 - b. Meet capacities for athletes, officials, volunteers and spectators
 - c. Meet operation protocols for warm-up/swim down, racing, timing and officiating
 - d. Protocols for food and beverage concessions
 - e. Other considerations as determined by the Task Force
6. Developing a program to monitor Member Club activities to ensure compliance with all BAF issued guidelines and protocols.

Meetings & Reporting

The members of the Task Force shall determine the frequency and format of their meetings. The Task Force shall submit their report to the BAF on or before October 15, 2020.



III. HEALTH & SAFETY CONSIDERATIONS

There are many ongoing challenges for all of us to manage, and for our Bahamian Aquatics community, a safe and responsible return to swimming is paramount. The intent of the following information is an attempt to mitigate risks related to Covid-19. The goal is to avoid becoming infected and spreading to other people in the community. This document is intended to complement not replace local public health advice.

According to the Centers of Disease Control, there is no evidence that COVID-19 can be spread to humans through the use of pools, hot tubs or spas, or water playgrounds. Proper operation, maintenance, and disinfection (e.g., with chlorine and bromine) of pools, hot tubs or spas, and water playgrounds should inactivate the virus that causes COVID-19 (CDC 2020). However, to be on the safe side, we shall ensure that the appropriate care is taken outside of the pool to protect our Member Clubs. With that said, competitive practices will resume under the following conditions, until further notice:

IV. HEALTH MONITORING

Athletes, coaches and monitors must complete the ***Covid-19 Health Questionnaire*** prior to returning training session. Questionnaires should be completed every 14 days (see **Figure 1**).



Swimmer's Name *

First Name Last Name

Email *

example@example.com

Phone Number *

-

Area Code Phone Number

Swim Club and Group *

1) Have you had any of the following symptoms which are New or Worsened in the last 24 hours? *

	Yes	No
Cough	<input type="radio"/>	<input type="radio"/>
Shortness of breath or difficulty breathing	<input type="radio"/>	<input type="radio"/>

OR at least TWO of the following symptoms in the last 24 hours: *

	Yes	No
Fever (usually 100.4 or higher)	<input type="radio"/>	<input type="radio"/>
Chills	<input type="radio"/>	<input type="radio"/>
Repeated shaking with chills	<input type="radio"/>	<input type="radio"/>
Muscle pain	<input type="radio"/>	<input type="radio"/>
Headache	<input type="radio"/>	<input type="radio"/>
Sore throat	<input type="radio"/>	<input type="radio"/>
New loss of taste or smell	<input type="radio"/>	<input type="radio"/>



If you answered "Yes" to question one, please **DO NOT** come into practice. You should:

- **Self- quarantine for at least 10 days** from the date on which you first experienced any of the above symptoms; AND
- Wait until you have had **no fever for at least 3 days** (without the use of fever-reducing medication) AND
- Improved respiratory symptoms (no cough, shortness of breath)

2) In the last 14 days have you: *

	Yes	No
Been in contact with someone who was diagnosed with COVID-19?	<input type="radio"/>	<input type="radio"/>
Been in close contact with someone who had COVID-19 symptoms ?	<input type="radio"/>	<input type="radio"/>
Been tested for COVID-19 and awaiting results?	<input type="radio"/>	<input type="radio"/>
Traveled internationally ?	<input type="radio"/>	<input type="radio"/>
Been in contact with anyone who has returned from international travel?	<input type="radio"/>	<input type="radio"/>

If you answered "Yes" to any part of question two, please **DO NOT** come into practice. You should self quarantine for at least 14 days.

I certify to the best of my knowledge, this information is accurate.

Signature *

FIGURE 1: Covid-19 Health Questionnaire to be completed by all athletes, coaches and monitors

V. HYGEINE PRACTICES

- All athletes, coaches, and personnel must use a hand sanitizer when entering and after leaving the pool facility
- Locker room or changing rooms will be closed
- Hand soap and hand towel will be available in the bathrooms
- Everyone is required to have hand sanitizer when present at the pool facility
- The NSA is responsible for cleaning and disinfecting the BKKAC. The cleaning protocols are enclosed in Annex I
- Sanitizing the bathrooms shall be enhanced by the NSA
- Member Clubs shall submit a detailed disinfecting schedule while at their home pool. The schedule shall specifically address the cleaning/disinfection of door



handles, handrails, pool ladders, restroom doors, faucets, sinks, soap and paper towel dispensers, toilet flush levers, and light switches. The NSA will be responsible for providing a schedule for such at the BKKAC

VI. ATHLETES, PERSONNEL AND GUESTS WHO ARE SYMPTOMATIC

- Are not permitted to enter the pool area or attend practice
- Should contact and follow the advice of their medical provider
- If an athlete exhibits Covid-19 related symptoms:
 - The athlete's parent(s) shall be notified
 - The athlete shall NOT be permitted to participate
 - The athlete will be isolated in a designated isolation area until their parents collect them
- Coaches and personnel will not be allowed in the pool area and should leave if symptoms develop
- The Covid-19 symptoms are as follows:
 - **Temperature higher than 99.9°F or 37.7°C**
 - **Headache**
 - **Sore Throat**
 - **Fatigue**
 - **Runny Nose**
 - **Body Aches**
 - **Sneezing**
 - **Loss of taste or smell**
- ALL athletes and coaches who were symptomatic and/or tested positive for Covid-19 should present a physician's clearance note inclusive of a NEGATIVE Covid-19 report to their respective Swim Club President before returning to the pool (without exception)
- The BAF is to be notified by the respective Swim Club President of any athlete, and coach who is medically cleared to return to the pool



VII. TRAINING GROUP PROTOCOL FOR POSITIVE TEST

If an athlete tests positive for Covid-19, the following steps MUST be taken:

- The athlete is to be removed from the training group immediately and placed in isolation
- The training group is to be suspended until further notice
- The Swim Club President is to be notified immediately of the positive case, and he or she must notify the BAF Board as soon as possible
- The Swim Club President is to notify their Club Members of a positive case (without revealing the identity of the positive case)
- All Club Members who would have trained or interacted with the positive case are to self-quarantine
- Any coach who would have interacted with the positive case MUST have a Covid-19 test done as soon as possible
 - If the result is **positive**, **the coach cannot return until he or she presents a negative Covid-19 result** to their respective Swim Club President
- The local public health authority will provide further management recommendations which may include further testing and contact tracing, to which we shall comply
- The Task Force may lead or lend support as necessary
- Any further training group members who subsequently develop any symptom (as listed in **Section VI**) will be referred to the appropriate public health authority
- Team training can resume if:
 - The coach's Covid-19 result is negative, and all other athletes are asymptomatic;

OR

- All training group members undergo quarantine for 14 days, and if no other member develops symptoms within the 14-day period;

OR

- Training group members each obtain a negative Covid-19 result



VIII. PHYSICAL DISTANCING PROTOCOLS

Physical distancing protocols are to be adhered to by everyone who enters in the pool facility to prevent the spread of COVID-19. The following is also applicable to athletes from the same household:

- Coaches and athletes shall enter the facility through the designated entrance and leave the pool through the designated exit, which shall both be clearly marked
- There will be a designated exit for any isolated coach or athlete
- One group at a time will be allowed on the pool deck (grace period of 20 minutes between practices have been scheduled)
- Coaches will assign athletes to a lane and maintain a roster to assist with contact tracing
- Coaches will wear masks while on deck
- Coaches, athletes and personnel shall wear masks when entering and leaving the pool deck
- Coaches and athletes are NOT permitted to congregate on the pool deck and must remain a minimum of 6 feet apart at all times
- Athletic gear and personal items are to be placed 6 feet apart from another person
- Athletes shall bring their own gear and water bottles. There will be NO sharing of equipment. Water polo balls should be used by one person per practice
- There will be absolutely no sharing of any personal items (e.g. hand sanitizer, towels, etc.)
- Athletes should bring everything with them that they will need for practice during the scheduled practice time
- Athletes are to remain 6 feet away from coaches, other athletes and personnel or guests
- One person at a time shall be allowed in the bathroom
- Persons are to wear footwear when using the bathroom
- Parents are NOT permitted on the pool deck (please contact your child's coach by phone outside of scheduled practices if you need to communicate with them)
- Parents who wait at the facility are asked to remain in their cars and wear a mask if they exit their car for any reason



IX. WATER POLO PREPARATION FOR ENTRY INTO THE WATER & IN THE WATER PROTOCOLS

1. Warm up:
 - a. It is advised that groups containing over 18 players be limited to six participants at this time. Participants under 18 can continue to train and numbers must not exceed 15 + coach(s) in any one group.
 - b. More than one group of six can warm up at the same time provided the groups do not mix and appropriate social distancing is maintained.
 - c. Where a land warm-up is conducted prior to entering the pool that includes activities such as dry land passing and medicine ball exercises, or latex band exercises then appropriate cleaning of equipment between uses is advised.
2. Entry into the pool can be as per the swim protocol or can be as follows:
 - a. Athletes should be given a designated in water 'home point' before entry to the pool. 'Home point' is a designated position in the pool for each athlete to commence a session
 - b. Athletes enter from the pool side or goal line end of the pool at their entry point and/or then move to their 'home point' maintaining 'social distancing' until they reach their designated 'home point'
3. Position in the Water
 - a. Athletes must be made aware of their 'Home Point' in the water before the session
 - b. The 'Home Point' concept is based on the idea that you can have less than 2m between athletes if the time between athletes passing each other is short (e.g. 1m apart for 0.5 seconds)
 - c. The number of 'Home Points' in any pool is dependent on pool size, athlete/coach discipline, and understanding the concept of 'social distancing' (Home Point Models – **Figures 2 & 3** adopted from Swim Ireland)
4. In Water
 - a. All exercises/drills should enable athletes to start and stop at a designated Home Point
 - b. Basic skills, including treading water, sculling, individual ball handling and unopposed shooting (i.e. no goalkeeper), provided social distancing is observed, can be undertaken, with more complex skills (passing, opposed shooting, etc.) and team play being introduced at a later date (to be advised)
 - c. Training matches are prohibited for now
 - d. Teams/Squads should consist of athletes who are of a similar ability



- e. Athletes swimming 'Heads Up' (either with a ball or without), need to be instructed on direction of movement
 - f. Where possible, individuals should bring their own ball to and from session
 - g. Where a player requires a club ball, they shall be the sole user of this ball during the session. All balls will be cleaned with disinfectant between sessions, but can also be adequately disinfected during sessions by regularly submerging under water.
 - h. Athletes should be instructed to not breathe directly in the direction of other athletes
 - i. Athletes who need to cough/sneeze should exit the water
5. Return to Scrimmaging and Competition:
- a. Are currently under review and will included in version 2 of this document.

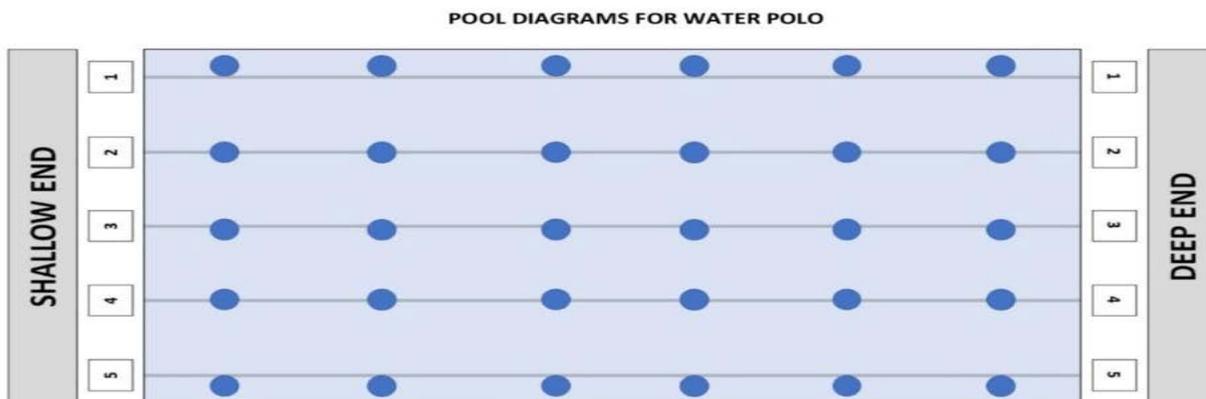


FIGURE 2 Home Points. This is based on a 6-lane pool, 25m x 12m/10m. The above example would allow for up to 30 athletes to be in the pool at any one time. Clubs will need to scale up or down depending on the size of the pool and numbers in a given session.

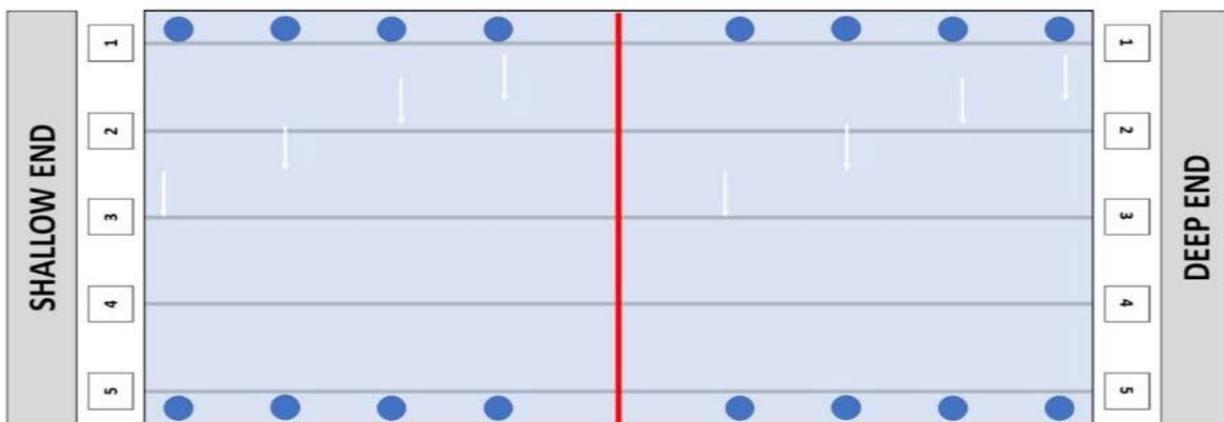


FIGURE 3 Mobility/Swimming for water polo (with/without ball) in a standard 25m x 12m pool with one group or a squad of players in water. Other group may be in pool opposite this group and may counter swim passing each other in under 0.5 seconds. A further group of the squad may be on the pool deck, maintaining social distancing, awaiting coach instruction to enter

X. FACILITY CAPACITY

- The facility shall maintain a capacity of 20 square feet per person on the pool deck. The BKKAC’s pool and pool deck is 174,468 Square Feet
- The facility shall also maintain a capacity of 20 square feet per person in the spectator stands. The BKKAC’s spectator area is 4,134 Square Feet
- The BAF has adopted the USA Swimming as depicted below pool capacity for Competitive Training. There shall be no more than 60 swimmers in the 50M pool and no more than 27 swimmers in the 25M pool at the BKKAC pools. Club Member Home Pools shall also adopt the following social distancing layout for 25M pools as depicted in **Figures 4 and 5** (alternating 4 and 5 swimmers per lane, i.e. if lane 1 has 5 swimmers, lane 2 has 4 swimmers)

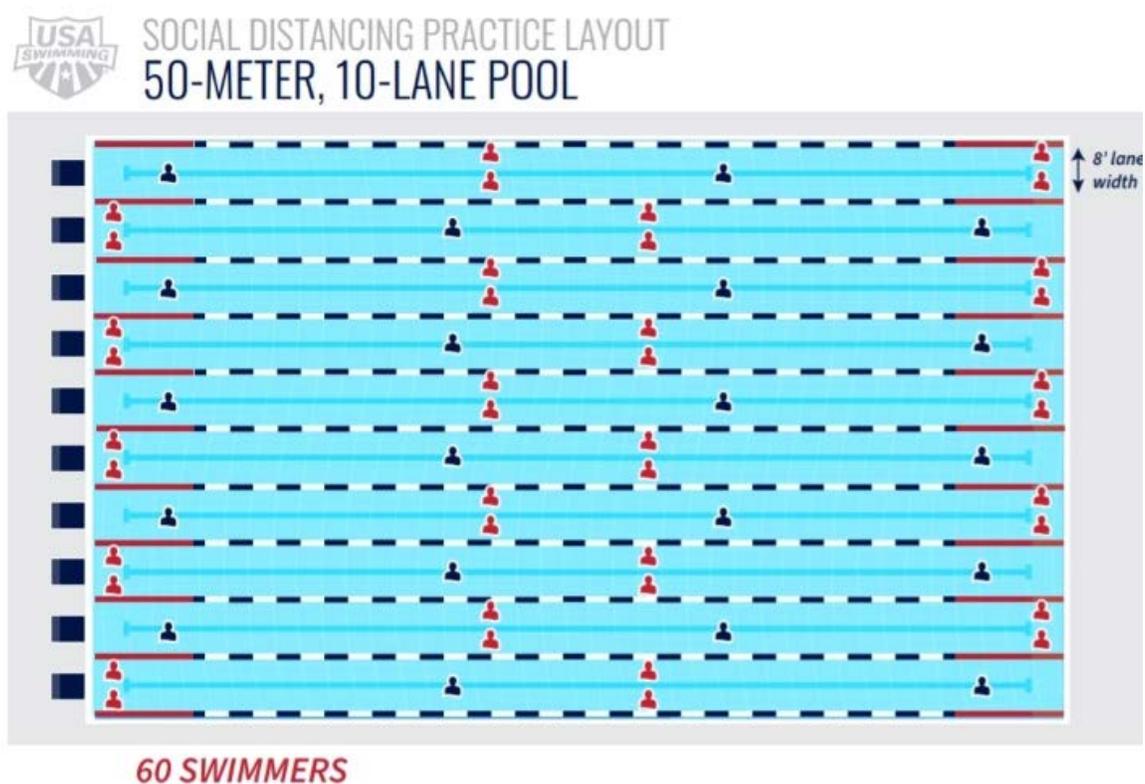


FIGURE 4. Social-distancing practice layout for a 50-meter, 10-lane pool

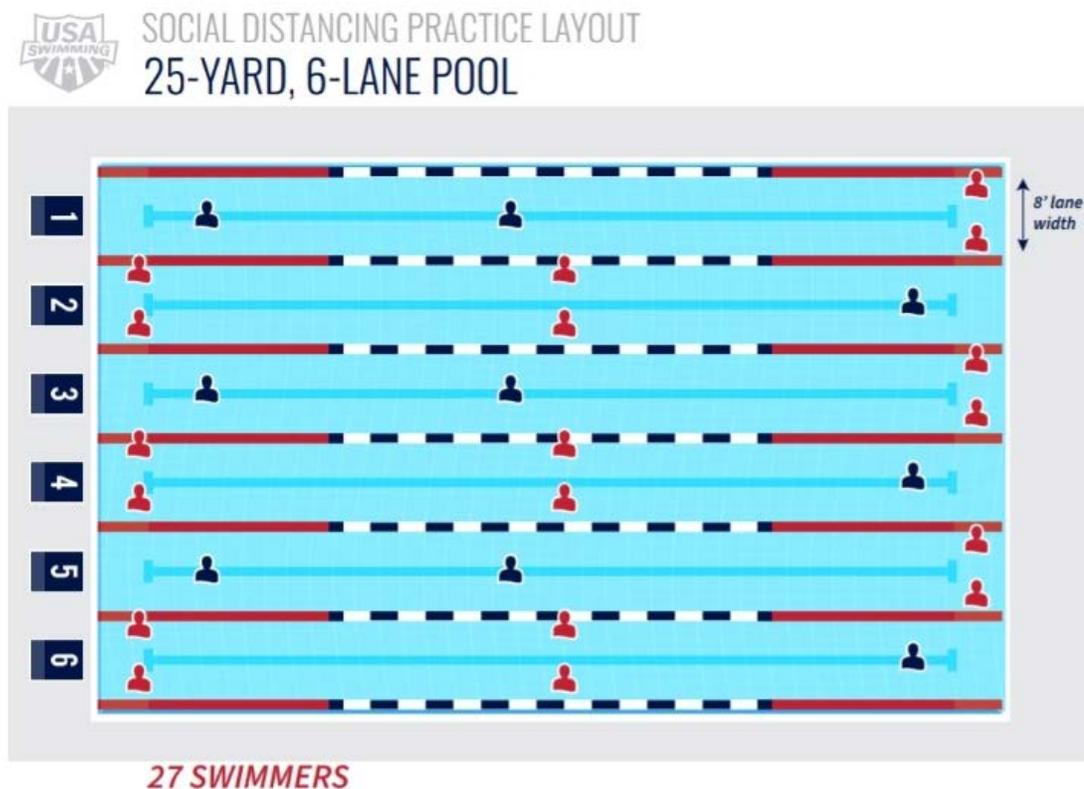


FIGURE 5. Social-distancing practice layout for a 25-meter,6-lane pool

- Prior to the resumption of all programs Member Clubs shall submit the square footage of deck space at their home facility (when not utilizing the BKKAC) and floor plan of how it will be set up to ensure the participants and coaches maintain at least 6 feet of distance apart

XI. RETURN TO COMPETITION

Safety is the key priority with all aspects of return to training and competition. Meet hosts need to adhere to guidance regarding large gatherings. This adherence has resulted in the number of athletes at a competition, the number of officials required and the number of spectators that can be present. The competitive environment will be continually assessed to ensure that precautions are taken to minimize risk to the athletes, and those attending as officials and spectators (when permissible).

The resumption of competitions will be a multi-phased approach based on key indicators being met. Clubs may apply to host sanctioned In-House or Dual Competitions (Class A or Class B Time Trials), Virtual Meets, Age Group Meets or Full Sanctioned Meets. Preliminary information is outlined below:

PHASE ONE: IN-HOUSE OR DUAL COMPETITIONS (TIME TRIALS)

During Phase 1, clubs may begin to organize short-course or long-course meters in-house or dual competitions (Class A or Class B Time Trials). These are single or multiple club events; no more than three teams can compete against each other at this time. The number of teams participating at a time trial during this phase shall be determined based on the team size.

PHASE TWO: VIRTUAL SWIM MEETS (TIME TRIALS)

During Phase 2, virtual meets (Class A or Class B Time Trials) will allow club teams to compete against each other while swimming locally within their home pools. It is a collection of competitions that may occur at different pools.

PHASE THREE: AGE GROUP SANCTIONED SWIM MEETS

During Phase 3, clubs may host long-course meter competitions with restricted age groups (10 & Under and 11 and Over Meets). All Clubs can participate; numbers will be controlled by restricted age groups.



PHASE FOUR: FULL SANCTIONED SWIM MEETS

During Phase 4, we shall return to hosting full-sanctioned meets in compliance with the recommended capacity and prevailing government-issued mandate.

MEET PROTOCOLS:

Due to the Covid-19 pandemic, competition in all phases of the return to completion plan will take place in accordance the established Covid-19 protocols.

Clubs must comply with the following:

- Submit a *Sanction Application* form along with a summons
- The In-House (Time Trial) must take place in an approved facility
- Ensure that only registered competitive members are participating
- Results must be sent to the BAF following the conclusion of the meet
- Social gathering limits as outlined by the BAF must be adhered to at all times
- Physical distancing restrictions as outlined by the BAF must be adhered to at all times
- The BAF's Return-to-Swimming Overarching Health Considerations must be adhered to at all times
- A minimum number of officials are required and must be adhered

MEET MANAGERS:

- Meet Announcement of Covid-19 Protocols
- Remind, repeat, reinforce the concept of "If you or your swimmer does not feel well, regardless of the symptoms, please stay home for the health and safety of everyone planning to attend the meet"
- Communicate to meet participants the steps that must be done to reduce the risk of spreading viruses/bacteria, such as wiping down watches, buttons, pencils, computers, staplers, etc. Someone or several persons must be assigned to do this task



- Ensure that there is sufficient disinfectant to clean all high touch/ high traffic areas between each session for the entire meet; Provide disposable gloves for those cleaning, as well as hand sanitizer for all athletes, coaches, officials and volunteers
- Provide all coaches, officials, timers and other volunteers with sanitized, single use masks and face shields
- Ensure that equipment is disinfected thoroughly between each session; these items should include starter microphones, buttons, computers, CTS, etc. Ensure that there is one mic for each starter per session
- Health Check At Entrance – Temperature checks, verification of completed Health Questionnaire (for contact tracing if needed and as record of everyone at the venue)
- Allow for additional time when planning sessions to try and reduce crowding/ maintain social distancing
- Create entry and exit to pathways, bypassing locker rooms and busier parts of the building
- Utilize rolling check-in and other tools (like distance meets)
- Enforcing small, 2-hour session with approximately 80 swimmers

ATHLETES:

- Must complete a *Covid-19 Health Questionnaire* no more than twenty-four hours before his or her warmups for the attending session
- Must wear masks when entering and exiting facilities, on deck and during dryland activities
- Must arrive and depart in their swimsuits. Athletes will not be permitted to change or shower at the facility
- Should arrive no more than 5 minutes prior to their scheduled warm-up times. If an athlete arrives early, they must wait in their car until time to enter the facility. Athletes must depart the facility immediately upon the completion of their race(s)



- Once athletes enter the building, they will go to their designated spots and await instructions from their coaches
- Should bring 1 full water bottle to each meet
- Each swimmer and/or his/her parents is responsible for cleaning and sanitizing his/her belongings before arriving at the facility

COACHES:

- Verify that the *Covid-19 Health Questionnaire* is completed by each swimmer
- Must wear gloves when checking in athletes, taking temperatures and when handling equipment or objects used by other coaches or swimmers
- Wear both a mask and a face shield at all times during the meet
- Maintain social distance and ensure meet protocol compliance in team area

OFFICIALS:

- Officials will wear both a mask and face shield at all times during the meet
- On the day before the meet, officials who are coming must be confirmed
- Send instructions and briefing electronically. No in person briefing is allowed at the meet
- Communicate positions and responsibilities electronically; report to position 10 minutes before session starts
- Instruct officials to bring a mask (disposable masks will be provided at meet) and a writing utensil
- Conduct coaches meeting electronically before arrival or send pertinent information the day before
- All officials will be given a disposable mask and will have access to hand sanitizers



VOLUNTEERS:

- Volunteers will wear both a mask and a face shield at all times during the meet
- Will ensure that health screeners are done: Temperature checks and Health Questionnaire check for swimmers. Health screener volunteers will be given disposable masks upon request, along with gloves and access to hand sanitizer
- Timers – One to two per lane. Ensure timers know which side of the block to stand on to maintain distance with other timers, officials and swimmers. Instructions and briefing must be sent to timers electronically, as no in person briefing will occur at meets. Timer volunteers will be given disposable mask upon request and access to hand sanitizers
- Deck Marshals – Will reinforce meet rules and protocols and help to maintain social distancing. Deck Marshal volunteers will be given a disposable mask upon request and access to hand sanitizers
- Clerk of Course – Will utilize bleachers to organize heats of swimmers and instruct them when to line up behind the blocks. Clerk of Course volunteers will be given a disposable mask upon request and access to hand sanitizers

FOOD & BEVERAGE CONCESSIONS:

- Food and beverage concessions shall only be permitted from designated stand in the parking lot
- Volunteers shall wear a mask, face shield and gloves at all times and will have access to hand sanitizers
- Food shall be served in closed-lid containers or be individually wrapped or pre-packaged
- Food handlers shall not collect payment and cashiers shall not handle food



XII. COMPETITION CAPACITY

Phase One Capacity

Athlete – 27
Coaches – Club
Officials – Club
Volunteers (Timers etc) – Nil
Spectators – Nil

Phase Two Capacity

Athlete – 27
Coaches – Club
Officials – Club
Volunteers (Timers etc) – Nil
Spectators – Nil

Phase Three Capacity

Athlete – 90
Coaches – 2
Officials – 12
Volunteers (Timers etc) – 5
Spectators – 160

Phase Four Capacity

Athlete – Open
Coaches – Club
Officials – 24
Volunteers (Timers etc) – Club
Spectators – Open



XIII. LEARN TO SWIM PROGRAMS

Safety is key priority with all aspects of return to all aquatic programs. With the return to learn to swim or assisted swimming programs being secondary to training and competition there will be more guidelines to follow.

XIV. ENFORCEMENT & PENALTIES

- A Covid-19 Enforcement Team (10 members in New Providence and 6 members in Grand Bahama) shall be appointed to monitor Member Club compliance with the protocols at BKKAC and at Member Club Home Pools
- The Enforcement Team shall perform random checks at the BKKAC and Member Club Home pools to ensure protocols are being followed
- There shall be a minimum of 2 monitors and no more than 4 monitors that will observe practices at BKKAC to ensure compliance with the protocols
- All monitors must observe the practices outlined above with regards to masks, social distancing and hand sanitizing. Any monitor that exhibits symptoms as indicated previously should exit the pool and follow up with their health care provider
- Two (2) monitors will observe practices at Club Member Home pools
- Penalties for breaches of any of the protocols are as follows:
 1. **Written Warning** for 1st violation
 2. **One Week Suspension** for 2nd violation
 3. **Sanctioned** for the duration Government Emergency Orders
- Violations shall be certified by 2 monitors
- All cited violations shall be reported to the Covid-19 Task Force
- Member Clubs have the right to appeal to the Covid-19 Task force who shall provide advice to the BAF on any penalties levied by the Enforcement Team



XVI. LEGAL DISCLAIMER

The Bahamas Aquatics Federation has prepared this document based on the most recent information and data available to date from third-party sources, including USA Swimming, Swimming Canada, the Pan American Health Organization and The Bahamas public health authorities. This document will be updated on an ongoing basis as the situation evolves and more information comes available.

This document is not intended as, and should not be relied upon as, specific medical advice or a treatment plan, training regimen, or other course of action. This document is meant to provide information and guidance as to best practices based on current information. Each Swim Club is however responsible for assessing the risks in its particular environment and establishing the appropriate safety procedures to minimize those risks, while following the advice and instructions of the public health and government authorities.

Additionally, it is an individual's responsibility for assessing his or her personal risks in consultation with medical professionals and for the outcome of his or her decisions and actions and you specifically release from any and all liability the Bahamas Aquatics Federation, members, officer, employees, volunteers and other participants from any liability from your use and sole dependence on any information contained in this document.

