



**Executive Director letter to Membership: 2021-2022-03
January 5, 2022**

Happy New Year – 2022!

We have had some great swimming and results since September. Well Done everyone.

COVID-19 numbers are expected to continue increasing daily with the variant Omicron and we ask our clubs, COVID committees and members to review and reset their use of a layered approach to reduce transmission as per the Swim Sask COVID-19 [Training and Competition Guidelines](#) that are posted on the [Swim Sask website](#).

“Each member club is responsible for assessing the risks in its environment and establishing the appropriate safety procedures to minimize those risks, while following the advice, guidelines, and directions of Swim Sask and instructions of public health and other government authorities, including facilities.”

At the press conference today with Minister Duncan and Chief Medical Health Officer Shahab we identified a few key messages to assist in that review and refresh as we move forward with our swim season:

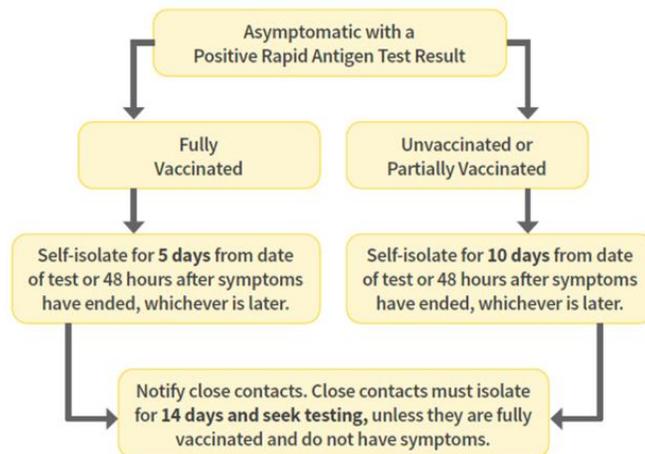
- **Wear a mask and wear it properly**

How to Correctly Wear a Mask

- Wash your hands or use hand sanitizer before and after touching the mask.
- Use the ear loops or ties to put on and remove the mask.
- Ensure your nose and mouth are fully covered, and that there are no gaps.
- Don't touch the mask while wearing it.



- **Seek testing if symptomatic and use rapid tests** (Provincially, our government released a flow chart outlining the new self isolation rules that came into effect [Dec 30, 2021 via the current Public Health Order](#).



Call HealthLine 811 if COVID-19 symptoms develop or worsen.



- **“Cohorting”** was mentioned in relation to education but is a good practice for Club Covid Committees to review and possibly return to smaller groups, to help reduce transmission.
- **If sick or symptomatic stay home**, only participate if you are asymptomatic/symptom-free. Follow Positive Case and Close Contact process. Today, January 5, 2022 The Government of Saskatchewan released details regarding [COVID-19 Case and Contact Management in Schools](#). This information is important to know and understand, as most of our swimmers are school aged. Below is a chart outlining the student close contact protocol for students:

Self-Isolation Requirements for Students

Effective: January 5, 2022

Vaccinated	Not Vaccinated
2 doses + 14 Days since 2nd dose of a mRNA vaccine 1 dose + 14 days since dose of J&J vaccine (18 + only)	Any vaccination status other than: 2 doses + 14 Days since 2nd dose of a mRNA vaccine 1 dose + 14 days since dose of J&J vaccine (18+ only)
Student is a close contact of someone who tests positive for COVID-19 in any setting and is asymptomatic No restrictions other than the province-wide mask mandate Student can attend class and extra curricular as long as they remain asymptomatic Self-monitor for symptoms	Student is a close contact of someone who tested positive for COVID-19 in a non household setting and has symptoms Student does not come to school. If student tests positive they must complete self-isolation of 10 days. If they test negative, they must continue to self isolate for 48 hours after symptoms resolve.
Student is a close contact of someone who tests positive for COVID-19 in any setting and is symptomatic Student does not come to school. If student tests positive they must complete self-isolation of 10 days. If they test negative, they must continue to self-isolate for 48 hours after symptoms resolve.	Student is a close contact of someone who tested positive for COVID-19 in a non household setting and is asymptomatic Student may use bus and attend class in-person Student is not allowed to attend extra-curricular activities for the duration of the self-isolation period (10 days) Student must self-monitor for symptoms
Student tests positive for COVID-19 Student must self-isolate for 5 days	Student is a close contact of someone who tested positive for COVID-19 in the household Student must self-isolate for 10 days
Student tests positive for COVID-19 Student must self-isolate for 5 days	Student tests positive for COVID-19 Student must self-isolate for 10 days



- **Vaccinate when eligible. This means boosters too!**
- Ensure you have prepared and **have contingency plans** in place for when you or a member of your club (coach, swimmer, etc.) is a close contact or tests positive.
- When communicating positive cases within the club, clubs must continue to strive for **anonymity of the positive case(s)**.
As a reminder, Clubs are to notify Swim Sask when there is a positive COVID-19 case within their club. This information is for case tracking purposes only. No names are shared. Clubs protect the privacy of their members and when notifying groups of a positive case, will not share the name of the member that tests positive.

Mask use at Upcoming Competitions

- Please continue to use a layered approach for reducing spread of COVID-19. Everything anyone can do; they should do right now.
- It is very important that when attending competitions that everyone is *very diligent* on always wearing a mask; except when swimming. Eating and drinking on pool deck only as necessary. Don't use eating/drinking as an excuse to take your mask off!
- Cheering is a part of competitions, but you **MUST** only do so while masked and maintaining physical distancing. Respect fellow swimmers, coaches and officials and maintain personal space.

As you know the Federal government has recently released an advisory that says: "Avoid non-essential travel outside Canada due to the risk of the Omicron variant that causes Covid-19". Please refer to the following link on the Government of Canada website - [Travel Advice and Advisories - Travel.gc.ca](https://travel.gc.ca) Swim Sask asks that you please continue to follow our government and health authority advice. Sport is considered non-essential, therefore travelling out of country for anything within our sport should not be done and is not supported by Swim Sask.

Right now, the phase we are in is like the middle of a tough swimming set. Dig deep, focus on the small details. Together we can get through this.

We thank you again for being a part of swimming in Saskatchewan.

Swimming builds #betterlivesthroughswimming.

Sincerely,

Marj Walton, Executive Director



Better Lives Through Swimming