



October 15, 2020

Swimming has been 'back in the pool' for three months! Clubs have been creative in providing a safe and suitable training environment for swimmers within the guidelines of the Saskatchewan Public Health Order and the "Re-Open" Saskatchewan Plan for sport and aquatics. Thank you once again for all your work.

Swimming is an important part of our lives and Swim Sask's number one goal is to ensure our sport remains safe for all and provide advice to our affiliated clubs to enable them to keep their members' in the water.

Swim Sask, along with our affiliated Clubs, are taking every step to keep swimmers in the water while limiting the continued spread of COVID-19, through our detailed Return to Swimming (RTS) plans.

Now, more than ever, we need to be vigilant in following public health orders to:

- Ensure any member with symptoms (even mild) NOT attend any club activities;
- \*Highly encourage the use of masks except when in the water;
- Maintain physical distancing of at least 2m at all times;
- Maintain good hand hygiene (hand washing with soap and water / hand sanitizer);
- Follow respiratory protocols (cough/sneeze in elbow).

\*PLEASE NOTE: based on the information from the Sask Chief Medical Health Officer this week, for any clubs that are currently not requesting swimmers and coaches wear a mask, Swim Sask is now highly encouraging/recommending that you now do so. We also encourage coaches to wear masks while coaching.

We have received feedback that the Swim Sask and club RTS plans are STRONG but, we must continue to maintain a strict adherence to the procedures as outlined in the RTS plans so we can continue to demonstrate to Sask Public Health our competence to follow their advice AND more importantly, avoid community spread through swimming related activity so that sport and activities do not get shut down like they have in other parts of the country.

Therefore, we remind all affiliated Swim Clubs to:

- **Continue training as laid out in your current and publicly posted RTS plan;**
- **Ensure continuance of:**
  - **double-lane swimming**
  - **swimmers must be physically distanced with the start/stop points and absolutely no assembling/congregating at the end walls;**
  - **swimmers must be spaced out with start/stops at minimum 2m;**
  - **there should never be more than 2 swimmers at the end walls or side by side between double lanes;**
  - **limit or even eliminate gathering opportunities before and after practice. Encourage parents to not enter the facility; to stay in their vehicles.**

In the coming weeks we expect updates to the Swimming Canada Re-Open guidelines. Swim Sask's ability to update our current RTS plan will be dependant on Sask Public Health Orders as well as each club's adherence to current plans. We want to thank the swimming community for continuing to follow public health advice and guidelines and doing the right thing to reduce transmission of COVID-19.

The choices people make each day are critical to helping our communities with their continued efforts to fight the newest surge of Covid-19 cases throughout the province.

Yours in Swimming; stay healthy and safe,

Marj Walton  
Executive Director

