

November 13, 2020

Today, the provincial government held a news conference and released updated sports and activities guidelines which emphasize that our healthcare systems are at a tipping point and that action by the people of Saskatchewan is necessary to slow the growing number of positive COVID-19 cases that are increasing rapidly. The emphasis was on the need for each person to take on the responsibility to get back to basics and good practices of physical distancing, hand hygiene, limiting travel and social contacts.

As sport, we must each:

- Continue to mask when not in the water (including waiting for a drive, in changerooms, in facilities, etc.).
- For clubs that are using change rooms, swimmers must limit their time in the change room; get in and out as fast of possible. No visiting.
- Limit our number of sports groups that we participate in. It is recommended that athletes not belong to multiple sports.
- Always maintain a minimum of 2m physical distancing (in the gym, pool, on deck, in changerooms, in facilities, waiting for drives, etc).
- For those clubs that use a gym for your dryland training, physical distancing during aerobic activity must be increased to 3m and the equipment (i.e. treadmills, stationary bikes) "are to be properly distanced."

Read Dr. Susan Shaw's message from the front line to the people of Saskatchewan here:

<https://www.saskhealthauthority.ca/news/stories/Pages/2020/November/Message-from-the-front-line-Dr-Susan-Shaw.aspx>

For the most recent news release from the Government of Health:

<https://www.saskatchewan.ca/government/news-and-media/2020/november/13/covid-19-additional-public-health-measures-announced>

For the most recent Re-Open Saskatchewan plan: <https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/re-open-saskatchewan-plan>

Please contact Swim Sask should you have any questions.

We will have our updated Swim Sask Return to Swimming document available in the coming weeks.

Please continue the great job that you have been doing. I was told by the Business Response Team, in a telephone conversation today, that swimming is doing things well and following all guidelines correctly.

Please review and tighten up any procedures that may have loosened over the past few months.

Give yourselves a pat on the back. Well Done!

Thank you



Marj Walton
Executive Director