



RETURN TO SPORT: SWIMMING

a step by step, phased-in approach for Swim Sask Members

version 2
June 23, 2020

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LEGAL DISCLAIMER

Swim Saskatchewan Inc. has prepared this document based on the latest information available to date from third-party sources, including Swimming Canada and Saskatchewan Health Authority (SHA). The document will be updated periodically as the situation around the COVID-19 pandemic evolves and more information comes available.

This document is meant to provide information and guidance as to best practices based on current information available as per the publication date. **It also outlines requirements that clubs must adhere to, in order to have events and activities approved/sanctioned by Swim Sask.**

Each club is responsible for assessing the risks in their particular environment and establishing the appropriate safety procedures to minimize those risks, while following the advice and instructions of public health, government authorities, including facilities.

Additionally, it is an individual's responsibility to assess his or her personal risks in consultation with medical professionals and for the outcome of his or her decisions and actions.

UPDATES

June 16, 2020
June 23, 2020



INTRODUCTION

We are pleased to provide a step by step, phased in approach, Swim Sask Return to Swimming document, to help guide our members as they seek ways to return safely to swimming as we transition from virtual training to outdoor training in small groups and eventually a return to the water.

We must re-imagine our sport as we begin to re-open our communities through the COVID-19 pandemic. As the Government of Saskatchewan relaunches our economy, it will remain vital that our return to swimming effort be done in the safest way possible and to continue to follow all guidelines and restrictions that have been put in place through the Saskatchewan Health Authority, the provincial government and local municipalities.

As the swimming community begins to slowly relaunch some of the activities of our sport, including outdoor training and our eventual return to facilities and pools, both the patience and support of the Swim Sask membership and swimming community will be needed to ensure collectively that our actions are in line with Swimming Canada, Swim Sask, Sask Sport, The Sask Health Authority and other provincial and municipal regulations and orders. By working together, the swimming community can ensure the safety of our athletes and entire membership as we return to the sport of swimming, a sport that ignites the passion in all of us.

Swimming is a sport for life and as such we must consider the varying ages and stages of our membership and the possible increased risks of transmission for individuals therefore we must assess our members ability to adhere to the protocols and safety measures to participate in our sport safely.

The situation and information around COVID-19 continues to evolve quickly. The information in this document is based on the best information available at the time of publication. Swim Sask will continue to monitor the situation very closely and will update this document accordingly.

This document will be updated, and remaining steps will be added as information is available. This document is best used electronically as a pdf to access all hyperlinks.

We will continue to ensure that the health of our members and our communities remain as our number one priority as we continue to provide leadership in how the sort of swimming returns to 'sport'.

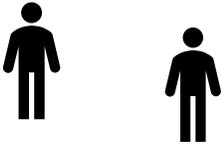
Please reach out with any questions you may have or any guidance you may need.

Marj Walton
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SASKATCHEWAN PUBLIC HEALTH MEASURES

The following Saskatchewan Public Health Measures remain in place through all five phases of the Re-Open Saskatchewan Plan:



Ensuring physical distancing of at least 6 feet or 2 meters must be maintained wherever possible. Individuals should continue working from home if they can do so effectively.

	Personal hygiene will continue to be a key prevention measure. Frequent handwashing and sanitizing.
	Staying informed, being prepared and following public health advice
	Regular cleaning and disinfection.
	People must stay at home when they are sick.
	Consider use of PPE where available and appropriate.
	Keep staff who demonstrate or report COVID-19 symptoms out of the workplace.
	Vulnerable individuals, such as seniors and those with underlying health conditions, should continue to exercise caution and minimize high-risk exposures, such as public outings.



OVERVIEW

As we begin our return to Swimming through a step by step, phased-in approach it is important to recognize that Swim Sask is focused on the safety of our membership, specifically our athletes, as well as our coaches, volunteers, staff and families involved in the sport.

The return to swimming, will be a gradual and phased process. Swim Sask will follow the lead of the Saskatchewan Health Authority (SHA) and Government of Saskatchewan and begin our return to swimming with outdoor activity as re-iterated in the [Government of Saskatchewan's June 16, 2020 update](#) "outdoor gatherings are better than indoor gatherings" and move towards to resuming activities as permitted in outdoor and indoor pools and facilities and eventually competitions.

On May 29, 2020 Swimming Canada released Version 1 of the Return to Swimming Resource Document. Swim Sask has been working closely with Swimming Canada in the development of the Return to Swimming Resource Document and will continue to work closely and provide input into future versions of the resource document. It is important that our activities and return to sport align with the guidance and advice of Swimming Canada. Swim Sask has also been working with Sask Sport, various facilities, and Aon Reed Stenhouse (Insurance Provider) to ensure we understand the provincial "Re-Open Saskatchewan" strategy and how we can safely return to the sport of swimming.

Club's should work closely with their local facility/municipality to understand any different restrictions and limitations. Facilities may also open at different times across the province. Clubs should not be developing any guidelines or protocols that are independent or misaligned with Swim Sask, Swimming Canada or SHA. Any additional restrictions or requirements of a club's local facility/municipality should align with Swim Sask, Swimming Canada, and SHA.

As restrictions are gradually lifted, documents prepared by Saskatchewan Health Authority will prevail as the ultimate guide for the timing of each phase.



REFERENCES

The Swim Sask Return to Swimming Document is to be used in conjunction with and use these documents together as you proceed to re-open swimming in your Saskatchewan community.

- [Swimming Canada Covid-19 Return to Swimming Resource Document](#) (please note version 2 of this document to be updated by end June 2020)
- [Swimming Canada: Overarching Health, Medical and Safety Considerations: General Information about COVID-19 and Swimming](#)
- [Government of Saskatchewan Re-Open Saskatchewan COVID-19 updates](#)
- [Government of Saskatchewan Re-Open Saskatchewan Document including:](#)
 - [Outdoor Sports and Activities Guidelines](#)
 - [Outdoor Recreation Guidelines](#)
 - [Beach Guidelines](#)
 - [Gym and Fitness Facility Guidelines](#)
- [Swimming Canada Open Water Safety Guidelines](#)
- [Government of Canada – COVID-19](#)
- [Government of Sask - COVID-19](#)
- [Lifesaving Society of Canada: Guide to Reopening Pool and Waterfronts \(pages 50-55\)](#)
[Lifesaving Society of Saskatchewan: Guidelines for Re-Opening Saskatchewan Pools and Waterfronts \(pages 12-22\)](#)



STEPS: RETURN TO SPORT: SWIMMING

With the release of the Swimming Canada's Return to Swimming Documents and as Saskatchewan prepares for a gradual re-opening of facilities throughout the province, Swim Sask has identified some key guidelines as clubs prepare for a Return to Sport and swimming.

It is more important than ever that Club Boards and Club Owners exercise careful oversight over the implementation of these guidelines. These guidelines include, but are not limited to risk assessment, safety protocols for athletes and staff, facility dynamics and communication between administration, staff, and facilities.

The following pages will provide your clubs with a guideline that aligns with the detailed information published by Swimming Canada and the Government of Saskatchewan.

Clubs should include all guidelines set out by government agencies, municipalities, facilities, Swimming Canada, and Swim Sask in any type of Return to Sport discussions, planning or strategies to help assess preparedness for their clubs Return to Sport.

It is important to note that this document will evolve and that new information will be added as the Government of Saskatchewan, Municipalities, and Public Health Authorities and Swimming Canada provide directives for the reopening of facilities, parks, lakes and a return to organized sporting activities.

As restrictions lift, clubs/teams will find themselves in various steps of the Swim Sask Return to Sport: Swimming Plan which aligns with the Government of Saskatchewan's Re-Open Sask plan and Swimming Canada's Return to Swimming Framework. Within individual clubs, they may be at many steps along the continuum as athletes and training groups slowly resume activity.

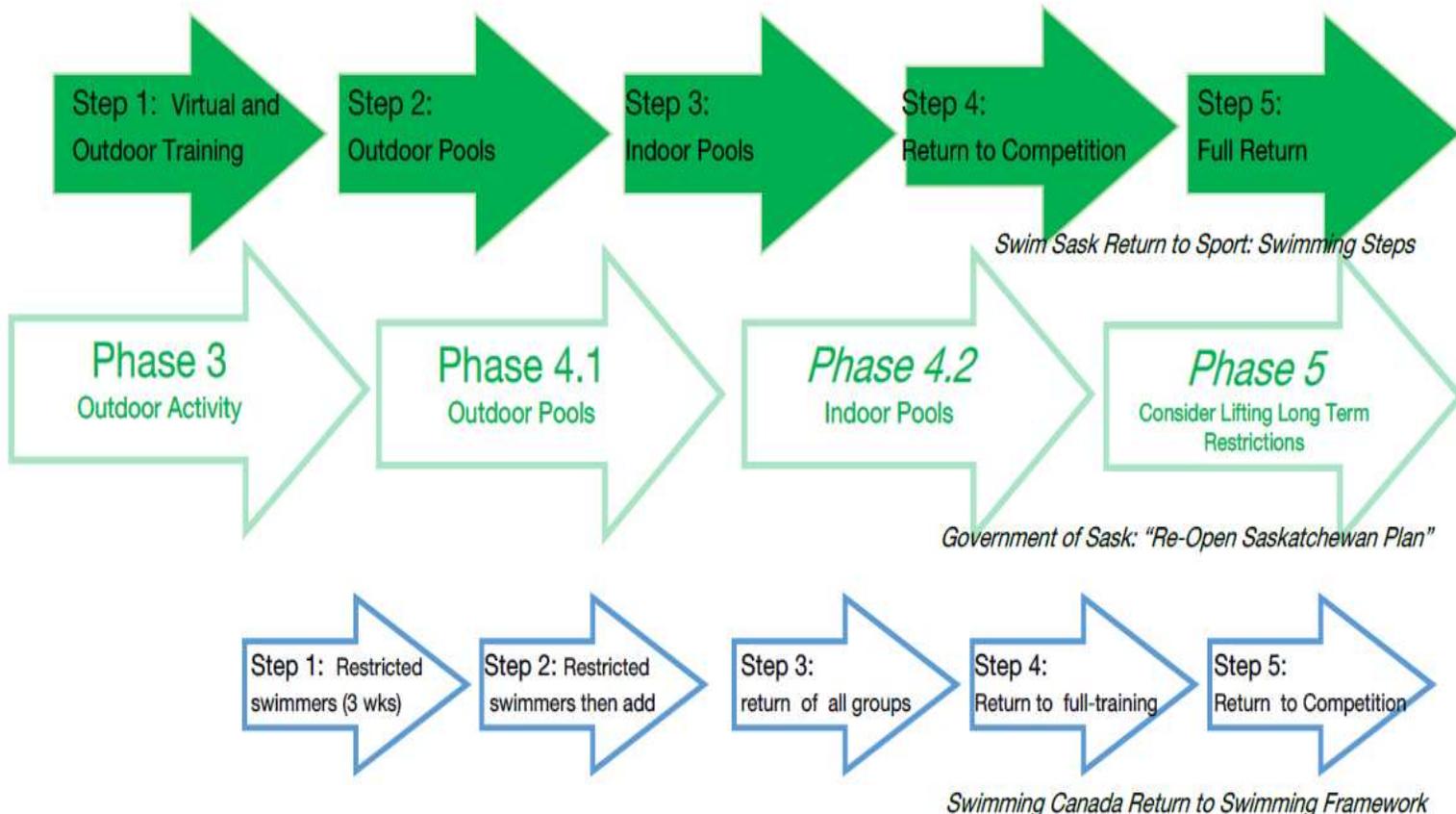
Each step of the Swim Sask Return to Swimming will require all affiliated clubs and registered members to adhere to ALL the following conditions:

- The Federal and Provincial Governments imposed relevant restrictions.
- The Government of Saskatchewan implementation of the "Re-Open Saskatchewan" strategy – a safely staged COVID-19 recover plan to relaunch our economy.
- Municipal Government restrictions related to organized sport access to swimming pools, gymnasiums, fields, and fitness centres etc.
- Swim Sask's return to Swimming requirements, including any additional protocols, restrictions and guidelines that may be updated.
- Submission of any required club declarations, waivers, and participant Acknowledgment of Risk forms, and
- Individual Club Return to Swimming Guidelines that have been developed in conjunction with your local facility.

Competitive swim meets and other competitive events remain canceled until further notice.



STEPS: RETURN TO SPORT: SWIMMING



TIMELINE (Re-Open Saskatchewan Plan)

The Government of Saskatchewan has permitted the return to various activities relevant to swimming at various stages and on various dates. Please refer to the [Re-Open Saskatchewan document: Guidelines for Outdoor Sports and Activities as well as Outdoor Recreation](#) for specific requirements.

Phase 3: June 8, 2020 - Outdoor Recreation and Outdoor Sport

Phase 4.1: June 22, 2020 – Outdoor Sports and Activities – including outdoor pools

Phase 4.2: date TBA - Indoor Pools

Phase 5: date TBA – Competition



RISK ASSESSMENT - CLUB REQUIREMENTS

The return to sport must only be initiated once municipal, provincial, and federal regulations permit the resumption of this type of activity. Swimming in Saskatchewan will return in a step by step, phased in approach.

Clubs, Coaches, Swimmers and Members **MUST** be familiar with and adhere to the Swimming Canada [Overarching Health, Medical and Safety Considerations: General Information about COVID-19 and Swimming guidelines](#).

As clubs/teams prepare for a return to sport the following 6 questions will help assess risk to the organization in preparation for a Return to Sport:

1. Will the training be held in a community that has documented active local transmission of COVID-19 (community spread) in the last 14 days?
2. Will the training be held in venues/facilities with access by multiple groups?
3. Will the group include team members relocating from areas outside the training location that have documented active local transmission of COVID-19 (community spread)?
4. Will the group include participants (athletes or coaches) at higher risk of severe COVID-19 disease (e.g., people over 40 years of age or people with underlying health conditions)?
5. Is the training considered at higher risk of spread for COVID-19 (where physical distancing cannot be maintained, indirect contact through training equipment etc.)?
6. Will the training be held indoors?

To prepare for and create a training environment that mitigates risk and reduces exposure to COVID-19 clubs will:

- Establish a Return to Sport (COVID-19) committee that reports to the Board of Directors which includes the head coach, board members, admin staff, health professional (if available), etc. Designate an individual(s) within that committee that will monitor the latest development surrounding COVID-19 and communicate to the committee, board, and staff.
- Establish a clear club return to swim plan that follows current restrictions and requirements to ensure they have established a clear 'duty of care'.
- Implement Return to Swimming guidelines and best practices that follow those set out by Swim Sask and Swimming Canada.
- Assess their own risk in their environment and may use stricter guidelines.
- Ensure that the club, coaches and swimmers are aware of and adhere to the principles of [Safe Sport and the Rule of Two](#) within virtual, outdoor and indoor training environments and club activities.



RISK ASSESSMENT - CLUB REQUIREMENTS continued

All the following **MUST** be received by Swim Sask a minimum of 3 working days prior to a requested Return to Sport: Swimming start date:

1. Completed and signed Club Declaration Form
2. A list of coaches and athletes that are expected to participate in the in-person training.
3. All Coaches and Swimmers (or parents/guardians if under 18 years of age) must sign an electronic [Swimming Canada-Swim Sask Acknowledgment and Assumption of Risks Form](#). Clubs will only be approved once all Assumption of Risk Forms have been received by Swim Sask.

OTHER Requirements:

A. Written “RETURN TO” plan which includes but is not limited to:

- a. A plan of how to teach children/youth in an age-appropriate and non-stigmatizing language how to identify symptoms of COVID-19 and instruct them to speak to a staff member immediately if they are experiencing symptoms.
- b. Strict exclusion policies for children/youth, staff and volunteers who are ill.
- c. Absenteeism/attendance policies that support staff, volunteers and children/youth to stay home if exhibiting symptoms of COVID-19, if in quarantine (self-isolation) due to exposure of COVID-19, or if taking care of someone who has COVID-19 (e.g. consider partial refunds, discourage the use of perfect attendance awards and incentives).

B. OPEN WATER: An Emergency Action Plan must be publicly posted for members to view and understand for Open Water activities. This plan may need to change slightly depending on each open water location.

Additionally,

- Clubs should ensure that all members, coaches, and staff are aware of all requirements and guidelines and have these posted in a publicly accessible location such as the public portion of your website.
- Follow directions from SHA about entry screening of children/youth, staff and volunteers for symptoms of COVID-19 or for exposure to COVID-19 in the past 14 days, before allowing the child/youth, staff or volunteer to access the setting.
- All members must stay at home if ill with symptoms of COVID-19 until criteria to discontinue isolation have been met, in consultation with the local public health authority (PHA) or healthcare provider.
- Strengthen communication strategies (including accessible [signage](#)) about staying at home when exhibiting symptoms of/ or after exposure to COVID-19 to children/youth, families, staff, volunteers in languages/formats appropriate for age.
- Group sizes must comply with the public gathering restrictions with physical distancing measures.
- Notify the SHA promptly of unusual situations, such as when absenteeism of children/youth or staff is greater than would be expected, or when illness is observed or reported.
- Outdoor activities to be cancelled due to inclement weather.
- Ensure the space is available and is booked with any required permits as per local municipality requirements.
- No fundraising and 50/50 activities are permitted unless contactless methods can be used.



INSURANCE

Swim Sask through the Sask Sport Group Insurance policy with AON Reed Stenhouse provides the following, and the policy is effective April 1 to March 31 of each year.

- General liability insurance
- Directors & officers liability insurance
- Legal defense
- Sport accident insurance

The insurance company has also provided some exclusions right now due to COVID-19. Please see [Contagion Exclusion Endorsement](#).

The General Liability and Sport Accident Insurance provides coverage for any registered participant/member “while participating in or training for a sanctioned sporting or training event.

A “Sanctioned Event” includes all games, competitions or sport demonstrations run by the PSGB or by a member club authorized by the PSGB, including related training at the event site and at club premises (premises means the pools that you use).

While Swim Saskatchewan formally sanctions swimming competitions, we informally sanction training when a club affiliates with us and provides the pools that they use to train in.

For a full summary of Swim Sask Insurance Programs please visit the website:
<http://solutions.aon.ca/sasksport/coverage.aspx>

Note: Swim Sask does not sanction the use of private home pools.

Dryland Training – Virtual and In-Person

- must be led by **registered coaches**
- all swimmers participating must be **registered members**.
- participants/parents must sign an Acknowledgment of Risk.
- If your club is using a 3rd party provider then ensure that this 3rd party provider has liability insurance and that the liability insurance includes that they can deliver online training.
- If your club is sending out dryland training for athletes to do on their own, then they need to understand that they are doing so voluntarily and that they are not covered by Sport Accident insurance in this instance. (It is no different than if they go outside and play and hurt themselves).



CLUB COMMUNICATION

Staff (Admin & Coaches)

- Ensure that your staff has been informed about the latest guidelines and directives on the COVID-19 outbreak from Federal, Provincial, Municipal governments and their Public Health authorities. Covid-19 Symptoms
- Create “best practices” for the staff to follow before, during and after training to mitigate the spread of COVID-19. These best practices must include respiratory etiquette (sneezing in elbow), hand hygiene, physical distancing, cleaning of non-personal equipment in between use, non-sharing of equipment (water bottles), etc. (Prevention of Risk)
- Create “best practices” for the staff to follow when planning in-person training gatherings, taking into consideration potential family related isolation dynamics, potential travel restrictions and gathering restrictions in the municipality/province.
- Create an attendance mechanism for all training sessions for staff to strictly follow.
- Create communication plans for staff to follow when interacting with athletes, families, support teams and other key partners.

Families and Athletes

- Create strict rules for athletes and staff surrounding staying home and self-isolation if displaying symptoms or coming into contact with someone who is displaying symptoms or has COVID 19.
- Athletes must see a physician and be cleared for training after being diagnosed or suspected to have COVID-19.
- Communicate clear training expectations and facility mandates as early and as often as possible a. Athletes should stay home if they or any member of their family does not feel well.
- Clubs and Coaches must make it clear that there is no penalty for missing practice.
- Provide information on at-risk populations within the club to families and swimmers so they may make an informed decision on their participation. (At Risk Populations)
- Provide links to virtual healthcare resources in your area.



ATHLETE RETURN PRIORITY

- A small controlled group should be selected to return first.
- At this time, physical therapy treatments (which includes hands-on services provided by massage therapists physiotherapists, chiropractors, athletic therapists and strength and conditioning practitioners) are higher risk and such support services are not recommended. Other virtual and non-contact means of providing feedback and therapy advice should be considered as alternatives to physical treatment.
- Those over 40 years of age and those with underlying risk factors should use caution.
- Other athletes looking to relocate to train with a resident group (e.g. University Team) must follow all provincial and municipal regulations related to travel along with any Provincial Section guidelines that may be in place. Registration policies and procedures must be adhered to.

For Pools

- In order to maximize lane space, training short course should be prioritized in the initial return.
- This step should only involve one group of swimmers who train a maximum of one session per day.
- **Groups should be limited to mature athletes capable of independently adhering to strict physical distancing guidelines.**
- **Only athletes who can successfully complete training without any physical manipulation and are not immunocompromised should be considered.**
- **Clubs to decide which group of athletes will return first and then how to bring in subsequent groups.**
 - *Sample priority of return:*
 1. *Olympic/Paralympic Targeted*
 2. *Senior Carded Athletes*
 3. *Development Carded Athletes*
 4. *Senior National Qualifiers*
 5. *Masters*
 6. *Junior National Qualifiers*
 7. *Eastern/Western Qualifiers*
 8. *Provincial Level Qualifiers*
 9. *Age Group Swimmers*
 10. *Learn to Swim – NOT PERMITTED AT THIS TIME*
- Each group should be successfully implemented for a minimum of three weeks prior to moving to additional training sessions and adding groups.
- If desired, the group introduced first can add multiple daily training sessions after the three-week period.
- Keep the same group of athletes for each training session
- Athletes should only participate in one training group and should not move between multiple training groups.



STEP 1: PHYSICAL DISTANCING (VIRTUAL and OUTDOOR ACTIVITY)

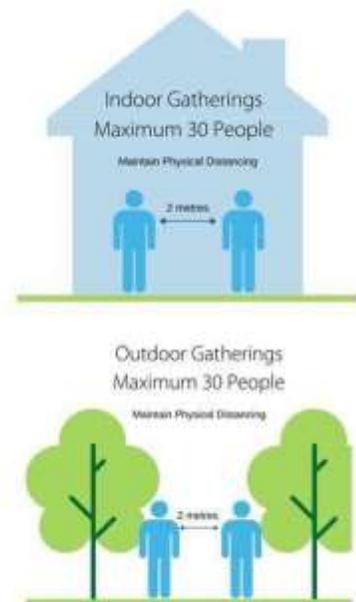
As we move from clubs closing, to virtual training in a gradual and phased process Swim Sask will follow the lead of the Saskatchewan Health Authority (SHA) and Government of Saskatchewan and begin our return to swimming with outdoor activity as re-iterated in the [Government of Saskatchewan's June 16, 2020 update](#) "outdoor gatherings are better than indoor gatherings" and move towards to resuming activities as permitted in outdoor and indoor pools and facilities and eventually competitions.

Effective June 8th, 2020 The Government of Saskatchewan permitted the return to Outdoor Recreation and Outdoor Sport. Please refer to the [Re-Open Saskatchewan document: Guidelines for Outdoor Sports and Activities as well as Outdoor Recreation \(pages 70-79\)](#) for specific requirements. Outdoor Training includes both dryland and in person activities and Open Water Swimming for the purpose of fitness and conditioning (not skill development) led by a registered coach.

Guidance on Gathering Sizes

Starting June 22, occasional gathering sizes may increase to 30 people indoors and 30 people outdoors

- Maintain physical distancing. If you don't have enough space for 30, invite fewer people.
- Do not share food or drinks.
- Stay home if you are sick.
- Remember that any gathering increases the risk of transmission.



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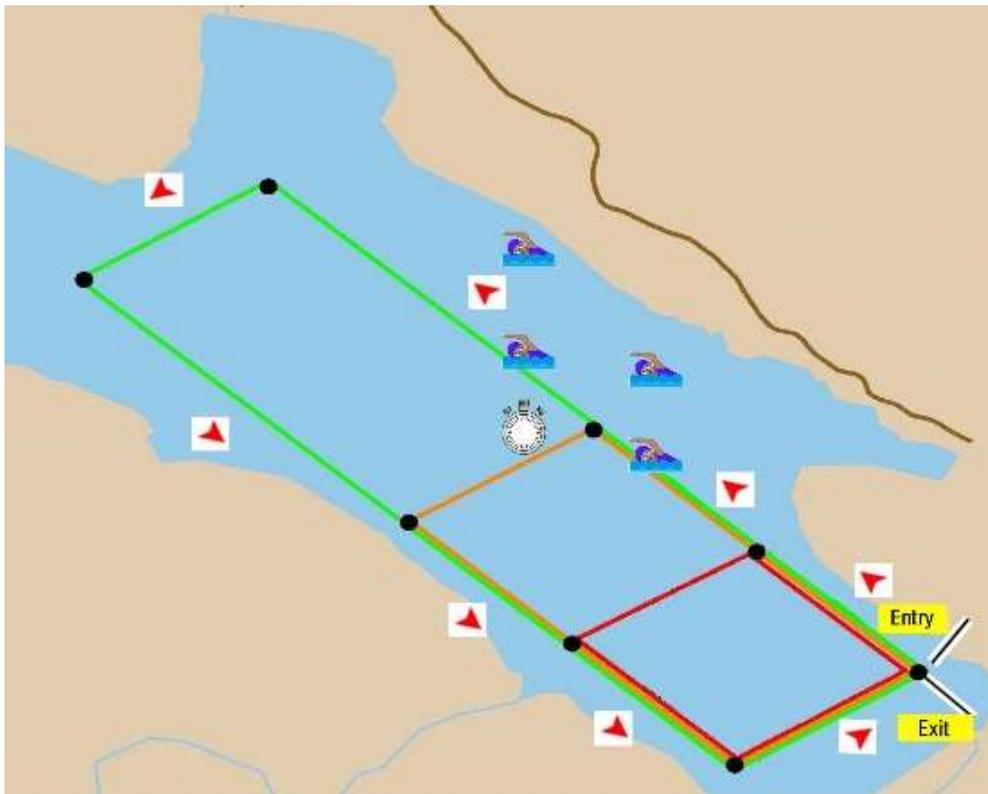
Saskatchewan



STEP 1: PHYSICAL DISTANCING (OPEN WATER)

Group size must fall within any group gathering limitations that are in effect locally. The practical application of group size limits should be evaluated based on published guidelines at the time of opening.

- Swimmers must be 11 years of age or older and be experienced/comfortable with open water swimming if participating in open water training
- Clubs should follow the information available in the [Swimming Canada's Open Water Swimming Safety Guidelines](#) document
- Clubs must complete the Open Water Checklist.
- Clubs must complete an Emergency Action Plan (EAP), Template included. EAP must be posted at site for members to view.
- Swimmers must maintain the current physical distancing requirements, with the safety personnel/coach nearby. Clearly designate entry and exit points. See example:
- Outdoor training and open water swimming should be limited to local opportunities.
- Events are not permitted on beaches at this time.



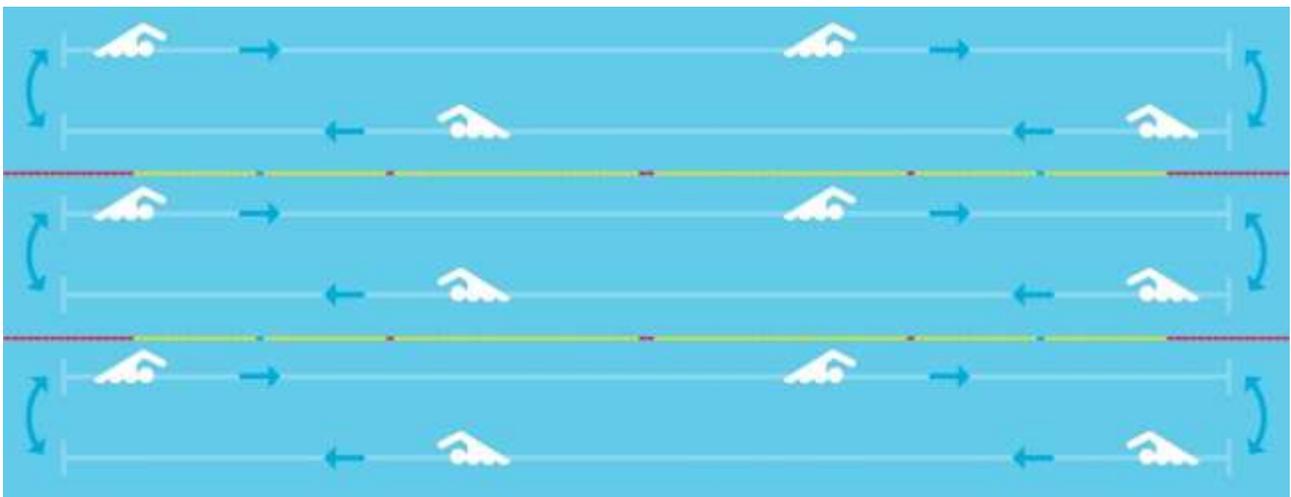


STEP 2: PHYSICAL DISTANCING (OUTDOOR POOLS)

Outdoor Pools can open June 22, 2020

- Group size must fall within any group gathering limitations that are in effect locally. The practical application of group size limits should be evaluated based on published guidelines at the time of opening and may be specific to municipality/facility policies.
- Swim Sask recognizes the Swimming Canada Return to Swimming Framework and the need to address the natural fluidity of change related to various regional re-opening phases and stages.
- Swim Sask in consultation with Swimming Canada, **has amended the first-step** for swimmer/lane ratios (pool training to be that of **4 swimmers per double lane-spaced accordingly**) and use an evaluation period of at least **3 weeks** (provided that your individual municipality and facility allow for the deviation from Swimming Canada's Return to Swimming Plan).
- If your facility has a different plan for greater swimmer/lane load than 4 swimmers per double lane, please contact Swim Sask for discussion and approval.
- Swim Sask recognizes non swimming activity (including dryland routines, pre & post swimming routines) be done outside of the pool area in a safely managed manner following all the risk mitigation guidelines and gathering limitations. The pool and surrounding deck area are for pool use only to limit contact surface areas to be sanitized.
- As per Swimming Canada, it is suggested that a return to swimming begin with Short Course Training (SCM).
- For swimmers to maintain the current 2 metres physical distancing during lane/laps swimming, the number of swimmers must be modified depending on the activities programmed in the aquatic facility and
 - a) Athletes and staff must respect physical distancing during all aspects of training.
 - b) No passing.

Example: Short course Meters (SCM) - Four (4) swimmers per lane, circle swimming. Swimmers start/finish from opposite ends of the pool, or from the middle of the pool maintaining the current physical distancing requirements.





STEP 3: PHYSICAL DISTANCING (INDOOR POOLS)

Indoor Pools: open date TBD

When it is announced that indoor pools can open, clubs will adhere everything in the preceding pages in addition to any updated information that may be provided by the Government of Saskatchewan when an updated *Re-Open Saskatchewan Plan* is released.

Will also endeavor to possibly consider indoor dryland training in fitness facilities.



STEPS 1-3: DAILY TRAINING ENVIRONMENT

Arrival

- Coaches must arrive at least 5 minutes prior to swimmers.
- Do not arrive any earlier than necessary for receiving the training session and entering the pool.
- Implement directives around arriving and leaving training sessions **“Arrive-Train-Depart”**
- Athletes are encouraged to wear swimsuits or dryland clothing to training sessions as change areas may be off limits.
- Entry point should provide the most direct pathway.
- Be aware and communicate all traffic and movement plans as well as area closures within your facilities.
- Swimmers must adhere to the guidelines such as directions to enter/exit, etc.
- Athletes should encourage good pool hygiene by showering at home before and after swimming.
- Follow facility directives around the limiting of unnecessary social gatherings (before & after training sessions)
- Swim team training must be scheduled outside of public swim times.

Group Size:

- Adhere to SHA and facility requirements for permissible activity.
- Intense aerobic or physical training can be offered when four metres of physical distancing can be maintained at all times.
- Lower intensity activity (e.g. yoga) can be offered if two metres of physical distancing can be maintained at all times.
- To ensure people maintain appropriate separation, use visual cues (is tape, markers, paint, and signage).
- People not from the same household or extended household should maintain two metres of physical distancing at all times.

Equipment

- All swimmers and coaches **MUST** bring own equipment, towel, mat, bands, water bottle, etc.
- **NO SHARING**
- All belongings should be packed in a personal bag.
- Provide clear directives on how to manage the training equipment before, during and after all training sessions. ***There should be no sharing of any equipment such as water bottles, kick boards, towels, paddles, snorkels, fins etc.***
- Minimize use of training environment equipment that compromise appropriate physical distancing (white boards, on deck dryland items, video monitors or cameras, training chords etc.)
- If a club or facility determines that PPE is required to protect the health and safety of workers based on a hazard assessment, then the employer must supply approved PPE to workers Cloth masks do not replace proven measures such as hand washing and physical distancing.



STEPS 1-3: DAILY TRAINING ENVIRONMENT continued

Travel

- If carpooling must occur, physical distancing should be maintained as much as possible, including having people sit in the backseat
- No inter-provincial or international travel.

Training content

- Instructions should be sent out via group electronic message in advance of the session (no one on one communication).
- In Person instructions should be given while maintaining physical distancing.
- Create visible markers to indicate appropriate spacing.
- Leave enough time between workouts and between land and water work to ensure that you can maintain physical distancing and hygiene protocols.
- Ensure there is a plan in place for linking land and water sessions ensuring that you can maintain all physical distancing and hygiene protocols.
- Use of a microphone/headset (individual use only) – FM system may be beneficial.

Athlete Interactions/Interventions

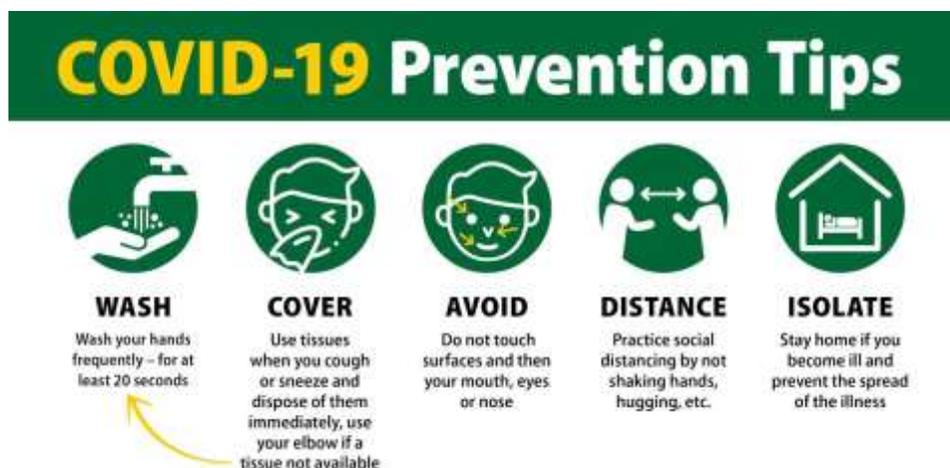
- Develop processes to deliver feedback post workout via online platform (always in a group setting).
- Daily Mental Health Check Ins.

Departure

- Implement directives around arriving and leaving training sessions **“Arrive-Train-Depart”**
- Follow facility directives around the limiting of unnecessary social gatherings (before & after training sessions)

Parents/Spectators

- Parents are asked to drop off and pick-up swimmers at a designated time and location.
- Limit spectators/parents and ensure they follow facility rules and understand that they are expected to adhere to the physical distancing rules.





STEP 4: PHYSICAL DISTANCING (COMPETITION)

Date: TBD

To be updated when information becomes available and the Government of Saskatchewan says that tournaments and competitions can resume.



KEY STAKEHOLDERS ROLES & RESPONSIBILITIES

Include but are not limited to:

- | | |
|---|---|
| Swimming Canada | <ul style="list-style-type: none">• Lead in the development and updating of the Return to Swimming Plan• Publish Plan and Support Documents• Promote plan nationally• Educate Provincial Sections & CSCA, SC Staff and Coaches, HPC athletes• Adopt and promote a provincial return o swimming plan with provincial stakeholders with guidance from National Framework |
| Swim Sask | <ul style="list-style-type: none">• Promote and follow all Provincial guidelines• Educate clubs (head coaches/presidents)• Monitor club implementation and offer ongoing club support• Feedback to Swimming Canada, CSCA and facilities |
| Sask Sport | <ul style="list-style-type: none">• Liaise and work collaboratively with the Government of Sask and advocate for a safe return to sport for all Provincial Sport Governing Bodies.• Educate and Inform |
| Canadian Swim Coaches Association (CSCA) | <ul style="list-style-type: none">• Promote National and Provincial plans• Provide education opportunities for coaches nationally• Feedback to Swimming Canada and Provinces |
| Clubs | <ul style="list-style-type: none">• Adhere to all Provincial, Municipal and Facility specific guidelines• Adhere to Swim Sask Return to Swimming Plan• Promote plan with facility and stakeholders• Establish a Club plan (with facility if required); Monitor implementation and adjust plans as needed• Ensure Coaches, Swimmers and Parents are informed• Complete the CLUB DECLARATION: COVID-19 OUTDOOR TRAINING (includes Open Water) form• Ensure Swimmers complete the ONLINE Swimming Canada Acknowledgement and Assumption of Risk Form prior to participating in any club outdoor activity• Ensure that the Open Water Checklist and EAP is completed if engaging in open water training.• Feedback to Swim Sask and Facility Managers• Adhere to the Training Group Protocol for a positive COVID-19 test found in: Swimming Canada's: Overarching Health, Medical and Safety Considerations: General Information about COVID-19 and Swimming. |
| Head Coach | <ul style="list-style-type: none">• Adhere to all Provincial, Municipal and Facility specific guidelines• Adhere to Swim Saskatchewan Return to Swimming Plan• Educate staff coaches on the plan and expectations• Educate swimmers on the plan and expectations• Monitor implementation and adjust plans as needed• Lead by example• Feedback to Club President and Swim Sask• Maintain Contact list of those outside your home and training group.• Remain consistent with your training group and coach. No movement between groups and coaches.• Complete Daily Screening Log• Complete Daly Screening prior to beginning work |



KEY STAKEHOLDERS ROLES & RESPONSIBILITIES continued

Coaches

- Adhere to all Provincial, Municipal and Facility specific guidelines
- Adhere to Swim Saskatchewan Return to Swimming Plan
- Educate swimmers on the plan and expectations
- Monitor implementation and adjust plans as needed
- Lead by example
- Feedback to Head Coach
- Maintain Contact list of those outside your home and training group.
- Remain consistent with your training group and coach. No movement between groups and coaches.
- Complete Daily Screening Log
- Complete Daly Screening prior to beginning work
- Adhere to principles and practices of the Responsible Coaching Movement and Rule of Two.

Swimmers/ Parents

- Adhere to all Provincial, Municipal and Facility specific guidelines
- Adhere to Swim Saskatchewan Return to Swimming Plan
- Lead by example
- Feedback to Coaches, including notification if they have a negative response to the Health Monitoring questions
- Complete the [ONLINE Swimming Canada Acknowledgement and Assumption of Risk Form](#) prior to participating in any club outdoor activity. Parents must complete for minors.
- Remain consistent with your training group and coach. No movement between groups and coaches.
- Maintain Contact list of those outside your home and training group
- Complete Daly Screening prior to beginning training
- Athletes are encouraged to act responsibly and promote appropriate behavior on social media with their peers.

Staff/Volunteers

- Adhere to all provincial, municipal and facility specific guidelines outlined in plans
- Lead by example
- Feedback to Coaches
- Maintain Contact list of those outside your home and training group.
- Complete Daly Screening prior to beginning work



DAILY SCREENING COVID-19 for contact tracing purposes

PRIOR to coming to practice and prior to each training session athletes, coaches, volunteers, spectators must complete the SHA daily screening check list ([online SHA screening tool](#)) for the following symptoms:

Clubs must keep a log tracking daily screening of all coaches and athletes. The log can be electronic or completed on site by a responsible adult. The information collected on this document is being collected to assist in the management of the Covid-19 pandemic. This information will be kept in a safe and secure location and will be provided to SHA if it is requested for contact tracing services. This log must be provided to Swim Sask upon request. The club will not use this information for any other purpose and will destroy this record after six weeks.

Symptoms to screen for include:

- Fever
- Cough
- Headache
- Muscle and/or joint aches and pains
- Sore throat
- Chills
- Runny nose
- Nasal congestion
- Conjunctivitis
- Dizziness
- Fatigue
- Nausea/vomiting
- Diarrhea
- Loss of appetite
- Loss of sense of taste or smell
- Shortness of breath
- Difficulty breathing

Do you have any of the following:

Yes <input type="checkbox"/> No <input type="checkbox"/>		Yes <input type="checkbox"/> No <input type="checkbox"/>		Yes <input type="checkbox"/> No <input type="checkbox"/>		Yes <input type="checkbox"/> No <input type="checkbox"/>	
	Fever		Cough		Difficulty breathing		Sore throat, trouble swallowing
Yes <input type="checkbox"/> No <input type="checkbox"/>		Yes <input type="checkbox"/> No <input type="checkbox"/>		Yes <input type="checkbox"/> No <input type="checkbox"/>		Yes <input type="checkbox"/> No <input type="checkbox"/>	
	Runny nose		Loss of taste or smell		Not feeling well		Nausea, vomiting, diarrhea

Yes
No Have you been in close contact with someone who is sick or has confirmed COVID-19 in the past 14 days?

Yes
No Have you returned from travel outside Canada in the past 14 days?

If you have answered YES to any of the proceeding questions, please go home or stay home and self isolate. Call the Healthline at 8-1-1 to find out if you need to be tested.



DAILY SCREENING COVID-19 for contact tracing purposes

Should a coach or athlete answer positively to a symptom please adhere to the Training Group Protocol for a positive COVID-19 test found in: [Swimming Canada's: Overarching Health, Medical and Safety Considerations: General Information about COVID-19 and Swimming.](#)

If found to have ANY of the following symptoms, DO NOT attend training.

As per SHA if you have any symptoms you can obtain a referral to a community testing centre by phoning:

- HealthLine 811
- Your family physician
- Your nurse practitioner

Please call HealthLine by dialing 811. If you have questions regarding COVID-19 and your health. HealthLine 811 can help you with screening for COVID-19 to determine if a test is recommended for you and refer you for testing.

All Saskatchewan residents should be familiar with [self-monitoring](#) and [self-isolation](#) precautions, in order to keep you and those around you safe.



DO NOT ENTER, IF YOU:

- » Have a fever, cough, sore throat, runny nose, or shortness of breath

SELF-ISOLATE IMMEDIATELY, IF YOU:

- » Have travelled outside of Canada within the last 14 days
- » Are a close contact of a person who tested positive for COVID-19
- » Have tested positive for COVID-19

Call HealthLine 811 if you have recently travelled and are experiencing respiratory or flu-like symptoms.

For more information and updates on COVID-19 in Saskatchewan visit:
saskatchewan.ca/COVID19



COVID-19 RETURN TO SPORT: SWIMMING CLUB DECLARATION:

for clubs returning to in-person training prior to September 1, 2020
Please complete and return PRIOR to beginning any club activity.

Return via email to marjwalton@swimsask.ca at least 3 working days prior to requested start.

In addition to the completed form please include:

1. Provide a list of registered coaches and athletes and proposed date of return for each
2. Ensure all swimmers and coaches have completed the [ONLINE Swimming Canada Acknowledgement and Assumption of Risk Form](#)
3. For OPEN WATER: provide a copy of your clubs EAP.
4. A copy of the Club's "RETURN TO" plan

Please list all pools/greenspaces/facilities that will be used	Requested Start Date
Club Name:	

I hereby declare that the above-named club has a written plan that follows the Government of Saskatchewan's Re-Open Sask, Swim Sask Return to Sport: Swimming and Swimming Canada Return to Swimming Framework documents while adhering to the SHA public health policies to ensure member safety. The clubs plan has been publicly posted and communicated it to all members who will attend training and only Swim Sask registered swimmers and coaches will participate in activities offered provided they have all completed the Acknowledgment and Assumption of Risk Form. **I understand that there is no liability or legal defence coverage for our club as per the [Contagion Exclusion Endorsement](#) with our Insurer.**

Signed by:

Club President's Name: _____

Club President's Signature and Date: _____

Other Club Board Member Name and Position: _____

Other Club Board Member Signature and Date: _____

Club Head Coach Name: _____

Club Head Coach Signature and Date: _____



OPEN WATER CHECKLIST

Club Name: _____

Open Water Location: _____

Date and Time _____

In order for a club training group to be considered as an approved (insured) activity, the following checklist must be completed and submitted to marjwalton@swimsask.ca for approval. Please include a list of swimmers and coaches who will attend.

YES/NO

Reference: [Swimming Canada Open Water Safety Guidelines](#)

1	Does the coach have experience coaching swimmers who have attended any sanctioned open water events and has the coach attended the open water competition with the swimmers and actively participated in their preparation?	
2	Are the swimmers over the age of 11, and have they competed in a sanctioned open water event?	
3	Are all coaches and swimmers registered members of Swim Sask?	
4	Do you have a designated and experienced NLS certified safety person, kayaking alongside or accompanying on the shoreline line? And do you have the necessary # of boats/accompanying safety persons for the # of swimmers you have training, maintaining a 1:10 ratio (safety person to swimmers)? A safety person is NOT a swimmer or coach participating in the training. The individual is designated solely as the safety person for the open water training activity.	
5	Have you completed a review of the body of water to be used for training, considering water temperature, safety considerations (water quality, visibility, access points, current and expected water conditions, man-made and natural obstacles)?	
6	Is the route the swimmers will be using visible at all times by the coach and/or safety person?	
7	Has an emergency action plan (EAP) detailing the chain of command and what happens during and after any emergency, been developed?	
8	Have all swimmers and/or parents signed the Acknowledgement and Assumption of Risks form?	
9	Has your club board reviewed the checklist, the emergency action plan, and confirmed all items have been completed satisfactorily by signing the checklist and retaining on file? Has your club met any additional provincial section requirements?	
10	The club has a written plan that follows the provincial rules for outdoor physical activity, that the plan aligns with the requirements of Swim Sask, that the plan has been published or posted, and that the plan has been communicated to all members who will attend outdoor training.	
11	Ensure provincial and/or local rules will be adhered to with respect to participation numbers, booking space as well as any other requirements outlined by the provincial or local authorities. In addition to following the rules, programs must also ensure that there is a plan in place that is understood and will be followed by all staff, participants, and spectators to ensure the safety of all participants.	

Should a club/coach answer "NO" to any of the questions, the club will need to work with Swim Sask to determine if open water training can be considered as an approved (insured) activity, with the risks mitigated. If risk mitigation is not possible then coach led open water training should not be undertaken.

Club President's Name: _____

Club President's Signature and Date: _____

Other Club Board Member Name and Position: _____

Other Club Board Member Signature and Date: _____

Club Head Coach Name: _____

Club Head Coach Signature and Date: _____



OPEN WATER EMERGENCY ACTION PLAN TEMPLATE

Coach Name:
Practice location:

Group:
Date:

LOCATION INFORMATION

Facility Name: Facility Phone Number:
Facility Address:
Directions to reach the facility from a major intersection:

KEY CONTACT INFORMATION

Person in charge at the time of your practice:
In case of emergency who will make 911 call:
Or other alternates who would make the 911 call:

EMERGENCY ITEM LOCATIONS

Location of Emergency Phone & Phone Numbers:
(Identify special instructions to make an emergency call)
Location of First Aid Kit:
Location of Spine Board:
Location of Defibrillator: Location of Medical and Contact Information for Swimmers:
Secure Location of swimmer profiles with up-to-date information:
(Including medical & emergency contact information.)

Include a Map of the training area

**In the space provided, please outline the steps that you follow
at the training location when an incident occurs:**

Detailed STEPS

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10