



## Competition Requirements (COVID-19) 2021-2022

March 25, 2022

Competition is a very important aspect of sport. Swim Sask strives to provide safe and accessible sanctioned opportunities in Saskatchewan. As the provincial sport governing body, we provide leadership, resources, and support to advance competitive swimming in Saskatchewan.

The operating procedures for sanctioned competitions set forth in this document aim to provide a safe space for athletes, coaches, and officials to participate fully in the sport of swimming, following the guidance of the Saskatchewan Health Authority to help reduce transmission as we learn to live with COVID-19.

The nature of the sport of swimming is to gather around a pool, in large numbers, to compete. In addition, the nature of our sport is that the swimmers are not actively competing the entire time; in fact, more time is spent during a competition not competing but on deck waiting for their next race or for their team to finish. Swimmers need space to be able to activate, relax, sitting around in groups chatting or playing cards etc. More time is spent waiting, gathering, supporting their teammates than actual racing.

Swim Sask's goal moving forward is to provide safe competitive opportunities that prioritize swimmers, coaches and officials/volunteers and protect those members who may be immunocompromised by reducing crowding and supporting a mask friendly environment. We acknowledge that sanctioned competitions will run differently than many have experienced prior to the pandemic. As such every reasonable effort will be made to offer alternative means to access competition safely.

Sanctioned swim competitions in Saskatchewan tend to average the following swimmers per competition: Age Group Meet (220), Masters (30) and Summer (150). This season we have seen increased interest in competing and meet entries, and we expect to see this continue for the remainder of the season. On average an additional 40 people (officials, coaches, volunteers) per swim session are also on the field of play or within the immediate surrounding area. Therefore, our priority will be to provide a safe environment for swimmers, officials, volunteers, and coaches. In team sports, there are two teams, officials, and coaches on the field of play for a game, much fewer than a swim meet.

Swim Sask affiliated clubs are responsible for assessing the risks in its environment and establishing the appropriate safety procedures following the requirements and considering the best practices in this document to minimize risks, while following the advice, guidelines and directions of Swim Saskatchewan and guidance from Saskatchewan Health Authority and Public Health Agencies, as well as government authorities, including facilities. Clubs may choose to impose more stringent measures. For the 2021-2022 season, clubs are required to declare adherence to the guidelines set forth in the [Club Declaration: Covid-19 Form](#).

Additionally, it is an individual's responsibility to assess his or her personal risks in consultation with medical professionals prior to choosing to participate in a sanctioned competition. Swim Sask encourages all members to become vaccinated and boosted when they are eligible. Use this tool to help make informed decisions: [COVID-19: Going out safely - Canada.ca](#)

Specific requirements for Provincial Championship hosts are being considered and may include additional requirements than this document.



## SECTION 1: REQUIREMENTS

Clubs **will continue to maintain their COVID-19 committee** to consult with as needed. Sanctioned competitions in Saskatchewan must adhere to the following requirements and show evidence how this will be managed within the sanction application including but not limited to:

- Sanctioned competitions must clearly outline information related to COVID-19 procedures and be available in the meet package which will be available to the public on the [Swimming Canada Meet Site](#)
- Host Clubs will post COVID specific rules regarding the care and control of the competition space that has been rented for the sanctioned meet for participants to view.
- Clearly outline how late cancellations due to testing positive of swimmers, officials or coaches will be managed.
- When developing a meet package, clubs must use the following documents in conjunction with these Competition Requirements: Age Group, Master, and Varsity, 'Meet package Requirements 2021-22' and Summer Clubs, 'Meet Package / Invitation Template revised 2022' (not yet finalized).

### **PARTICIPANTS**

- Host clubs must prioritize swimmers, coaches, officials, and volunteers for sanctioned competitions.
- Swimmers, coaches, officials, and volunteers **MUST** not participate if sick or symptomatic.
- Promote and adhere to the SHA messaging that no single public health measure is perfect at preventing COVID-19. Instead, they need to be used **TOGETHER** to minimize risk including:
  - wash your hands properly and often
  - get fully vaccinated (and get a booster when eligible)
  - regularly use COVID-19 self-tests and self-isolate if you test positive
  - physically distance
  - wear a mask in public
  - avoid touching face with unclean hands
  - stay home if you are ill - self-isolation is still recommended by SHA.

### **FIELD OF PLAY**

- Meets will be organized prioritizing: swimmers, coaches, and officials within the field of play and the immediate area surrounding the field of play and increasing the amount of space for movement; this may include removing barriers, such as coaches' tables.
- Host clubs will provide all clubs a designated space on deck or in the stands to gather as a club with adequate space between teams to reduce crowding.
- Maintain physical distancing where possible throughout competition.
- Utilize outdoor facilities where possible (marshalling, meetings, team spaces etc.).
- Advocate with the facility for increased ventilation/air circulation, providing natural ventilation, when possible, in indoor facilities.
- Keep session timelines to a minimum.
- Format competitions to reduce sessions and numbers by age, gender, skill, etc.
- Reduce the number of officials.
- Use one-way flow of swimmers, officials, coaches where possible.
- Minimize clustering of swimmers before and after races.
- Reduce crowding when posting paper heat sheets and/or results, by posting in numerous places.

### **SPECTATORS**

- Prioritize swimmers, coaches, officials, and volunteers for sanctioned competitions.
- Host clubs should try to provide an alternate viewing experience for spectators (live streaming) when possible.
- If spectators are permitted, it will be a mask friendly environment.
- Host Clubs will determine if spectators will be permitted or not. If permitted, host clubs will adhere to the following requirement to reduce crowding:

**Indoor facilities** where there is **separate off deck seating** (that is not being used by the swimmers or coaches to help create separate club areas) and is accessible based on facility rules.

**Indoor facilities with on-deck seating** ONLY if space permits. On deck seating and deck space must be prioritized for swimmers, officials, volunteers, and coaches. Spectator seating must be designated and separate from the field of play and immediate area surrounding the field of play; providing space for those actively engaged in the sport, to do so, uninhibited. This may mean that spectators are not closest to the pool and/or finish line.

**Outdoor facilities** ONLY if space permits. On deck seating and deck space must be prioritized for swimmers, officials, volunteers, and coaches. Spectator seating must be designated and separate from the field of play and immediate area surrounding the field of play; providing space for those actively engaged in the sport, to do so, uninhibited. This may mean that spectators will need to be outside the fence of an outdoor pool.



## SECTION 2: GUIDELINES/BEST PRACTICES

Host Clubs are encouraged to consider and meet or exceed the following guidelines/best practices:

<b>PARTICIPANTS</b>	<p><b>MASKS:</b> are not required but are recommended for indoor sanctioned competitions. Clubs may determine if they will require masks at their events. Swim Sask supports a mask friendly environment. Mask use is a personal choice. Swim Sask does recommend when wearing a mask, that it fits over the nose and mouth. It is important that everyone is kind and respectful of individuals' choices.</p> <p><b>RAPID TESTS:</b> All Swimmers, Coaches, Officials and Volunteers are asked to administer a home rapid test prior to attending a meet and stay home if test is positive or are sick/symptomatic.</p> <p><b>SANITIZATION:</b> Encourage proper hand hygiene by providing hand sanitizing stations.</p>
<b>FIELD OF PLAY</b>	<p><b>MEET SIZE:</b> Consideration must be given to:</p> <ul style="list-style-type: none"><li>○ the scope of the meet to reduce the size to ensure appropriate physical distancing</li><li>○ the ages and ability to adhere to the requirements.</li><li>○ the geographic draw for the competition as it relates to necessary travel.</li></ul> <p><b>WARMUPS:</b> A separate warm-up / cool-down pool during competition is not a requirement. Options for Warm Up include:</p> <ul style="list-style-type: none"><li>○ Dividing into different sessions to allow clubs their own lane(s) for warm-up.</li><li>○ Allow clubs to do dive starts within their own lane vs. the traditional method of opening the 2 outside lanes during the last 15 minutes of warm-up.</li></ul> <p><b>RELAYS:</b> Prior to offering relays, consider:</p> <ul style="list-style-type: none"><li>○ If there is adequate space behind the blocks for swimmers and officials.</li><li>○ Alternate ways to run relays (i.e.: every other lane so not as congested behind the blocks).</li><li>○ Ages and ability to respect physical distancing.</li></ul>
<b>OTHER</b>	<p><b>HOSPITALITY:</b> Clubs may provide hospitality with consideration for the following:</p> <ul style="list-style-type: none"><li>○ Individually prepared foods are preferred.</li><li>○ If offering buffet style, then there must be a single server; no serve yourself.</li><li>○ Officials/Volunteers are encouraged to continue to bring their own food and drink.</li></ul> <p><b>CONCESSION/BANQUETS</b></p> <ul style="list-style-type: none"><li>○ Private vendors offering concessions may have less risk (consider individually wrapped condiments) and allows the host club to support a local and focus on the competition.</li><li>○ Any banquet like gathering, that is buffet style, should have servers and not be self-serve.</li></ul> <p><b>AWARDS AND AWARD CEREMONIES</b></p> <ul style="list-style-type: none"><li>○ Consider how to safely conduct awards ceremonies, to provide adequate space.</li><li>○ Consider alternative methods to capture the achievement (i.e., distribute after competition, hire a photographer, live stream, etc.).</li></ul>
<b>TRAVEL</b>	<p>Clubs considering travel need to consider carefully and be aware of the current COVID-19 situation in communities they are considering travelling to and the differing regulations that may be required. Appropriate measures should be taken to ensure the safety of all members when travelling. Follow all public health orders regarding travel. Inter-provincial and international travel should be guided by public health recommendations and orders both in Canada, Saskatchewan, and the destination.</p> <p><b>TEAM TRAVEL:</b> If clubs are doing team travel, then do so with extra caution including:</p> <ul style="list-style-type: none"><li>○ Wearing masks in common/shared spaces (on buses, etc.)</li><li>○ Reducing numbers sharing a room (i.e., one athlete per bed) when possible.</li><li>○ Reducing buffet dining (using individually packaged meals when possible), or if buffet then only one person serving the food.</li><li>○ Use of rapid testing.</li><li>○ Contingency planning (if swimmer, coach, or chaperone fall ill or tests positive) specific to team travel must be clearly communicated to participants ahead of time.</li></ul> <p><b>INVITING OUT OF PROVINCE CLUBS</b></p> <ul style="list-style-type: none"><li>○ Prioritize Saskatchewan club swimmers, coaches, volunteers, and officials first.</li><li>○ Clubs may make their own decision on inviting/allowing out of province clubs to their meet or not, however if inviting out of province clubs, knowledge of the current COVID-19 situation in the other province is necessary and a risk assessment should be done.</li></ul>



## **SECTION 3: MEET MANAGEMENT/OFFICIATING**

This section outlines considerations specific to the management, operation and officiating of the sanctioned competition which include but are not limited to:

- Meets will be organized prioritizing swimmers, coaches, and officials/volunteers within the field of play and the immediate area surrounding the field of play, increasing the amount of space for movement, this may include removing barriers, such as coaches' tables.
- Prioritizing seating for swimmers and clubs to have designated space to gather as a club and not be overcrowded.
- Permitting spectators where and when permitted as per the requirements following the prioritization of swimmers, coaches, officials, and volunteers.
- Providing alternative arrangements for spectating when and where possible.
- Stagger meet schedules to promote physical distancing and allow for adequate cleaning and disinfection when needed.
- Contingency planning for late cancellations of officials, volunteers and swimmers must be planned for.
- One-way traffic flow is encouraged where and when possible.
  
- Different meet formats/competition opportunities will help inform what officials are needed on deck.
- The number of officials on deck, for any sanctioned competition can be reduced, maintaining the integrity of the results. Not having the minimum number of officials will not nullify the results of the competition (samples follow).
- The minimum number of officials required for a sanctioned competition and as per Swimming Canada rule CSW 1.2.1 indicates that for each session there should be a minimum of the following certified officials:
  - 1 Referee
  - 2 Inspectors of Turns (at each end)
  - 1 Chief Judge Electronics/Finish Judge
  - 1 Timekeeper per lane
  - 2 Safety Marshals
  - 1 Starter
  - 2 Judges of Stroke
  - 1 Clerk of Course
  - 1 Marshal
  - 1 Recorder-Scorer
  
- On pages 7&8 you will find sample diagrams that are designed to guide host clubs in ways to reduce officials on deck at a competition as per Swimming Canada's OCRC Return to Competition Best Practices and Recommendations as circulated to Provincial Sections.
- Host clubs must include the names of the Meet Manager(s), Officials Coordinator (COA), Clerk of Course and Starter within the meet package.
- Officials may perform several roles where the duties of each position are not in conflict with one another.
- All officials should be recruited and assigned to positions ahead of time.
- Hy-Tek volunteer must be included as a volunteer. When hosting a provincial championship competition Swim Sask recommends 2 Hy-Tek operators.
- Where possible, place the Referee and Starter on opposite sides of the pool to support physical distancing and to also support judging of the turns at the start end.

### **TIMING EQUIPMENT**

- Timers are not required when using electronic timing; thus, reducing the number of officials needed.
- Should there be a light touch, or electronic timing malfunction, there will need to be a re-swim if a time is not recorded.
- Ensure system is working prior to competition start and arrival of officials, coaches, and swimmers.
- When using manual timing, one timer per lane is required ideally with stroke and turn certification.



## MEET MANAGEMENT: SPECIFIC ROLES

### Meet Manager

- The Meet Manager will also be responsible to ensure that COVID-19 safety measures are considered and included in the meet package and operation of the meet including being the primary contact for Sask Health should there be any positive cases or communication related to the competition.
- Where possible, having 2 Meet Managers, working as a team may be most effective and efficient to manage the new meet formats and flow of participants.
- Work with the facility to ensure all requirements are met and communicate the meet requirements that may differ from the facility rules (i.e., masking, spectators). Also, work with facility to advocate for increased ventilation/air circulation, providing natural ventilation, when possible, in indoor facilities.
- Post signage at the meet outlining meet specific rules.
- Work with Meet Referee to finalize the Meet Package.
- Work with the host Club Officials Administrator (COA) to confirm the officials' roster
- The official's roster may include individuals filling multiple roles (i.e., a stroke and turn official timing in lane 2, may also be judging turns in lane 1 and 2 and act as a safety marshal during warm-up.
- Meet Manager will work with the facility to confirm all logistics and expectations.

### Referee

- Referees will use an electronic whistle when possible; regular whistles are permitted when necessary electronic whistles have been supplied to Referees by Swim Sask.
- The Starter and Referee may be on opposite sides of the pool when possible.
- Whenever possible, hold coaches meeting and Officials Briefings outdoors or virtually prior to the competition.
- DQ slips will not be used.
- DQ's will be verbally reported to the referee who will keep a single record of all DQ's.
  - At conclusion of a heat – officials will sit unless they have a DQ – the Ref will then circulate and maintain physical distancing and document DQs on a master sheet.

### Judge of Strokes, Inspector of Turns

- Judges of Stroke will support the Inspector of Turns at turn end, maintaining physical distancing.
- Use qualified Inspectors of Turns as Timekeepers to have one official per lane.
- Where not all Timekeepers are also Inspector of Turns qualified, the Referee, Starter and Judges of Stroke will support.
- Decide on which side of the blocks all Timekeepers/Inspectors of Turns will stand so officials can be in position and still maintain safe distances. Ensure this is communicated in advance.

### Timekeepers

- One per lane, when using manual timing,
- Where possible, the Timekeeper may also be qualified as an Inspector of Turns and act in both roles. Where not all Timekeepers are also Inspector of Turns qualified, the Referee, Starter and Judges of Stroke will support.
- Decide on which side of the blocks all Timekeepers/Inspectors of Turns will stand so officials can be in position and still maintain safe distances. Ensure this is communicated in advance. Markings to direct timers to the correct side should be considered.
- Competitions where electronic timing system is in use, consider no Timekeepers.

### Volunteers

- A volunteer is someone that is not operating as an official at the competition.
- Volunteers should be limited and assigned to positions ahead of time.
- Volunteers could be the Hy-Tek Coordinator, etc.



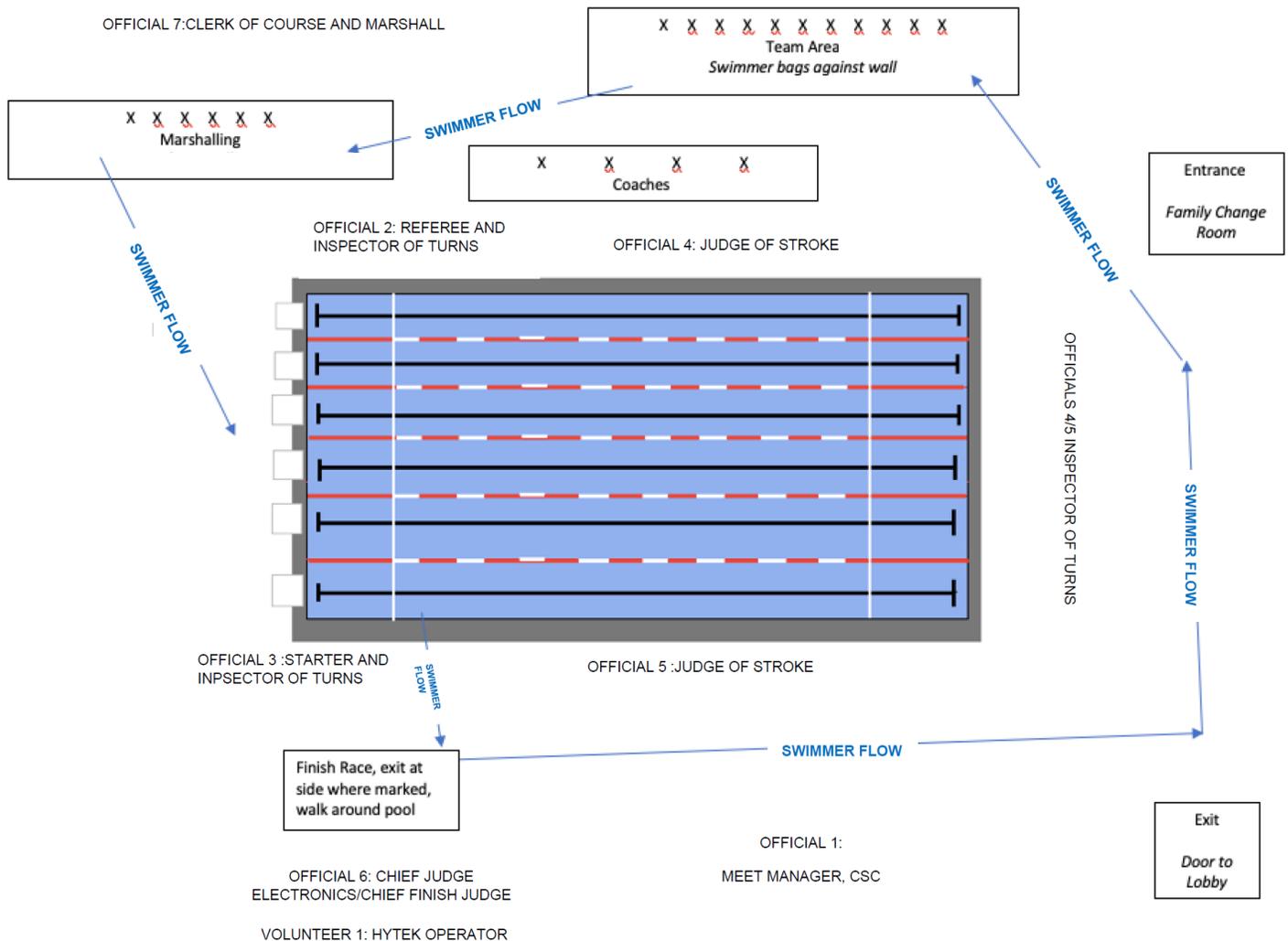
SAMPLE A: OFFICIALS/POOL FORMAT ELECTRONIC TIMING SYSTEM

- For this type of competition, it may be possible to run with no Timekeepers, if the electronic system is working well and touchpads have been tested and validated.
Any missed times due to light touches or electronic timing malfunctions would need to be re-swum.
The Chief Judge Electronics position will be critical when conducting a meet with no Timekeepers.

OFFICIALS:

- Official 1: Meet Manager, Competition Safety Coordinator
Official 2: Referee, Inspector of Turns at start end for outside lane opposite Starter
Official 3: Starter, Inspector of Turns at start end for outside lane opposite Referee
Official 4: Inspectors of Turns, Judge of Stroke one on either side, Safety Marshall
Official 5: Inspectors of Turns, Judge of Stroke one on either side, Safety Marshall
Official 6: Chief Judge Electronics and Chief Finish Judge
Official 7: Clerk of Course and Marshall
Volunteer 1: Hytek Operator

SAMPLE A: OFFICIALS/POOL LAYOUT ELECTRONIC TIMING SYSTEM





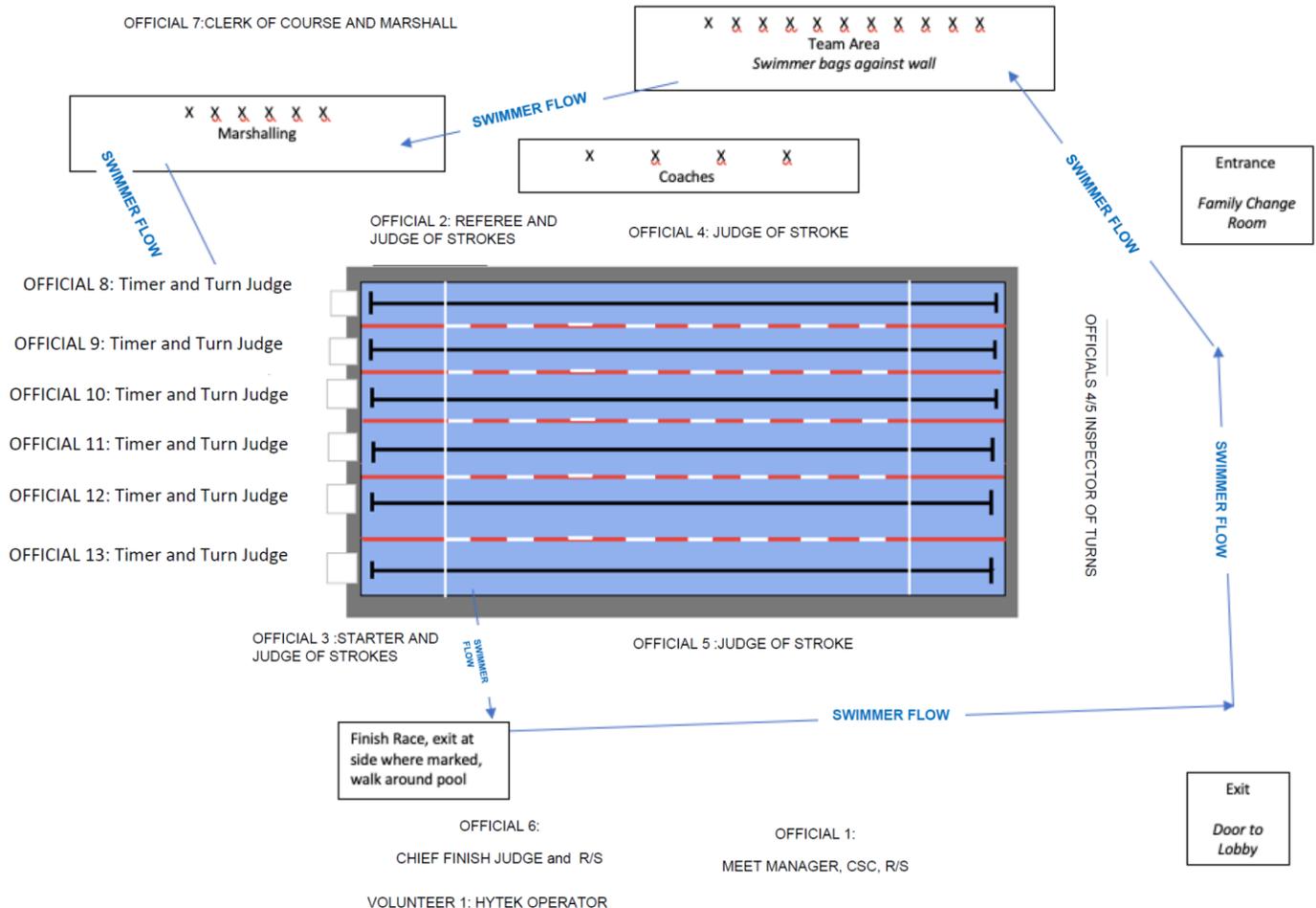
SAMPLE B: OFFICIALS/POOL FORMAT MANUAL OR ELECTRONIC TIMING SYSTEM

- For this type of competition, there will be one timekeeper per lane. Any missed times due to light touches or electronic timing malfunctions would need to be re-swum.

OFFICIALS

- Official 1: Meet Manager, Competition Safety Coordinator
Official 2: Referee, Inspector of Turns at start end for outside lane opposite Starter
Official 3: Starter, Inspector of Turns at start end for outside lane opposite Referee
Official 4: Inspectors of Turns, Judge of Stroke one on either side, Safety Marshall
Official 5: Inspectors of Turns, Judge of Stroke one on either side, Safety Marshall
Official 6: Chief Judge Electronics and Chief Finish Judge
Official 7: Clerk of Course and Marshall
Official 8: Timekeeper, Inspector of Turns at start end
Official 9: Timekeeper, Inspector of Turns at start end
Official 10: Timekeeper, Inspector of Turns at start end
Official 11: Timekeeper, Inspector of Turns at start end
Official 12: Timekeeper, Inspector of Turns at start end
Official 13: Timekeeper, Inspector of Turns at start end

SAMPLE B: OFFICIAL/POOL FORMAT MANUAL OR ELECTRONIC TIMING SYSTEM





# COVID-19 Competition Requirements, Guidelines/Best Practices and Meet Management 2021-2022

updated: March 25, 2022

The Swim Sask Training and Competitions governing documents have been written in consultation with and reference to:

## SWIM SASK COVID COMMITTEE MEMBERS

- Dr. Kathy Lawrence BSc, MD, CCFP, FCFP, Provincial Head Academic Family Medicine (SHA and U of S)
- Gary Thronberg, RPN (BADMIN Health Services), Five Hills Health Region: Director Officials, Swim Sask
- Swim Sask President Lee Dean
- Swim Sask Executive Director Marj Walton
- Swim Sask Program Coordinator Jodi Nicholson-Hachey

## RESOURCES

- [Swimming Canada COVID-19 Resource Hub](#)
- [Swim Sask: COVID-19](#)
- [COVID-19: Government of Saskatchewan](#)
- [COVID-19: Saskatchewan Health Authority](#)
- [Physician Town Hall: Saskatchewan Health Authority](#)
- [COVID-19: Government of Canada](#)
- [COVID-19: Going out safely - Canada.ca](#)
- Keeping Our Non-Profits Safe: Legality of Maintaining COVID-19 Restrictions for Sask Non-Profits, Ivy + Dean Consulting and Pro Bono Law Saskatchewan (webinar attended by Swim Sask staff)

## IMAGES FOR EDUCATIONAL PURPOSES

IMAGES for use in meet packages and/or posting at competitions

**COVID-19**

**Slow the spread of COVID-19**

- Wear a face mask covering nose, mouth & chin in public
- Stay two metres apart from other people
- Frequently wash your hands
- Stay home when unwell
- Use COVID-19 self-tests
- Get vaccinated

[saskatchewan.ca/COVID19](https://saskatchewan.ca/COVID19)

Click Image to access: <https://twitter.com/SaskHealth/status/152>

Saskatchewan Health Authority

**Symptoms of COVID-19**

**COUGH (Usually Dry)**

**FEVER & CHILLS**

- Fatigue
- Muscle & Body Aches
- Sore Throat
- Headaches
- Runny Nose
- Shortness of Breath (difficulty breathing for children)
- Loss of Appetite (difficulty feeding for children)
- Nausea or Vomiting
- Nasal Congestion
- Diarrhea
- Conjunctivitis
- Dizziness
- Difficulty Breathing
- Altered Sense of Taste or Smell

Click Image to access: <https://twitter.com/SaskHealth/status/151>

**Going out? Do it safely.**

Public health advice across Canada may be different depending on where you live. This tool will help you:

- assess the risks before going out
- make informed decisions while considering local public health restrictions

**Assess the risks**

Before going into public places or gathering with people you don't live with, think about:

- VACCINATION COVERAGE IN THE AREA\***
  - Your risk is lower if COVID-19 vaccination coverage is higher.
  - \*Check coverage in your area and the area of the people you're gathering with.
- COVID-19 ACTIVITY IN THE AREA\***
  - Your risk is lower if the level of COVID-19 activity is lower.
  - \*Check activity in your area and the area of the people you're gathering with.
- SETTING**
  - Your risk is lower in uncrowded places and outdoor or well-ventilated indoor spaces.
- PUBLIC HEALTH MEASURES**
  - Your risk is lower when many public health measures are in place and people are following them.
- VACCINATION STATUS**
  - Your risk is lower if you and those you're with are fully vaccinated against COVID-19.
- RISK FACTORS**
  - Your risk is lower the fewer risk factors you and those you're with have for exposure or more severe disease or outcomes from COVID-19.

**Make informed decisions**

Public health measures are effective in reducing the spread of COVID-19, including variants of concern. They're most effective when layered together.

Lower-risk situations can become higher risk. Think about the risks before you go out and while you're out, and adjust your actions as needed.

You can keep using all public health measures even when your community or setting doesn't have restrictions in place.

Continue to:

- > follow all community public health and setting-specific restrictions and recommendations
- > choose lower-risk activities and settings
- > layer multiple individual public health measures, which include:
  - staying home when sick
  - improving ventilation
  - wearing a mask
  - cleaning hands regularly

For more information on COVID-19: [canada.ca/coronavirus](https://canada.ca/coronavirus) 1-833-784-4397

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Canada

Click Image to access: <https://www.canada.ca/content/dam/phac-a-1>