

# RETURN TO SPORT: SWIMMING

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

version 3

updated August 6, 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.

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

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.**

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.



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## 1. INTRODUCTION

As the Provincial Sport Governing Body for Swimming in Saskatchewan, Swim Sask has developed this document to provide a comprehensive outline of the information and steps that Swim Sask will follow to bring back our member clubs activities progressively and safely. This guide aligns with the detailed information published by Swimming Canada and the Government of Saskatchewan.

The return to swimming, will be a gradual and progressive process. Swim Sask will follow the lead of the Saskatchewan Health Authority (SHA) and Government of Saskatchewan. We will emphasize a return to outdoor activity where possible followed by indoor activity as per the Government of Saskatchewan's advice.

Each Swim Sask affiliated club will be required to write and implement a progressive and safe "return to" plan that includes the items found in this document.

As the swimming community relaunches our sport, 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 all athletes and the entire membership as we return to the sport of swimming, a sport that ignites the passion in all of us.

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 the 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.

It is more important than ever that Club Boards and Club Owners exercise careful oversight over the implementation of these guidelines.

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

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

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## 2. CLUB REQUIREMENTS FOR A RETURN TO PLAN

Clubs are required to prepare a “return to” plan, prior to engaging in any club activities, that prioritizes health and safety while returning to sport progressively and follows the guidelines set out by Swim Sask, Sask Health Authority (SHA) and Swimming Canada.

The following must be included in the clubs “return to” plan but are not limited to:

1. COVID-19 Club Declaration Form
2. Establishment of a “return to” committee and contact information
3. List of facilities and assurance of any third-party insurance and guideline adherence
4. Acknowledgment and Assumption of Risk Form
5. Risk Assessment
6. Overarching Health Measures
7. Progressive, controlled programming plans for all program areas
8. Daily training environment
9. Communication Plan
10. Re-evaluation Plan
11. Resources/Reference Links
12. Other

**Clubs will develop guidelines and protocols that align with Swim Sask, Swimming Canada and the SHA.**

**Updated “return to” plans must be submitted to Swim Sask prior to a club transitioning to a next step or for the new 2020-2021 new season.**

Clubs must be cognizant of the fact that things have not returned to normal. As such, contingency plans should regularly be considered and evaluated as the current public health situation evolves. Should facilities once again be closed or access restrictions increase, the ability to quickly transition to an alternative plan will be important.

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.

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.

### 2.1 CLUB REQUIREMENTS FOR A RETURN TO PLAN - DETAILS

The following pages provide more detailed information on what to include in the ‘return to’ plan as per the Club Requirements for a “return to” plan. A “return to” checklist and template are provided in the appendix to assist clubs in preparing a thorough plan. Swim Sask uses the checklist to review each plan for evidence of content and preparation to ensure a thorough and well thought out safe “return to” sport.

#### 2.1.1 COVID-10 CLUB DECLARATION FORM

Clubs must complete and submit the Covid-19 Club Declaration Form – see page 21



## **2.1.2 RETURN TO COMMITTEE and CONTACT INFORMATION**

Prior to developing a “return to” plan each club will form a ‘return to’ committee to create, review and approve the club’s “return to” plan. It is recommended that this committee includes the head coach or designate, a board member, admin staff (if applicable), facility staff, and if available a health professional. The committee will designate an individual(s) within that committee that will monitor the latest development surrounding COVID-19 and communicate to the committee, board, and staff.

The “return to committee” will hold the responsibility to communicate with the club executive about new or changing policies and recommendations brought forth by Swim Sask, SHA or the Facility or Municipality and will also be charged with facilitating communication within the club related to COVID-19. The clubs return to committee is expected to assist the club prepare for and address issues related to revising documents, communicating, and enforcing policies.

Once training resumes, coaches will monitor all established protocols. As clubs resume in-person activity, the club “return to” committee should convene regularly to review and address any issues or concerns and review updated resources provided by Swim Sask, Swimming Canada, the SHA and the facility in conjunction with the clubs coaches.

## **2.1.3 FACILITIES**

Clubs must include a list of all facility names used for all training purposes for dryland and pool training (such as pools, gyms, outdoor locations (include GPS coordinates for emergency response ) and indicate the use of any third-party service providers to offer training or services.

Clubs will work with their facility and should include evidence of understanding of the facility rules as they relate to COVID-19.

## **2.1.4 ACKNOWLEDGMENT and ASSUMPTION of RISK FORM**

Clubs must include in the “return to” plan that all swimmers and coaches must complete the online electronic Acknowledgment and Assumption of Risks Form (this will be completed as part of the initial seasonal registration from Swimming Canada in the RTR).



## 2.1.5 RISK ASSESSMENT

Prior to swimmers and/or groups being introduced or starting back, the return to committee must assess risk and modify/update the “return to” plan accordingly to ensure a safe club environment. Clubs must assess their own risk in their environment and may use stricter guidelines.

### Risk Assessment Questions

The following 6 questions must be included in the “return to” plan to help assess risk to the organization in preparation for a Return to Sport and if “yes” is answered to any of the questions, then extra caution must be taken to mitigate risk in the “return to” plan and in the implementation of the plan.

- 1) Will the Training be held in a community that has documented active local transmission of COVID-19 in the last 14 days?
- 2) Will the training be held in a venue/facility with access by multiple groups?
- 3) Will the groups include team members relocating from areas outside the training location that have documented active local transmission of COVID-19?
- 4) Will the groups include participants (athletes and coaches) at higher risk of severe COVID-19?
- 5) Is the training considered at higher risk of spread of COVID-19?
- 6) Will the training be held indoors (“where possible training should be relocated to outdoor settings”)?

### Personal Protective Equipment (PPE)

- Consider what, if any, 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. Face shields may be considered as an alternative (i.e.: for those needing to read lips)

### Principles of Safe Sport and the Responsible Coaching Movement

- Ensure that all club activities will be done in an open and observable environment. Open and Observable environments mean making meaningful and concerted efforts to avoid situations where a coach, official or other representative might be alone with an athlete of any age. All interactions between an athlete and an individual who is in a position of trust should be in an environment or space that is both ‘open’ and ‘observable’ to others.
- Open and Observable environments also apply to all online (i.e. Zoom) and electronic communication (i.e. email, text), and should never be in the form of a one-on-one interaction; should always be done in a group setting.
- All training sessions must include a minimum of 3 people.
- Athletes are reminded not to ‘deck change’.

## 2.1.6 OVERARCHING HEALTH MEASURES

First and foremost, a return to sport and swimming must be done in a safe manner. Each club and member must do their part to adhere to the municipal, provincial and national health guidelines and restrictions that are in place. The following pages summarize the overarching health measures of the Province of Saskatchewan and Swimming Canada which govern the Swim Sask “Re-Open” plans.



## Saskatchewan Public Health Measures

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

	<p>Physical Distancing must be maintained, wherever possible. Current public and private gathering restrictions must be followed. Individuals should continue working from home if they can do so effectively.</p>
	<p><b>Personal hygiene will continue to be a key prevention measure.</b> <b>Frequent handwashing and sanitizing.</b></p>
	<p><b>Staying informed, being prepared and following public health advice.</b></p>
	<p><b>Enhanced cleaning and disinfection should take place in workplaces, public spaces, and recreational facilities.</b></p>
	<p><b>People must stay at home when they are sick.</b></p>
	<p><b>Consider use of PPE where available and appropriate.</b></p>
	<p><b>Keep those who demonstrate or report COVID-19 symptoms out of the workplace.</b></p>
	<p><b>Protective measures for vulnerable populations. 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.</b></p>



## Overarching Health, Medical and Safety Information and Considerations: General Information about COVID-19 and Swimming [\(Source: Swimming Canada\)](#)

COVID-19 is a type of coronavirus mostly found in animals, but when humans become infected, symptoms can range from mild to severe depending on many variables. The World Health Organization declared COVID-19 a global pandemic on March 11, 2020. Tragic consequences of this virus are being experienced around the world, including within Canada. There are many ongoing challenges for all of us to manage, and for our Canadian aquatic's community, a safe and responsible return to swimming is paramount. The intent of the following information is not to provide permission to return to sport, but rather to supply the reader with a guide to current medical recommendations in an attempt to mitigate risks related to COVID-19. The goal is to avoid becoming infected and spreading to other people in the community. This document is meant to complement not replace local public health and recreation facility advice.

COVID-19 has a fragile lipid outer membrane, and is therefore highly susceptible to soaps and oxidants, such as chlorine. According to the Centre for Disease Control, there is no evidence that COVID-19 can be spread to humans through the use of pools, hot tubs or spas. Proper operation maintenance, disinfection with chlorine or bromine of pools should inactivate the virus (CDC 2020). A related coronavirus which caused the SARS epidemic in 2003, was found to be inactivated by UV treatment and disinfectors.

The following health, medical, and safety information are applicable until such time that public health information and guidelines change. In addition, this information is generally applicable to all training environments including indoor pools, outdoor pools, open water, gym and outdoor land training. Provincial and Municipal Public Health information and guidelines must be respected always and supersede the information below.

### HEALTH MONITORING

- Athletes, coaches, and staff must answer 'NO' to all the following questions prior to attending any training session (before arrival at the training session):
  - Do I have any of the symptoms: cough, shortness of breath, chest pain, difficult breathing, fever, chills, repeated shaking with chills, abnormal muscle pain, headache, sore throat, painful swallowing, runny nose, new loss of taste or smell, gastrointestinal illness?
  - Have I been in contact with or cared for someone with COVID-19 within the last 2 weeks?
  - Have I returned from a trip outside the country within the last 2 weeks?
  - Stay home when sick, even with mild symptoms
- Any athlete or staff member that is required to leave a training session because of experiencing signs or symptoms consistent with COVID-19 is required to contact their physician to consider the appropriateness of further investigations. Further investigations may include a test for COVID-19, which then may lead to the notification of appropriate Public Health Officials regarding a positive test result. Public Health Officials will determine any requirements related to facility and/or group operations, as well as any requirements around contact tracing as it relates to managing the spread of the virus. The athlete or staff member may not return until receiving clearance from the physician, and if a test for COVID-19 was completed, a negative test result will be required before further training is permitted. If home isolation is required, guidelines have been provided in a subsequent section below
- Staff or athletes at risk for severe illness from COVID-19 are recommended to review their specific health concerns with their primary care provider prior to attending training sessions
  - Common underlying health conditions which may place an individual at higher risk would include hypertension, heart disease, diabetes, obesity, chronic respiratory diseases such as asthma and those who are otherwise immunocompromised



### TRAINING GROUP PROTOCOL FOR POSITIVE TEST

If any athlete or staff test positive for COVID-19, the following steps must be taken:

- The athlete is removed from the training group immediately
- Team training for that training group will be suspended and all team members are placed in self-isolation for 14 days
- The local public health authority will provide further management recommendations which may include further testing, and arrange for contact tracing
- Any further team members who develop symptoms will be referred to the appropriate public health authority or help-line for guidance on testing and appropriate management
- Team training could resume if:
  - All team members undergo self-isolation for 14 days and no other member has developed symptoms
  - All team members are cleared to return to group training by their physician in accordance with Provincial guidelines

### HOME ISOLATION RECOMMENDATIONS

If you find yourself ill with symptoms suggestive of COVID-19:

- Remain at home except to get urgent medical care
- Do not go to work, school, pool or other public places
- Cancel non-urgent appointments
- Do not use public transport
- Notify your doctor or local health department by phone, as testing may be required
- Monitor your symptoms and seek medical attention if you are having difficulty breathing, are unable to drink fluids, or if your illness is significantly worsening
- Wear a face mask when around others, particularly when physical distancing cannot be maintained
- Separate from household members, at least 2 meters always
- Do not have visitors
- Stay in a well-ventilated room (open windows) and use your own bathroom if possible
- Sanitize common use surfaces frequently
- If close contacts are vulnerable in terms of their health, consider alternative accommodations
- Avoid sharing household items
- Maintain excellent hand hygiene
- Follow any other local health regulations

## COVID-19: Avoid The 3 Cs



Closed Spaces  
with poor  
ventilation.



Crowded Places  
with large numbers of  
people gathered.



Close Contact  
with people outside  
your household.



## PHYSICAL DISTANCING

- Avoid being exposed to COVID-19 by physical distancing (minimum 2 meters). Keep a safe distance always. **This is critical as COVID-19 can be spread prior to symptom onset**
- Avoid crowded places
- Avoid greetings with handshakes, hugging, high fives, etc....
- Athletes and staff must respect physical distancing during all aspects of training
- Athletes, coaches and staff may consider the use of protective masks. Masks should be considered when physical distancing isn't always possible such as on public transit on the way to training, crowded areas, and for those with chronic medical conditions. Remember that using a mask is not enough alone and should be combined with other preventative measures such as frequent hand washing and consistent physical distancing
- Provide facility access with one entry point and a separate exit point
  - If both entry and exit points are located at the same place, put in place measures that provide physical distancing of at least 2 meters
  - Install signage to direct athletes, coaches, and staff to enter one at a time
  - Provide floor markings to guide athletes, coaches, and staff movements through and out of the facility
- Install physical markers on the floor or walls (cones, lines, stickers, wooden structures, etc.) that indicate appropriate two meters spacing distances for athletes, coaches, and staff working on deck or in dryland areas
- Coaches and staff must maintain appropriate distance from each other and facility staff members throughout the entire duration of time spent in the facility
- Athletes should arrive in their training suit
- Showers should be mandatory only if a shower is available near the pool deck (without the need to enter the changing room)
  - Athletes should encourage good pool hygiene by showering at home before and after swimming
- To maintain physical distancing of 2 meters during lane/laps swimming, the number of swimmers must be modified depending on the activities programmed in the aquatic facility
- To maintain physical distancing of 2 meters, swimmers should swim in the middle of the lane.
- Keep the same group of athletes for each training session
  - 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 all guidelines that may be in place. Registration policies and procedures must be adhered to
  - Athletes should only participate in one training group and should not move between multiple training groups
- Do not perform dry land training at the pool. Any dryland or pre-pool should be performed before entering the facility
- Do not arrive any earlier than necessary for receiving the training session and entering the pool
- 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
- Spectators/parents to follow facility rules and are expected to adhere to the physical distancing rules
- Athletes, Coaches and Clubs are encouraged to act responsibly and promote appropriate behavior on social media with their peers



## HAND AND PERSONAL HYGIENE

- Clean/wash your hands frequently with soap and water for at least 20 seconds or use a hand sanitizer (>60% alcohol). Coaches and swimmers are encouraged to carry a personal supply of hand sanitizer for use as needed before, during and after training
- Avoid touching your eyes, nose, and mouth
- On arrival, athletes, coaches, and staff must wash their hands with soap and water or hand sanitizer for at least 20 seconds
- Cover your mouth and nose with a disposable tissue or the crease of your elbow when you sneeze or cough
- Regularly clean and disinfect frequently touched surfaces
- Do not share food and drinks

## USE OF EQUIPMENT

- Clean equipment thoroughly with a disinfectant pre-and post-training session. Remember that COVID-19 can last between two hours and nine days on surfaces depending on many factors. Simple cleaning measures can inactivate the virus
- Athletes are not to leave equipment or mesh bags at the facility/site. All equipment needs to be brought home and thoroughly cleaned after each training session
- Personal items and clothing (backpacks, jackets, shoes, etc.) brought in by athletes, coaches, and staff should be kept to a minimum. Where bags must be brought in, they should be stored separately, with adequate space between each member's items (re: backpacks left 2 meters apart on pool deck)
- Limit the amount of equipment to be brought into the pool throughout the return to sport process. The coach is required to communicate necessary swim training equipment prior to each session
- Athletes are not permitted to share any training equipment
- There is no permitted sharing of water bottles. Athletes, coaches, and staff are required to fill their personal water bottles at home, prior to leaving for the facility
- Coaches are not permitted to use whiteboards so that swimmers do not congregate around them, and to limit the spread through equipment. Use other means of communicating the training sessions to the swimmers such as bringing individual printed copies of the workouts
- Coaches are not permitted to share hand-held equipment such as stopwatches, clipboards or pens, with colleagues or others. Reminder to clean this equipment with disinfecting wipes pre-and post-training session
- In general, pool set-up such as putting in lane lines and backstroke flags should be left to the facility to complete. Where this is not possible, specific protocols should be developed and hand washing should occur before and after setting up the equipment

### Keep Physical Distancing

Physical distancing is the best way to prevent the spread of COVID-19.

Keep yourself and others safe by staying two metres apart from other people, even if you're wearing a mask.

[saskatchewan.ca/COVID19](https://saskatchewan.ca/COVID19) #COVID19SK



## 2.1.7 PROGRESSIVE CONTROLLED PROGRAMMING

- A clubs return will be initiated in **small controlled groups** of swimmers to allow for the **testing of protocols and ensuring that a safe environment can be maintained to allow for a progressive return**. Clubs must NOT have all members return at once.
- Clubs will develop a progressive return to plan that includes planning for all program areas offered (competitive, learn to programs, fitness, masters, etc.).
- Swimmer and coach registration can occur throughout a season, clubs must determine how they will add additional (new, transfers, etc.) swimmers to groups or to the club throughout season safely.
- Clubs will determine in consultation with the facility the training format (SCM or LCM) and how many swimmers per lane/double lane will be used. Swimming Canada has several lane formation options. Short Course Meters (SCM) allows for the greater numbers to return safely. If there will be a transition from SCM to LCM at any point in the point in the season, the clubs should indicate how will this be done to ensure safety. A diagram will help illustrate start/finish points clearly in the pool for each swimmer as all swimmers will be unable to congregate at the walls.

### ATHLETE/GROUP/PROGRAM PRIORITY

- Clubs will determine which groups/programs return first and how to bring in subsequent groups/programs. Consideration should be given to the experience and maturity of the swimmer(s) when determining the order of return.
- Learn to Swim programs should be your last groups to return as physical distancing measures **MUST BE IN PLACE**, this should be done with extreme caution; swimmers must be able to swim on their own to return.
- **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 (e.g. If a swimmer cannot make a Thursday training, they cannot make it up by attending the Friday training with another group).**
- Caution must be taken when swimmers are also coaches within a club learn to or pre-competitive program.

### GROUP SIZE

- Adhere to SHA and facility requirements for permissible activity.
- People not from the same household or extended household should always maintain two metres of physical distancing.

### SCHEDULING

- A schedule of training will include the training group name and numbers of the participants per group, practice days and times.
- There should be a minimum of two weeks, but three weeks is recommended, before introducing other groups to start training, to assess both operations and health aspects of the return process.
- As groups are added, a detailed process will be required to stagger the arrival and departure of each group in order to alleviate potential congestion. A buffer of 10-15 minutes should be planned between groups in order to allow for an appropriate changeover.
- As clubs and groups **transition from one step to another**, it is important that clubs recognise and adjust training plans to ensure transitions from outdoor to indoor environments and that groups may need to be redefined to create smaller controlled groups to return progressively over a minimum of two weeks before returning subsequent groups. For example, it is not guaranteed that all swimmers who returned to outdoor training will begin indoor training at the same.

### EXCLUSION PLANS

- What are the clubs plans and communication plan to keep those out of the training environment if they are ill or have been exposed to someone with COVID-19?

### REFUNDS

- Clubs shall establish a refund procedure for absence, extended absence, or club shutdown due to COVID-19.



### 2.1.8 DAILY TRAINING ENVIRONMENT

Clubs must ensure consideration for the daily training environment and that plans follow the Government of Saskatchewan as well as Swimming Canada's Overarching Health, Medical and Safety Considerations in the development of rules, policies and regulations as well as those specific to Swim Sask that include but are not limited to:

#### ARRIVAL AND DEPARTURE

- Implement directives around arriving and leaving training sessions **“Arrive-Train-Depart”**
- Swim team training must be scheduled outside of public swim times (Re-Open Sask).

#### ATHLETE INTERACTIONS AND INTERVENTIONS

- If physical distancing cannot be maintained or is unpredictable, a mask should be worn by the coach.
- Develop processes to deliver feedback post workout via online platform (always in a group setting).
- Regular mental health check-ins

#### ATTENDANCE AND DAILY SCREENING

- Clubs must keep a record of attendees which includes a daily screening log for the purposes of COVID-19 contact tracing which must be retained for a minimum of one month.
- Consideration must be given to what leniency will be given for those who have concerns regarding COVID-19 with reference to attendance.
- Ensure that the club does not have awards for perfect attendance, etc.

#### EQUIPMENT

- All swimmers and coaches **MUST NOT SHARE** equipment, towel, mat, bands, water bottle, etc.
- Usage of personal vs facility equipment will be at discretion of the facility.

#### MENTAL HEALTH

- What are the clubs plans to address the stress and impacts of COVID-19 on their staff and members?

#### PARENTS/SPECTATORS

- Limit spectators/parents and follow facility rules regarding physical distancing rules.

#### PHYSICAL DISTANCING AND HYGIENE

- Adhere to SHA guidelines for appropriate physical distancing

#### TRAINING

- 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.

#### TRAVEL

- Keep in mind that the Government of Sask is still encouraging no travel within the province for non-essential services. (swimming is a non-essential service)
- No inter-provincial or international travel permitted at this time.



### **2.1.9 COMMUNICATION**

- Now more than ever, communication is critical. Clubs must establish or enhance clear lines of communication to ensure open and transparent information sharing with their membership and the public which includes but is not limited to:
- Where and how will the “re open” plan be communicated and posted
- Where and how updates will be shared?
- How will the club meet (board, parents, etc.) to adhere to current SHA restrictions?

### **2.1.10 RE-EVALUATION PLANS**

- How and when will the club re-evaluate the health and safety and operations of the club throughout the season and how will they keep members up to date?
- How will the club respond should the SHA and Government of Saskatchewan impose restrictions again that impact club activities?

### **2.1.11 RESOURCES AND REFERENCES**

- Clubs will share the reference links with their members that are found at the back of this document.



### 3. STEPS to RETURN TO SWIMMING IN SASKATCHEWAN

The return to swimming, will be a gradual and progressive process. Swim Sask will follow the lead of the Saskatchewan Health Authority (SHA) and Government of Saskatchewan. We will emphasize a return to outdoor activity where possible followed by indoor activity as per the Government of Saskatchewan’s advice.

Clubs may return at varying steps of the Swim Sask plan and bring back programs at different steps simultaneously, provided the entire club does NOT return at once and that all plans are progressive and adhere to all regulations.

Each club “return to” plan will vary depending on the current SHA restrictions, season, club return to programming plans as well as municipal and facility access/restrictions.

Organization	Phase of Return				
Swim Saskatchewan	Step 1: Virtual/Outdoor Training	Step 2: Outdoor Pools	Step 3: Indoor Pools/Activity	Step 4: Return to Competition	Step 5: Full Return
Government of Saskatchewan	Phase 3: Outdoor Activity June 8, 2020	Phase 4.2: Outdoor Pools June 22, 2020	Phase 4.2: Indoor Pools July 6, 2020	Phase 5: Consider Lifting Long Term Restrictions	
Swimming Canada	The focus of the Swimming Canada framework is a safe return to swimming that adheres to the overarching health, medical and safety considerations outlined in this document. It is highly recommended that programs should initiate their return to swimming in a progressive manner.				

The Government of Saskatchewan has permitted the return to various activities relevant to swimming at various stages and on various dates. Please refer to [Government of Saskatchewan Re-Open Saskatchewan Document including:](#)

[COVID-19 Workplace Information](#)

[Sports Activities and Guidelines](#)

[Recreation Guidelines includes aquatic facilities](#)

[Fitness Facility Guidelines](#)

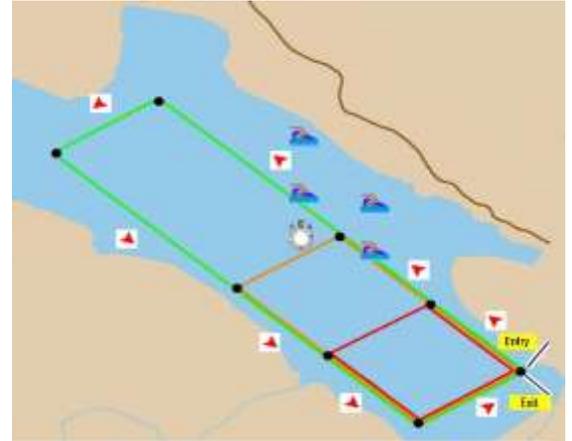


## STEP 1: VIRTUAL and OUTDOOR ACTIVITY (includes Open Water)

Effective June 8<sup>th</sup>, 2020 The Government of Saskatchewan permitted the return to Outdoor Recreation and Outdoor Sport. Outdoor Training includes in person Outdoor Activities and Open Water Swimming for the purpose of fitness and conditioning (not skill development) led by a registered coach.

### OPEN WATER

- 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.
- The 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 diagram).
- Outdoor training and open water swimming should be limited to local opportunities.



## STEP 2: OUTDOOR POOLS

## STEP 3: INDOOR POOLS

As clubs move from outdoor pools to indoor pools, it is very important that small controlled groups transition/return in a progressive manner. For swimmers who transition from outdoor swimming to indoor swimming, clubs will ensure that those swimmers continue to train a single session per day for a minimum of three weeks (in water) prior to adding multiple daily sessions progressively in week four.

It is recognized that indoor training increases the risk of transmission of COVID-19, therefore, Swim Sask requires clubs to return to swimming progressively with small controlled groups of swimmers to allow for the testing of protocols and ensuring that a safe environment can be maintained. As per the Government of Sask Re-Open plan **“where possible training should be relocated to outdoor settings”**.

### FORMAT FOR TRAINING

- Swimming Canada lane environment guidelines that adhere to 2m physical distancing follow.
- For swimmers to maintain the current 2m physical distancing during lane/laps swimming, athletes and staff must respect physical distancing during all aspects of training. There will be no passing.
- Swim Sask supports clubs progressing to six (6) swimmers per double lane (SCM or LCM) after a minimum of a three weeks within existing training groups.

### FORMAT FOR LEARN-TO SWIM PROGRAMS

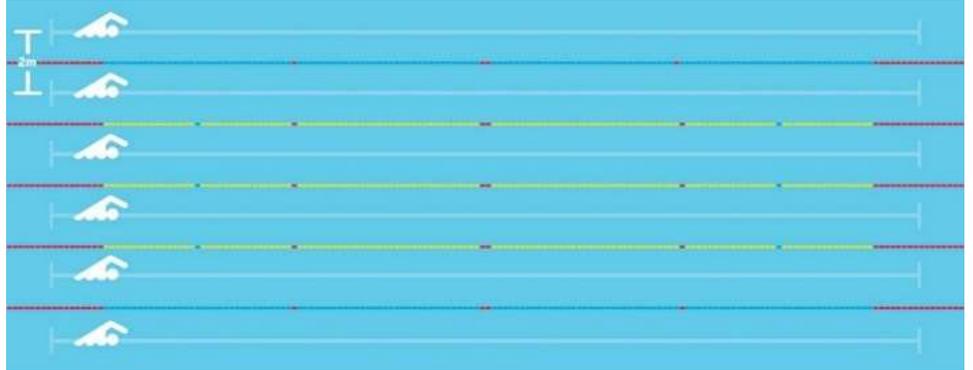
- Training for “learn to” program must adhere to 2m physical distancing rule; therefore swimmers that need hands on assistance in the water cannot return at this time.
- For swimmers to maintain this distance and to be water safe various formatting options will need to be explored. Re-imagine swimming.



## SINGLE SWIMMER LANE ENVIRONMENTS

In the scenario where the pool is set up with traditional single lanes, only one swimmer would be capable of swimming in each lane while maintaining physical distancing.

*Example: Short course Meters (SCM)  
One (1) person per lane  
swimming in the middle  
of the lane only  
(on top of the lane line).*



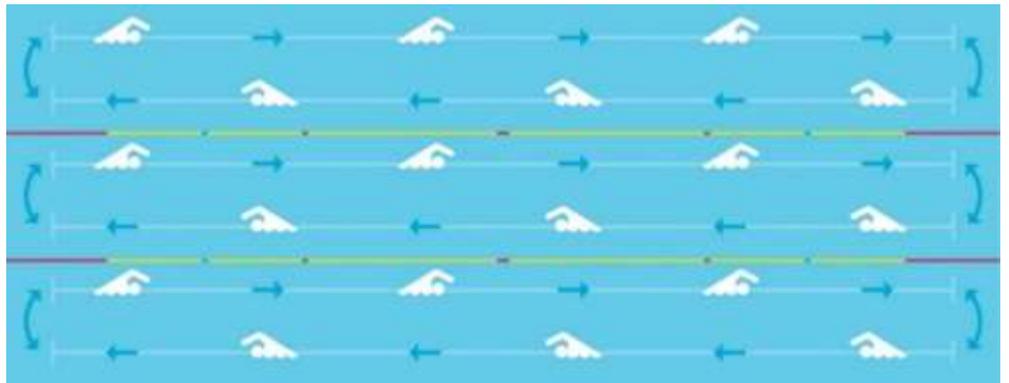
## MULTI SWIMMER LANE ENVIRONMENTS

In a double lane swim environment swimmers swim down the centre of the lanes in a larger circle covering 2 lanes requires a bit more logistical/workout planning but is the better way to be able to maintain the 2m physical distance requirement. It is important to clearly define a swimmers start/finish point as all swimmers will be unable to congregate at the wall and maintain physical distancing. Swimmers will also need to be instructed to keep at least two metres between each other.

*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.*



*Example: Short course Meters (SCM) – Six (6) 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: INDOOR DRYLAND and TRAINING

With a return to indoor training it is recognized that the risk of transmission is much more likely therefore, Swim Sask strongly recommends the return to indoor training be return progressively with small controlled groups of swimmers to allow for the testing of protocols and ensuring that a safe environment can be maintained. As per the Government of Sask Re-Open plan “where possible training should be relocated to outdoor settings”.

- A return to dryland training is permitted in a gym or fitness facility and must follow all facilities guidelines as per the [Re-Open Saskatchewan document: Guidelines for Gyms and Fitness Facilities](#).
- Dryland training in the pool facility (on deck) should only resume when the provincial health authority and the facility permit it.
- Consider developing online fitness participation, where practical, until physical distancing recommendations are suspended (as per Government of Sask Re-Open Plan).
- Maintaining physical distancing and keeping contact surfaces clean are key factors in keeping dryland activities safe.
- 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.
- When a third party is providing a service for a club activity ensure that the club and Swim Sask are named on the gym or fitness facilities certificate of insurance as an additionally insured party. Please submit copy of the certificate to Swim Sask.

### STEP 4: COMPETITION

As per the Government of Saskatchewan and the SHA, all competitive swim meets, and other competitive events remain canceled until further notice.

### STEP 5: FULL RETURN

TBD



## 4. APPENDIX

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## COVID-19 CLUB DECLARATION FORM

**CLUB NAME:** \_\_\_\_\_

Swim Sask’s Return to Sport: Swimming plan is based on the guidelines published by the Government of Saskatchewan, Swimming Canada’s Return to Swimming resource document and other stakeholder resources. Prior to restarting, Swim Sask member clubs will adhere to the Swim Sask Return to Sport: Swimming guidelines to develop their required “Return to” Plan and assist their club in planning for a safe and progressive return to club activities.

In the process of developing a club’s “return to” plan, one size does not fit all. Each club has unique issues which need to be factored into their plan. Modifications and changes to standard practice protocols will be required, and these modifications will need to be practical and tailored to your unique facility and participant needs. While there can be some flexibility in a club’s plan all swimming and swimming related training activities in Saskatchewan must operate within current provincial health restrictions to promote the safety of our communities.

To assist our clubs, all clubs are asked to follow the Swim Sask “return-to” checklist and template to ensure that the club has clear policies that include but are not limited to ensure compliance with public health measures and the Swimming Canada Overarching Health, Medical and Safety Considerations, which includes evidence of but is not limited to:

- Assessments of risks are present in your club’s operation;
- Exclusion of anyone with symptoms from attending any swim club specific or related activity;
- Swimmers are able to participate in a safe daily training environment where physical distancing, personal hygiene and safe social interactions are enforced;
- Progressive and Controlled Environment with clear re-evaluation plans;
- Coaches and swimmers have fewer club related contacts (shorter times, fewer people);
- Clear Club Communication Plan
- Higher frequency of cleaning of ‘high touch’ areas of facilities and equipment, availability of hand sanitizer and encouraging good hygiene.
- Reference Links

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 will be publicly posted and communicated it to all members prior to the club returning to sport. 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.**

Please complete and email to: [marjwalton@swimsask.ca](mailto:marjwalton@swimsask.ca)

**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: \_\_\_\_\_



## CLUB “RETURN TO” PLAN CHECKLIST

This checklist is provided to help clubs create a thorough and well thought out safe “return to” sport plan.		
<b>1.</b>	<b>COVID-19 CLUB DECLARATION FORM</b>	
<b>2.</b>	<b>‘RETURN TO’ COMMITTEE and Contact Information</b> a) List of the clubs Return to Swimming Committee members b) Plan for committee to review and amend the plans as the club’s transitions (includes where/how).	Yes/NO Yes/NO
<b>3.</b>	<b>FACILITIES</b> a) List of all facility names and addresses (GPS coordinates for outdoor locations). b) List of third-party service providers c) Evidence of understanding of the facility rules. d) EAP and Open Water Checklist (for open water)	Yes/NO Yes/NO Yes/NO Yes/NO
<b>4.</b>	<b>ACKNOWLEDGEMENT and ASSUMPTION of RISK FORM for ALL coaches and swimmers</b>	Yes/NO
<b>5.</b>	<b>RISK ASSESSMENT</b> a) 6 risk assessment questions included and answered b) PPE procedures c) Open and Observable environment plans to adhere to Safe Sport d) Training sessions limited to a minimum of 3 people.	Yes/NO Yes/NO Yes/NO Yes/NO
<b>6.</b>	<b>OVERARCHING HEALTH MEASURES</b>	Yes/NO
<b>7.</b>	<b>PROGRESSIVE, CONTROLLED PROGRAMMING</b> a) Swimmer return priority (which level first and order of return) b) Schedule of training including group names, group numbers, practice days and times c) Progression plan (group sizes, format, dates, timelines, transitions) d) Program plans for competitive swimmers e) Program plans for Learn to Swim program, Masters Groups, Fitness Programs if applicable f) How to add swimmers (new, transfers) throughout season safely g) Training format (SCM, LCM, OTHER)? h) Number of swimmers per lane/double lane, include diagram i) Start/finish point clearly defined in the pool for each swimmer	Yes/NO Yes/NO Yes/NO Yes/NO Yes/NO/NA Yes/NO Yes/NO Yes/NO Yes/NO
<b>8.</b>	<b>DAILY TRAINING ENVIRONMENT</b> a) Daily attendance and Screening tool (ensure no attendance awards, etc.) b) Exclusion measures c) Refund policies d) Acknowledgement of stress and impacts on members (mental health checks) e) SHA restrictions for physical distancing and public safety in daily training specifically: i. Arrival and Departure ii. Equipment iii. Travel iv. Training Format (lane format, coaching, start and stopping of sets, passing, etc.) v. Athlete Interventions/Interaction vi. Parents/Spectators	Yes/NO Yes/NO Yes/NO Yes/NO Yes/NO Yes/NO Yes/NO Yes/NO Yes/NO Yes/NO Yes/NO
<b>9.</b>	<b>COMMUNICATION</b> 1. Public location of plan 2. Method of member communication 3. Club meeting plans	Yes/NO Yes/NO Yes/NO
<b>10.</b>	<b>RE-EVALUATION PLANS</b>	Yes/NO
<b>11.</b>	<b>RESOURCE/REFERENCE HYPERLINKS included but limited to:</b> 5. Government of Sask 6. Swimming Canada Covid-19 resource Hub 7. Swim Sask COVID-19 resources	Yes/NO Yes/NO Yes/NO
	<b>OTHER</b>	



## CLUB “RETURN TO” PLAN TEMPLATE

The template is to be used as a tool to develop a Club “return to” plan that aligns with the Swim Sask Re-Open Sport: Swimming document to assist in ensuring thorough content of a club return to plan during the pandemic with a tool that is clear and concise for members to read and for potential new members that wish to join the sport of swimming and your club during the pandemic.

[LINK TO EDITABLE TEMPLATE:](#)



## DAILY SCREENING COVID-19

for contact tracing purposes

Clubs must keep a record of attendees which includes a daily screening log for the purposes of COVID-19 contact tracing. Clubs are encouraged to create an online/contactless option (i.e. JotForm, google docs, etc.). identify those sick or symptomatic. Clubs will create this attendance and screening log/tool which must be retained for a minimum of one month. Where possible, do not use a common pen.

The [link to the online SHA screening tool](#) for the following symptoms:

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

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: Overarching Health, Medical and Safety Considerations: General Information about COVID-19 and Swimming can be found in the Swimming Canada COVID-19 Resource Hub](#)

**If coaches, athletes, spectators or volunteers are 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.



# OPEN WATER CHECKLIST

(if applicable)

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](mailto:marjwalton@swimsask.ca) for approval. Please include a list of swimmers and coaches who will attend. Reference: [Swimming Canada Open Water Safety Guidelines](#)*

**YES/NO**

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

(if applicable)

**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



## 5. INSURANCE

Swim Sask through the Sask Sport Group Insurance policy with AON Reed Stenhouse provides the following:

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

The policy is effective April 1 to March 31 annually.

The insurance company provided some exclusions due to COVID-19. Please see [Contagion Exclusion Endorsement](#) for details.

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.

If a club is using a 3rd party provider then the club must 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).



## 6. RESOURCES

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 can be found in the Swimming Canada COVID-19 Resource Hub](#)
- [Swimming Canada: Overarching Health, Medical and Safety Considerations: General Information about COVID-19 and Swimming can be found in the Swimming Canada COVID-19 Resource Hub](#)
- [Government of Saskatchewan Re-Open Saskatchewan COVID-19 updates](#)
- [Government of Saskatchewan Re-Open Saskatchewan Document including:](#)
  - [COVID-19 Workplace Information](#)
  - [Sports Activities and Guidelines](#)
  - [Recreation Guidelines includes aquatic facilities](#)
  - [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 \(pages 12-22\)](#)