



COVID-19 continues to circulate in our communities and through our actions we can help reduce the spread. Swim Sask strives to ensure our affiliated clubs operate as consistently as possible with regards to COVID-19.

Sport is very important we continue to strive to provide opportunities as safe as possible within this current climate. Through the consistent use of the training requirements and best practices clubs can provide sport opportunities with the support and guidance from Swim Sask in efforts to reduce transmission of COVID-19.

This revised document is now broken into 2 parts: Requirements and Guidelines/Best Practices.

Each affiliated club declared adherence to the guidelines set forth in the [Club Declaration: Covid-19](#).

Each affiliated club is 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 instructions of public health and other 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.

SECTION 1: REQUIREMENTS

All affiliated swim clubs in Saskatchewan must adhere to the following requirements and show evidence of how this will be managed including:

SCREENING and EXCLUSION PLANS

- Swimmers, coaches, officials, and volunteers **MUST** not participate if sick or symptomatic.

MASK USE

- Swimmers, coaches, officials, and volunteers **MUST** be masked properly (over chin and nose) except when in the pool and wear the best quality mask available to the participant.
- Coaches and club must ensure that masking is enforced.
- Any coach, swimmer, official or volunteer not abiding by wearing a mask may be removed.
- Masks can be removed to eat/drink only for hydration and re-fueling. Do not use eating/drinking as an excuse to keep mask off for a period of time. Take a drink and put mask back on immediately.
- Masks must be on to cheer and maintaining physical distancing. Respect fellow swimmers and coaches and maintain personal space.

CONTINGENCY PLANS

- Ensure preparation of contingency plans for when you or a member of your club (coach, swimmer, etc.) tests positive, etc.

POSITIVE CASE PROTOCOL AND CONTACT TRACING

- Any swimmer, coach, official or volunteer that tests positive and has been to a swim related event/training session within 48 hours prior to the positive result, please notify your clubs head coach. Clubs protect the privacy of their members and when notifying groups of a positive case, will not share the name of the member that tests positive.
- Clubs will notify Swim Sask when there is a positive COVID-19 case within their club. This information is for case tracking purposes only. No names are shared.
- The club will keep a list of all swimmers and coaches from each club activity/session.

HOSPITALITY

- There will be no food or beverage service provided at any club activity.
- Coaches and swimmers are to bring their own required food and drink.



SECTION 2: GUIDELINES/BEST PRACTICES

VACCINATION

- We encourage all members to be fully vaccinated.
- Swim Sask highly recommends and asks clubs to strongly consider:
 - only vaccinated members, who are over age of vaccine eligibility, attend training.
 - members who are not vaccinated, not attend training until such time as they can be vaccinated.

PHYSICAL DISTANCING

- Physical distancing is encouraged while on the deck and in the change rooms and during club activity.
- Access outdoor facilities where possible (dryland, training, meetings, etc.)
- Increase ventilation/air circulation, providing natural ventilation, when possible, in indoor facilities.
- Keep time gathered to a minimum.
- Establish one-way flow of swimmers and coaches where/when possible.
- Consider smaller group sizes and reduced lane assignments.

SANITIZATION AND HYGIENE

- Encourage proper hand and personal hygiene.

SPECTATORS

- Reduce spectators and/or find alternative ways to view sessions.
- Swim Sask highly recommends and asks that only those that have been vaccinated attend.

TRAVEL

- Clubs must remain aware of the current COVID-19 situation in communities they are considering travelling to.
- Appropriate measures should be taken to ensure the safety of all members when travelling.
- Team Travel: masks must be worn in common areas (on buses, etc.) and extra cautions must be adhered to for accommodations and dining. If clubs are doing team travel, then do so with caution.
- Follow all public health orders regarding travel.
- Inter-provincial Travel should be guided by public health recommendations and orders both in Saskatchewan and the destination province. Clubs considering traveling out of province need to consider carefully.
- Travelling out of country for anything within our sport should not be done while federal government advisory is in place and is not supported by Swim Sask.

Training and Competitions documents have been written in consultation with and reference to:

RESOURCES

- Dr. Kathy Lawrence BSc, MD, CCFP, FCFP
Provincial Head Academic Family Medicine (Sask Health Authority and University of Saskatchewan)
- Gary Thronberg, RPN (BADMIN Health Services)
Five Hills Health Region, Saskatchewan
Director Officials, Swim Saskatchewan

REFERENCES

- [Living With COVID-19 Government of Saskatchewan](#)
- [Public Health Measures: Government of Saskatchewan](#)
- [COVID-19 in Saskatchewan: Saskatchewan Health Authority](#)
- [Physician Town Hall: Saskatchewan Health Authority](#)
- [Swimming Canada Competition Facility Guidelines](#)
- [Swim Sask: COVID-19](#)

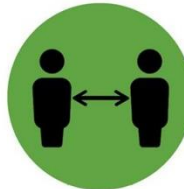


COVID-19

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

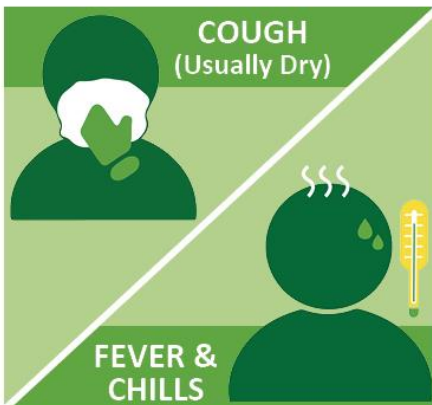


Get vaccinated

saskatchewan.ca/COVID19



Symptoms of COVID-19



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