



May 25, 2020

Hi Flatland family,

And here we are! Into our 3rd month of this strange way of life. We are not comfortable at the Toth house – let me tell you! We would so much rather be driving our own children to sports, coaching practices and travelling to competitions. We miss our people!! But, like many of you, we are a little scared of this contagious virus and feel compelled to ensure that our most vulnerable friends and family are being sheltered from the illnesses it causes. We will continue to avoid essential travel and respect the gathering sizes permitted.

As you likely know, Saskatchewan is into Phase 2 of the Re-Open Saskatchewan plan and we're about to enter Phase 3 on June 8 (hopefully!). Almost all competitive sport, like swimming, is listed as "opening" in Phase 4. "Opening" does not mean without restrictions. The public facilities (Lawson, YMCA, etc.) have not communicated their plans for re-opening. Restrictions in Phase 4 could include the number of people allowed in a lane, lane dividers at the bulkheads, limited changeroom access and limiting spectator access. Or none of those. We really aren't sure.

Swim Canada has been working on a Return to Swimming plan for everyone across the country to use. It will be a little generic because each club will be required to follow any rules that their provincial government and sport governing body provides as well. Various people at Sask Sport, Swim Saskatchewan and coaches from around the province have been discussing standards and practices.

There is a chatter about using outdoor venues to host practices (think Regina Beach or someone's private backyard pool). But, our insurance company has put the brakes on that. There is a pandemic clause in our policies that prohibit us from conducting group practices until we are sanctioned for our usual approved activities. Even if we follow all the physical distancing regulations and group gathering sizes, we are not permitted to host a Flatland Swim practice - even if it's in your personal farmyard dugout. At this time, we have included the document Open Water Swimming Considerations for Individuals. Swim Canada just released late this week to provide some recommendations to competitive athletes wanting to swim in lakes and off public beaches. We will take a look at them and see if we can figure some way to get a few people together RECREATIONALLY in the weeks ahead. This would be without instruction – because as soon as a coach is there, it is considered "Sport" and this is not permitted.

For those of you getting creative in your backyard pool, living at the lake or anyone else lucky enough to have water to swim in – please be safe and enjoy the sensation! We'd love to see how the swimmers are staying fit and keeping busy. Send us a link to videos, #FlatlandSwimming on Instagram and tag us on Facebook.

As a reminder - When we are given the green light to re-open instructed practices, we will do our best to get everyone back in the water. As we said before, we will likely have to make some changes to groups,

days and practice times, especially if we are limited to numbers of swimmers in lanes. We are really hoping that our regular indoor season will start in early September. But as soon as we can, we will send out a call to register. Until then, no new fees will appear on your account. If you're interested in doing some fundraising activities to prepare for next year, consider a membership with Flatland Sport Services. Email them at flatlandsportservices@outlook.com for more information.

If your swimmer is interested in dryland practices and getting involved with some online learning, Coach Jeff is coordinating some opportunities, free of charge. Please email him at coachjeff@flatlandswimming.ca any time.

As the warmer weather arrives in the Regina area, we encourage you to send your swimmers outside to stay fit! Riding bikes, running, skateboarding, rollerblades, jumping on the trampoline, swimming in backyard pools and exploring our local trails and pathways are all highly encouraged. Stay safe Flatlanders!

We sure miss our swimming family. Take care,

Sara & Jeff