FLATLAND SWIMMING

Updated June 30, 2020

Welcome Back! This will be a slow start with our club goal of getting all of our swimmers back into training in the safest way possible that produces an infection rate of zero.

Please familiarize yourself with the following documents:

Return-to-Swimming-Resource-Document-From-Swimming-Canada

FINA-Letter-of-information_Return-to-Training-and-Competition1.pdf

SwimSask-re-opening-Swimming-Step-1-Outdoor-Training-includes-Open-Water.pdf

Our first step to return to training will be to start providing outdoor dryland training to those athletes who indicated, in our survey, wanted to participate.

Tentative plan:

1) Swimmers will be broken into different training groups based on age and experience.
2) We will be using the Kirby-Mulatz acreage for dryland
    a. Location:
        A) 50degrees 18'28.9"N // 104degrees 36'37.0"W
        B) NW-31-15-19-w2
        C) Map Location
    b. This is a private yard so we do not need to worry about random public people.
    c. We can control the cleanliness of any shared surface.
    d. We will have access to a private washroom for emergencies where we can control the cleanliness.
    e. The yard is only 6min from Southland Starbucks.
    f. We will start the week of July 6th.

Schedule:

Group 1:

Members: Jes Lawerence, Isaak Weibe , Grace Warawa, Jenna Weldon, Anika Dyck, Stella Mulatz, Kylie Rotheisler, Krystal Shaw, Taya Hauser, Ava Douville, Marin Lewis, Emma Kowel, Maren Bouvier, Landon Bouvier , Brooke Chow (15)

Training Times: T/W/Th – 8:30-10am

Group 2:

Members: Madi Meiklejohn, Isla Lord, Corbin Lord, Rachel Chimilar, Myla Kachmarski, Cohen Kachmarski, Matteo Melchiorrie, Brooke Appel, Leah Huber , Olivia Baisley, Mira Kiefer, Tyler Appel, Luke Binns, Quentin Lord (14)

Training Times: T/W/Th – 10:15 – 11:15am

Group 3:

Members: Yaro Gololobov, Amara Wagnar, Alexis Brown, Evelyn Bosche, Diana Rodriguez, Adam Eisbrenner, Grayson Hoa, Amanda Power (8)

Training Times: T/W/Th - 11:30-12:30pm

What to bring:

1) Yoga mat
2) Bathroom towel
3) hand sanitizer
4) mask
5) Runners
6) Socks
7) T-shirt
8) Jacket
9) water bottle
10) stretch cord
11) skipping rope
12) Snack

What is your responsibility:

1) Maintain 2mtres apart during low effort work
2) Maintain 4m apart during high effort work
3) No sharing of anything
4) Follow all signage, physical barriers, placement cones
5) Stay Home if exhibiting Covid Symptoms
6) Report to the SHA if experiencing Covid Symptoms
7) Use washroom only in an emergency
8) Stay calm and adaptable
9) Do the screening everyday and bring with you to practice. A printable will be sent out separate.
10) Be honest in the screening
11) Inform Coach Jeff if you feel ill
12) Participate in the cleaning efforts
13) Fill out the waivers:
    a. Swim Sask **Assumption of Risk (by July 4)**

b. **Flatland Registration Documents (out by end of the week)**

What is our responsibility?

1) All coaches will do daily Online Screening
2) All staff will stay home if experiencing any Covid Symptoms
3) All staff will report to SHA if experiencing any Covid Symptoms
4) Non-Contact coaching
5) Provide appropriate training with consideration to current fitness levels and emotional needs
6) Plan practices that encourage physical distance and limited shared surfaces
7) Wipe down/disinfect any/all surfaces that are touched (include equipment, handles, toilets, etc.)
8) Coaches will be responsible to disinfect the washroom after each and every use
9) Coaches will be responsible to wear a mask if the 2 to 4m distances cannot be maintained.

Coach Jeff