



## MJKFF Re-Opening Plans

### Introduction to Reopening Plans

- The return to swimming plan for MJKFF has two main goals. The first is to provide a safe environment for the swimmers to avoid transmission of Covid – 19 or Influenza. The second main goal is to phase in the programs to ensure safety and social distancing is maintained.
- All MJKFF swimmers must complete the “Acknowledgement and Assumption of Risk Form” prior to participating in any activity sanctioned or organized by SNC, Swim Sask or MJKFF.
- For the 2020-21 season these forms will be done in the Swimming Canada Registration system.
- **These forms MUST be completed before the swimmer is allowed to train. NO exceptions.**
- All members must adhere to the rules, regulations, and protocols.
- If any swimmer or coach is sick, they MUST stay home.
- If any swimmer or coach should show any COVID-19 symptoms, they must not attend training. If a swimmer arrives at practice showing any symptoms, they must return home, stay home and self-isolate. They should call the Healthline at 8-1-1 to see if a COVID-19 test is required. If a test is required, the family must notify the Head Coach.
- If a swimmer tests positive the training group will be suspended for 2 weeks, all members of the group are encouraged to get tested should they show symptoms.
- Coaches will wear masks at all times. When the swimmers are in the water and coach can maintain social distancing the coach can move the mask below the chin.
- Coaching staff will maintain social distancing on the pool deck as much as possible and ensure they have their mask on should they approach within the 2m distance.
- Swimmers will be required to maintain social distancing at all times, on the pool deck and in the water. They will also be responsible for their equipment taking it home and bringing to practice each session. They are also responsible for the sanitizing of any team equipment they use from the equipment room.
- In the event of a positive test, the member must prove a negative before returning to training.
- Team meetings will be held outdoors in the park across from the pool maintaining social distancing at the swimmers first practice. Parents are also asked to attend.

### OVER ARCHING HEALTH MEASURES

- **Our clubs plan adheres to the health measures provided by: Sask Health Authority and Swimming Canada’s overarching health, medical and safety information, and considerations.**
- **The wearing of masks by coaches and social distancing by coaches and swimmers will be maintained at all times.**
- **Hand sanitizer and disinfectant spray will be available at all times.**
- **Swimmers will not be allowed in the change room except for the use of the washroom facilities.**
- **Hand washing will be strictly enforced.**

## **RISK ASSESSMENT**

### **Risk Assessment Questions**

- Will the training be held in a community that has documented active local transmission of COVID-19 in the last 14 days? **No**
- Will the training be held in a venue/facility with access by multiple groups? **Yes. The team will be separated by lane ropes from other activities**
- Will the groups include team members relocating from areas outside the training location that have documented active local transmission of COVID-19? **NO**
- Will the groups include participants (athletes and coaches) at higher risk of severe COVID-19? **Yes**
- Is the training considered at higher risk of spread of COVID-19? **No**
- Will the training be held indoors? **Yes**
- Has the club established stricter protocols? **Yes, refer to attached reopening plans**

### **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'.

### **Competitive Programs**

#### **Specific Number of swimmers per group will be as required by Sask Health and the City of Moose Jaw**

Monday to Thursday – 6 lanes // Friday – 10 lanes

- 1.5 hours 5:10 – 6:45 pm – split into 2 sessions 5:10 – 5:55 and 6:00 – 6:45

Tuesday and Thursday mornings - 5 lanes

- 8:00 – 9:00 am

Monday/Wednesday/Friday evenings – National and Gold Squads

Tuesday and Thursday evenings – Silver and Bronze Squads

Tuesday and Thursday mornings – National Squad

### **Swim Quest (Pre-Competitive Program)**

- Swimmers capable of swimming on their own (Minnows and Tadpoles) may start in September/2020. That will be decided as the programs and protocols progress.
- Younger swimmers needing assistance (Starfish and Guppies) expected start up January/2021

### **Attendance and Daily Screening Plan**

- SHA daily screening check list reviewed at home with parents before departing to pool
- SHA daily screening check questions asked to each swimmer for confirmation of their no symptoms prior to entering the facility
- MJKFF has approved temperature testing equipment. Swimmers and coaches temperature will be tested prior to entering on to the pool deck from the restricted access area. A parent volunteer or coach will be assigned each session for the temperature testing.

## Training

- 4-6 swimmers per double lane
- Lane ropes every 2 lanes to allow for separation in the water allowing 4 per double lane
- One starting at each end and one in the middle (when 6 per double lane)
  - This avoids the congestion at pool ends
- 2m social distancing at all times including during activation/deactivation
- Swimmers enter and exit one at a time per lane at each end
- Maintaining accurate attendance records for contact tracing should that be required



*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.*

## Arrival and Departure

- Swimmers enter from the restricted access, remove outer wear and then move to north side of the pool for the on deck shower and move to the main pool on the east side.
- Departing swimmers will exit the pool and then leave the facility on the west side of the pool exiting through the restricted access door.

## Safety Precautions

- SHA daily screening check list reviewed at home with parents before departing to pool
- SHA daily screening check questions asked to each swimmer for confirmation of their no symptoms prior to entering the facility
- Temperature testing done prior to entering the facility
- No parent spectating
- Coaching staff will wear masks at all times as they may unintentionally approach a swimmer within the 2m social distancing area
- Swimmers will get into their swim suits at home
- There will be a selected area on the pool deck for the swimmers to take off their outerwear and put in their backpack or a bin with their name on it (supplied by swimmer)
- Swimmers enter the pool deck one at a time following 2m social distancing protocol
- Swimmers will use the on deck shower prior to entering the pool
- Swimmers will not use the public change rooms except for using the washroom
- Swimmers will take their equipment bags home and bring back to the pool for each session
- Swimmers enter the equipment room one at a time to get equipment
- Social distancing in effect for activation and deactivation
- Swimmers enter the water one at a time
- Swimmers exit the water one at a time and put away their equipment always respecting social distancing
- Swimmers leave the pool deck one at a time respecting social distancing at all times
- Swimmers go to the secure clothing area where they dress and then exit the facility

### **Equipment:**

- Swimmers will take all their equipment bags home and bring them back to the pool for each session. Mesh bags are no longer allowed to be left at the pool.
- Swimmers enter the equipment room one at a time to get equipment.

### **Emergency Action Plan (EAP)**

Should an emergency situation arise, the coaching staff will work with the lifeguard staff on the pool deck to ensure a controlled and safe exit from the facility practicing social distancing while doing so

### **Physical Distancing and Hygiene:**

- Coaches will wear mask at all times.
- Hand sanitizer and disinfectant spray will be readily available in the equipment room and on deck at the coaches table
- Swimmers will adhere to the protocols established by the facility.
- Disinfectant spray available in the equipment room for the sterilizing of equipment used
- The club will designate the person/persons responsible for cleaning areas and equipment after each Insert what your club/facility will require, especially if using club and/or facility equipment (i.e kickboards)

### **Mental Health**

All the safety precautions in place should provide a safe environment for the swimmers. Should there be any physical or mental health issues arise the team has essential service workers on the team that will be able to assist and work with the swimmer

### **References and Resources Hyperlinks**

- [Swim Sask Covid-19 Resources](#)
- [Swimming Canada Covid-19 Resource Hub](#)
- [Government of Sask - COVID-19](#)
- [Government of Canada – COVID-19](#)
- [www.mjkff.ca](http://www.mjkff.ca)

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

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