



# MJKFF Re - Opening Plans

December 31, 2020

## Return to Swimming Reopening Committee and Contact Information

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## 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 physical 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.
- Coaches will wear masks at all times. When the swimmers are in the water and coach can maintain physical distancing the coach can move the mask below the chin.
- Coaching staff will maintain physical 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 physical 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.

Team meetings will be held prior to the commencement of the regular scheduled fall session. Ongoing communication will also be provided by direct emails to our members and updates posted on the team website.

## Facilities

- Indoor Pool Training (Short Course Meters)
  - Kinsmen Sportsplex, 855 MacDonald Street, Moose Jaw, Sask S6H 2W3
- Dryland Training
  - The Attic, 237 Main Street North, Moose Jaw, Sask. S6H 0W1
  - **As of November 23 the team has discontinued training at the Attic**

## 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 physical distancing by coaches and swimmers will be maintained at all times.**
- **Hand sanitizer and disinfectant spray will be available at all times.**
- **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.

### **Covid – 19 Representative**

- **Head Coach – Gord Shields**
  - Cell: 306 - 690 – 5791      Email: gshields@sasktel.net
- **Duties**
  - The club's first contact person for a parent/guardian to report a swimmer with symptoms and/or being tested for Covid – 19
  - Responsible for communicating with the Saskatchewan Health Authority and club membership
  - Contact person for the Saskatchewan Health Authority

### **Covid – 19 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 Health line 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.
- Swimmer or coach will self isolate until test results are received or 48 hours after the symptom(s) have cleared
- If a swimmer or coach tests positive the group(s) that train at the same time will be suspended for 14 days. All members of the group are encouraged to get tested should they show symptoms.
- Should a swimmer have symptoms and require a Covid – 19 test that swimmer must self isolate until a for 48 hours after symptoms have dissipated and a negative result.
- In the event of a positive test, the member must self isolate for 14 days and test negative before returning to training.

## Phasing in of Programming

### Competitive Programs

#### Specific Number of swimmers per group will be as required by the Saskatchewan Health Authority, the City of Moose Jaw, Swim Saskatchewan and Swim Canada

All Competitive groups will commence training on Tuesday, September 1st, 2020

- Monday to Friday – 3 double lanes (6 lanes) 4:00 – 5:30 pm
- Mondays and Wednesdays – 3 double lanes (6 lanes) 5:30 – 6:45 pm
- Tuesday, Thursday and Fridays – 2 double lanes (4 lanes) 5:30 pm – 6:45 pm
- Tuesday to Friday mornings - 2 double lanes (4 lanes) 6:10 – 7:40 am
- Saturday mornings – 3 double lanes (6 lanes) 9:00 – 11:15 am
- Sunday mornings – 5 double lanes (10 lanes) 9:00 – 11:15 am

Refer to weekly training template for further details

### Swim Quest (Pre-Competitive Program)

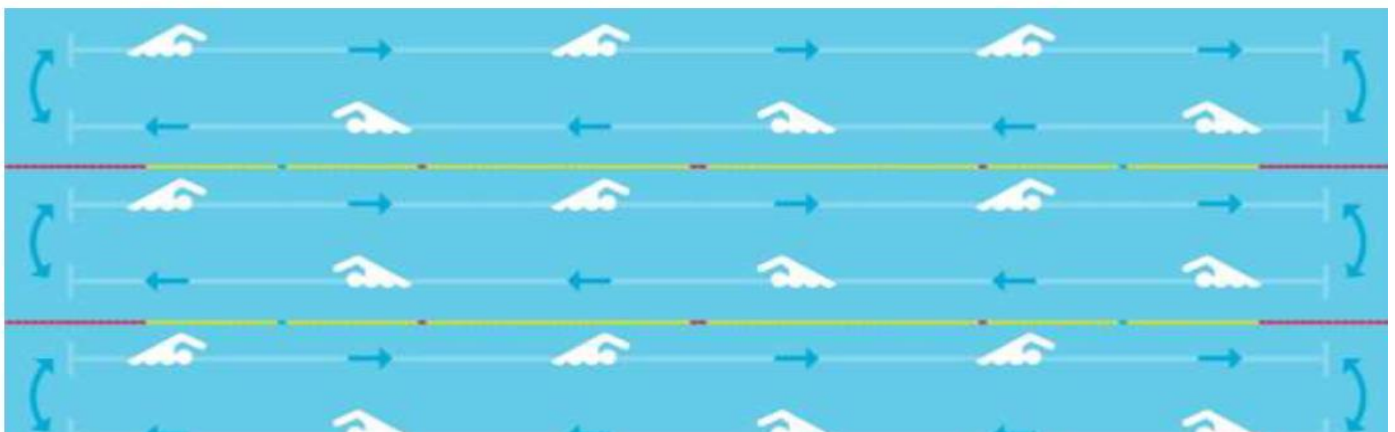
- Swimmers capable of swimming on their own and able to swim one length of the pool unassisted (Minnows and Tadpoles) will start Tuesday, September 15th, 2020. Priority will be given to swimmers that previously participated in the Swim Quest program.
- Younger swimmers requiring hands on assistance (Starfish and Guppies) have an 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. Should a swimmer answer yes to any symptom further information will be asked of the swimmer and a decision made as to if the symptom is Covid – 19 related and if the swimmer will be allowed to participate in that particular practice. This decision will be made by the lead coach for that practice
- 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

- Initial startup for the month of August there will be 2 swimmers per lane, 4 per double lane. In September there will be a maximum of 3 swimmers per lane, 6 per double lane
- Lane ropes every 2 lanes to allow for separation in the water allowing 4/6 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 physical 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



## Training Update

- As of December 2nd there can only be a maximum of 8 swimmers in the pool training at any one time to follow the new guidelines and restrictions from SHA.
- There will be only 4 swimmers allowed in each double lane with 2 swimmers starting at each end of the pool.

## Arrival and Departure

- The city requests all swimmers enter through the main doors on the north side of the building and exit the building through the east side doors at the end of the change room hallway.
- Swimmers must enter the facility with a mask on
- Masks will be worn until the swimmer goes for a shower then enter the pool as instructed by the coach on deck
- Swimmers enter the Flying Fins restricted access cordoned off by the city facility at the south end of the main hallway. The daily screening check list will be reviewed and temperature testing done with the swimmers. The swimmers will then remove shoes and proceed on to the pool deck and find a spot on the bleachers to remove and store outer wear while maintaining physical distancing.
- Swimmers then move to north side of the pool for the on deck shower and move on the east side to the main pool congregating behind the diving boards and bulkhead for activation maintaining social distancing.
- Departing swimmers will exit the pool as instructed by the coach with one end at a time leaving the pool.
- Swimmers will go to their equipment, dry their face and then put mask back on then continue to put on outer clothing or leave the pool deck to change
- They then leave the pool deck on the west side exiting through the restricted access door used upon entering the pool.

## 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 physical 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 physical distancing protocol
- Swimmers will use the on deck shower prior to entering the pool
- Swimmers **are allowed to use the change rooms following the change room guidelines**
- 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 **may leave the pool deck with other swimmers from their group but must respect physical distancing at all times**
- Swimmers go to the secure clothing area where they dress **or the change room** 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 **unless given permission by the coach with a reason given as to why they must do that.**
- Swimmers enter the equipment room one at a time to get equipment.
- **Any equipment used from the team equipment room must be disinfected prior to being returned**

### **Change Room Guidelines**

- Use of the change rooms is allowed as the MJKFF swimmer numbers are included in the overall facility capacity for each time period booked and falls within the SHA guidelines.
- Change rooms will be kept to a minimum of use and as short of time as possible.
- When swimmers leave through the change room should attempt to exit the change room in 10 minutes.
- Physical distancing must be maintained at all times.
- Masks must be worn at all times when in the change room, except for showering.

### **Dryland Training**

- Training at the Attic has been suspended effective December 2nd, 2020

Starting Tuesday, September 15th

Physical distancing will be strictly enforced for all dryland sessions

- Training will be on Tuesdays and Thursdays from 4:15 – 5:00 pm and 11:45 am to 12:45 pm on Saturdays
- All dryland training will take place at the Attic. This training facility is owned and operated by MJKFF assistant coach Andrea Amiot
- Numbers at this time are restricted to 6 for strength training and yoga and 10 for Spin class.
- Follow up required to ensure the Attic also has Swim Sask and MJKFF on their insurance policy as insurers.

### **New Swimmers Joining the Team after reopening**

- New swimmers will be assessed and assigned to the appropriate group based on their level of ability
- If that particular group is not in the water training at the time, the swimmer will be put on a waiting list for contact when that particular group commences training

### **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)

### **Refunding of Fees**

- Should a program(s) have to be shut down due to a case of Covid – 19 and the group have to be quarantined and unable to swim for a specific period of time, fees for that particular group will be refunded on a pro-rated basis for the amount of time the group was restricted from training. These refunded fees will include pool time training and dryland training.

### **Ongoing Evaluation**

The head coach and president will have ongoing evaluations on a weekly basis and adjustments to the reopening made as necessary. The situation is very fluid and changes will be made as situation requires.

### **Club Travel**

- There are no travel plans at this time ~~for the fall schedule~~. Time trials are planned for the fourth Friday of each month **depending on any new guidelines and restrictions are in place at that time.**
- Travel to competitions will be reviewed by the head coach and board for each scheduled competition prior to the entry deadline following SHA, Swim Saskatchewan and Swim Canada guidelines for in and out of province travel
- Tentatively the team may travel to competitions beginning in December/2020.

### **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)