

Swift Current Barracudas Return to Swim Plan

Return to Swimming Committee & COVID-19 Representative

Contact Information:

- Heather Carleton (President) hcarleton1@hotmail.com
- Shannon Brouwer (Vice President) shannon.brouwer@rcmp-grc.gc.ca
- Carolyn Emperingham (Registrar) carolyn@castleeng.ca
- Homie Jadid (Head Coach & COVID-19 Representative) homayoun.jadid@gmail.com
- Sibrena Amundson (COVID-19 Representative) sibrena6@gmail.com

Facility

- **Swift Current Aquatic Centre**
1100Ave NE, Swift Current, SK S9H 2V6
Phone: (306) 778-2735

Acknowledgement and Assumption of Risk Form

- All swimmers and coaches will electronically submit an “Acknowledgement and Assumption of Risk Form” prior to participating in any activity sanctioned or organized by SNC, Swim Sask or SCB. These forms MUST be completed within 14 days of commencing participation. There are no exceptions.

Risk Assessment

Q: Will the training be held in a community that has documented active local transmission of COVID-19 in the last 14 days?

A: Yes there will be local transmission in our community during the training season.

Q: Will the training be held in a venue/facility with access by multiple groups?

A: Yes the aquatic Centre will be used by other groups, however during our training times, it will only be the Barracudas in the pool.

Q: Will the groups include team members relocating from areas outside the training location that have documented active local transmission of COVID-19?

A: We will have no team members relocating from outside our training location.

Q: Will the groups include participants (athletes and coaches) at higher risk of severe COVID-19?

A: At this time, we don't know of participants at high risk of severe Covid.

Q: Is the training considered at higher risk of spread of COVID-19?

A: Our training is not considered at high risk, as the number of swimmers/staff will only comprise about 1/3 of the facility's maximum Covid capacity, which will allow for good physical distancing.

Q: Will the training be held indoors?

A: Yes, the training will be held indoors.

Q: Has the club established stricter protocols?

A: At this time, we are not mandating any swimmers or staff to use PPE. We are leaving the use up to the discretion of each individual.

- **Principles of Safe Sport and Rule of Two & PPE Plan:** All training activities will be done in the water, which is an open and observable environment. There is no current plan for any Zoom training. Training will always have a minimum of 3 people

Overarching Health Measures:

PROTOCOL FOR POSITIVE COVID-19 TEST WITHIN A CLUB

Guidance on procedures to follow:

A. When an athlete, coach or staff is notified by SHA that they have tested positive for COVID-19 the athlete, coach or staff will:

- Provide SHA with the Club's COVID-19 representative's name and number to assist with club related contact tracing.
- Advise your Clubs COVID-19 Representative.
- Continue to self-isolate and follow all SHA instructions.
- Only return to club activities as per SHA and club instructions (i.e.: symptom free and a negative test result).

B. While waiting to hear from SHA, the Club's COVID-19 representative will:

- Notify Swim Saskatchewan
- Advise, at minimum those training in the same group that an individual received a positive test result (note: Use the term "an individual", to protect the identity of the positive case).
- Advise that this training group will refrain from in-person training for 48 hours or until contacted by SHA/Public Health (based on communication Swim Sask received from SHA).
- Ensure the other group/club members are self-monitoring more closely and that any other athletes, coaches, or staff, experiencing symptoms will be required to stay home and contact 811 for further guidance. (Advising the whole club is a good idea, as it may help limit gossip and maintains open transparent communication).

C. Once the SHA contacts the Club's COVID-19 representative, the clubs COVID-19 representative will:

- Follow all instructions provided by SHA (Sask Health determines who is a close contact and advises the Club's COVID-19 representative of the process to follow).
- Ensure the training group and the rest of the swim club follow all additional prevention/control measures issued by Sask Health Authority. Update Swim Saskatchewan

D. All athletes, coaches or staff that are notified by SHA as a close contact or non-close contact of someone having tested positive for COVID-19 will:

- Follow all instructions provided by SHA
- Advise your Club COVID Representative
- If a swimmer begins to feel ill during a practice session, or experience any of

the symptoms listed on the Daily Screening Covid-19 sheet, they will need to immediately tell their Coach, and exit the pool immediately. They will then go and wait outside the pool facility (in the attached entrance hallway that leads from the outside door to the pool), until someone can come and get them. This will be kept very discreet on the pool deck, and Coach Homie will follow up with the parents later in the day to see how the swimmer is feeling, and what the family's plan is for follow up if needed.

- The changerooms and washrooms will be open as usual, with physical distancing encouraged at all times. Lockers can be used and nothing can be left at the pool between training sessions. Showers can be used if necessary, but only one person is allowed per side, at a time. Hand sanitizers will be located at the changeroom doors to be used upon entry and exit from them. There will be physical distancing reminders on the wall at various locations throughout the pool.



ADMINISTRION

All swimmers and coaches must be fully registered with the club, Swim Saskand Swimming Canada.

Swimmers, Coaches, staff and volunteers should limit the sports and activities they participate in to help reduce social contacts.

Daily Training Environment

Daily plan & screening tool:

Members will be asked to self-assess using the SHA online screening survey prior to training each day.

Refund Policies:

- At this point, refunds will only be offered if the Aquatic Centre shuts down. We realize we might need to amend this based on what happens during the season on a case by case basis.

Mental Health Checks:

- Concerning mental health check-ins, our Head Coach knows each of our competitive level swimmers quite well, and is always communicating with them regarding how they are feeling. We trust he will make an appropriate decision if he feels a swimmer is struggling in some way with this. Our Olympic Way classes are quite small and the Junior Coaches get to know the swimmers well. If they have a concern about the emotional/mental health of a swimmer in one of their classes, they will do a check in with them, and touch base with a parent if necessary. With our current situation, we will only have 4 or 5 coaching staff, all who already know each other and will provide support to each other as needed. The club will be in close communication with Coach Homie regarding the well-being of himself and his Junior Coaches.

Arrival and Departure:

- The largest number of swimmers we will have at a training session will be approximately 32. They will be instructed to use physical distancing as much as possible when arriving and departing the facility. Outside the entrance to our facility, there is an area called “the ramp”, that is large enough for swimmers to wait in when they arrive, for a few at a time to enter the facility safely. They will be reminded to use physical distancing while in all areas, including the change rooms/washrooms and pool deck. Each swimmer will be assigned a spot on the pool deck to leave their personal belongings, as well as to go and wait at the beginning of the session, for instruction from the coach. Pick up and drop off should occur outside the building

Scheduling:

Clubs will:

- Limit time in the facility, maintain physical distancing and wear masks while transitioning through changeroom, and hallways while arriving and departing.
- Implement a detailed plan to stagger the arrival and departure of each group in order to alleviate potential congestion.
- A buffer of 10-15 minutes should be planned between groups in order to allow for a safe, physically distanced changeover.
- Ensure swim team training is scheduled outside of public swim times as per the Re-Open Saskatchewan Plan.

Changeroom:

Swimmers, Coaches, volunteers and staff will:

- Limit time in the changeroom and shower rooms. Be in and out as quickly as possible, no gathering and always maintain physical distancing.
- Not arrive any earlier than necessary for training.
- Arrive in training suit.

Equipment:

- Mask use is required AND physical distancing must be maintained around the whiteboard.
- Our Gold and Silver Swimmers have their own individual equipment and it will not be shared among them. The only equipment our Bronze and OW 4, 5, 6 groups will potentially use are flutter boards and flippers. They will be assigned their own pieces of equipment during a practice, and the pool staff disinfect this equipment afterwards by dipping them in a special solution.

Travel:

- At this time there will be no travel required by coaches or swimmers.

Training Format:

- Barracudas will train Long Course Meters (LCM)
- Lane format – 8 swimmers per 2 lanes
- Numbers – max of 32

Athlete Interventions/Interaction:

- All coaches, swimmers, volunteers, and staff **MUST** wear a mask as part of a layered approach:
- For all club activity except when in the swimming pool.
- Before and after training, in the change rooms, on deck, while carpooling to and from team activities.
- Coaches that work with more than one group, team or sport/activity are encouraged to wear a medical grade mask.

Parents/Spectators:

- No spectators/parents are permitted on the pool deck or in any training area (i.e. gym). In a facility where spectators/parents are permitted in a viewing area off the pool deck, parents/spectators must follow facility rules, adhere to physical distancing, Public Health order gathering limits and **MUST** wear masks.

Communication Plan

- Our communication plan to the parents/swimmers, includes: an email sent out to each family including the information listed here. Parents need to reply that they have read the email and discussed all the guidelines with their swimmers. We will follow up the email with a Zoom meeting for each group that swimmers and one parent must join. At that time, the Head Coach (junior coach if applicable) and Board rep will go over all the

expectations/procedures and answer any questions.

- If for some reason a family cannot attend the Zoom meeting, the Board rep will meet with the parent and swimmer outside the pool facility on the swimmer's first day attending, to go over the procedures and guidelines. This info will be put on our club's website for families to refer to at any time. Regarding club meeting plans, our Board communicates via email and in person meetings as needed.
- Coach Homie will communicate through email and/or text/phone, whatever each family prefers. Our Junior Coaches will not be communicating with families via technology.

Re-Evaluation Plans

- Our Board will be constantly re-evaluating operations as the season progresses, and keeping lines of communication with families open.

Reference and Resource Hyperlinks

- Swimming CANADA

[Swimming Canada Covid-19 Return to Swimming Resource Document can be found in the Swimming Canada COVID Resource Hub](#)

- Government of SASKATCHEWAN

[Government of Saskatchewan Public Health Orders](#)

[Government of Saskatchewan Re-Open Saskatchewan COVID-19 updates](#)

[Government of Saskatchewan Re-Open Saskatchewan Document](#)

[Government of Sask - COVID-19](#)

- Government of CANADA

[Government of Canada – COVID-19](#)