



Saskatoon Goldfins Swim Club

Return to Swimming Plan

August 20, 2021

Return to Swimming Committee

Head Coach Steven Hitchings, Emily Jenkins, Justina Koshinsky, Belinda Bilous, Simone de Rosemond, Site Admin Murray Sackmann & Michelle Wolfe. The Head Coach will act as the Club's Covid-19 representative.

Contact Information

Head Coach Steven Hitchings steven@goldfins.ca

Club President Peter Tierney p.tierney@sasktel.net

Acknowledgement and Assumption of Risk Form

- All Goldfins swimmers must self-assess and stay home if feeling unwell, and follow all SHA and facility regulations regarding public health precautions.
- For the 2021-22 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.

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? **Yes**
- Will the training be held in a venue/facility with access by multiple groups? **YES**
- Will the groups include team members relocating from areas outside the training location that have documented active local transmission of COVID-19? **NO, all members are in the "Saskatoon Zone"**
- Will the groups include participants (athletes and coaches) at higher risk of severe COVID-19? **YES (masters & coaches, children not yet eligible for vaccination).**
- 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, masking will be in place when dry and members are strongly encouraged to get vaccinated when eligible.**

Principles of Safe Sport and Rule of Two: There will always be two coaches present for any training, either in person or online.

PPE Plans: Goldfins will provide cloth masks to the coaching staff to wear in and out of the pool whenever swimmers are not in the water. Goldfins will make these available for purchase by the general membership. A few disposable masks will be available just in case swimmers/staff forget.

Facilities

Shaw Center

Harry Bailey Aquatic Center

Craven Training Center – Goldfins will follow the guidelines provided by Craven Training Center, including masking in/out and completing a separate COVID screening survey.

Progressive, Controlled Programming Plan

Exclusion Policies

- All members must adhere to the rules, regulations and protocols.
- If a swimmer or coach answers "yes" to any of the questions on the screening questionnaire, we ask that they stay home, notify their coach, contact 8-1-1, and be cleared by SHA before returning to swimming.
- If a swimmer or coach arrives at practice showing COVID related symptoms, we ask that they return home, contact 8-1-1, and be cleared by SHA before returning to swimming. ([Click here](#) for the link to the SHA COVID list of Symptoms and Self-Assessment Tool.)
- If a swimmer is tested for COVID-19 and the result is **negative**, they can return to swimming once they are cleared by SHA.
- If a swimmer or coach is tested for COVID-19 and the result is positive, the head coach must be notified. The training group will follow the advice from SHA on the resumption of training for the affected group.
- In the event of a positive test, the individual and their family will be asked to follow the advice of the SHA and must be cleared by the SHA before they can return to training.

Refund Policies

Goldfins will look into refunds due to COVID-19 illness on a case to case basis. Costs will still be incurred by the club for pool time; however, in the event that the Club is refunded pool fees due to illness, refunds will be given to the affected group(s).

Members will have a 30-day grace period to see how comfortable they are with the Clubs' Return to Swim Measures. If within the first 30 days a member decides to withdraw due to COVID related concerns, they will be able to do so without penalty.

Training Format

Goldfins will train Short Course Meters (SCM) and Long Course Meters (LCM).

Pool Configuration and Layout

- Lane ropes will be installed every lane to help the swimmers stay organized.

Daily Training Environment

Daily Screening Plan and Tool:

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

Mental Health Check-In Plan:

- Coaches will take time each practice to touch base with athletes on how they are handling the return regulations.
- Any concerns will be communicated with the parents asap.

Travel:

- Mandatory Team Travel will not be in place for the 2021-2022 season
- Inter-provincial travel will be undertaken following public health guidance from both SK and the province in which we are visiting; this may include vaccine passports in some provinces.
- Masks will be required on chartered buses
- No international travel will be undertaken by the Goldfins Swim Club for 2021-2022

Arrival:

- Coaches should arrive at practice 15 minutes prior to the beginning of the practice.
- Swimmers should arrive at practice 10 minutes prior to the beginning of the practice.
- All entering and exiting of the pool deck must be done in accordance with facility direction. **Coaches and swimmers will be required to wear masks when indoors and swimmers are not in the water.** This includes arrival, departure and dryland. Swimmers are encouraged to wear 3-layer masks when possible, especially when in transit through the facility.
- Swimmers and coaches should arrive at the pool dressed and ready to enter the pool. For example, swimsuits should be worn underneath clothes when possible to limit time in the changeroom.

Physical Distancing

- Athletes and coaches will distance as much as possible on the pool deck when not in the water.

Sanitation and Hygiene:

- Swimmers will adhere to the protocols established by the facility.

Equipment:

- All swimmers and coaches MUST bring their own equipment (towel, mat, bands, water bottle, etc). No sharing is allowed.
- Personal items and clothing (backpacks, jackets, shoes, etc.) brought in by athletes, coaches, and staff should be kept to a minimum. Only clothing and equipment required for training purposes will be brought to the training sites.
- General use equipment such as kick boards and pull buoys will not be supplied by the facility.

Athlete Intervention/Interaction:

- Online platforms will be used as needed to communicate with swimmers.
- Coaches will check with each swimmer during practice and any concerns will be communicated directly to the parents.
- Additional support for coaches, swimmers and parents will be provided on request throughout the season.

Departure:

- All athletes and coaches must mask for departure.
- While the weather permits, swimmers are encouraged to wear their swimsuit home.

Parents/Spectators:

- Goldfins will follow facility direction when it comes to spectators. Masking and social distancing are strongly encouraged.
- **When on the pool deck, parents and spectators must wear a mask.**

Change Rooms:

- Goldfins will follow facility direction when it comes to change room use.
- When change rooms are NOT available, the Goldfins will provide pop up change tents for members to use.
- To use the pop-up change tents, athletes must remain masked.
- The pop-up change tents high touch areas (zippers, door, etc) will be cleaned with an [approved sanitizer](#) (Pine Sol) after each cohort.

Communication Plan

All important information regarding swimming and COVID-19, will be accessible on our club website. This will be important information that is provided to us from SNC and/or Swim Sask.

- Any important information regarding any changes to swimming and COVID-19, will be communicated to our membership and coaches by email and posted to the Return to Swim Section of the website.
- Any changes to the Return to Swim Plan will be emailed to members with a ZOOM Q&A to follow.
- Should a member test positive, the family is asked to follow SHA guidance.
- Goldfins will continue to use the weekly NewsFlash, in combination with email, as the main forms of communication with members.
- The Coaching Staff will meet weekly online or in person to review the week that was and to plan for the next week.

Re-Evaluation Plans

- The Goldfins Swim Club Return to Swim Committee will meet regularly and as needed following changes in provincial public health regulations to review, and if necessary, revise the return plan. Any changes will be communicated to the membership not less than 1 week before implementation.
- Revaluation will also take place immediately following any concerns raised by a coach, parent or swimmer.

Reference and Resource Hyperlinks

[Swim Sask Covid-19 Resources](#)
[Swimming Canada Covid-19 Resource Hub](#)
[Government of Sask - COVID-19](#)
[Government of Canada – COVID-19](#)