**

***Saskatoon Goldfins Swim Club***

Return to Swimming Plan

**December 29, 2020**

**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](mailto:steven@goldfins.ca)  
Club President Peter Tierney [p.tierney@sasktel.net](mailto:p.tierney@sasktel.net)

**Acknowledgement and Assumption of Risk Form**

* All Goldfins swimmers must complete the “Acknowledgement and Assumption of Risk Form” prior to participating in any activity sanctioned or organized by SNC, Swim Sask or GOLD.
* 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.

**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, Goldfins will only train SCM to ensure a buffer can be in place between user groups; the buffer will of course be facility dependent. The Goldfins will work with the facility along with the other user groups to ensure we can all work together safely and in our own space.***
* Will the groups include team members relocating from areas outside the training location that have documented active local transmission of COVID-19?***NO, the expectation is that once the season starts travel will be at a minimum.***
* Will the groups include participants (athletes and coaches) at higher risk of severe COVID-19? ***YES, the master’s group and one staff member will be over 40.***
* Is the training considered at higher risk of spread of COVID-19? ***NO, all groups will use the pool at separate times; once established no crossing over will happen. Swimmers to use their own equipment.***
* Will the training be held indoors?***YES, physical distancing to be in place at all times.***
* Has the club established stricter protocols?***YES, physical distancing to be in place at all times. Athletes and staff are to wear a mask when swimmers are not in the water.***

**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.

**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.

**Facilities**

**Progressive, Controlled Programming Plan**

**Phases of return** – all groups will be separated by each other into bubbles. Once formed, each group will consist of not more than 24-28 swimmers and 2 coaches to fit within the 30-person indoor group limit. **Physical distancing will be maintained at all times**. More on bubbles:

* Bubbling will allow for 30 members to return all at once or over a period of time
* Once established, the bubbles will not change
* Physical distancing measures will be in place when swimmers are bubbled
* Physical distancing measures will be reviewed after the Thanksgiving weekend, in accordance with SHA guidelines. This will allow enough time to see the impact of returning to school and to indoor swimming before making any changes. It is likely that physical distancing measures will last the duration of the 2020-2021 season.
* Lane assignments will be communicated on or around the 20th of each month.

**Schedule**

* Schedules are regularly update to comply with changing public health orders, for the latest version of the schedule visit the Return to Swim section of the Goldfins website.

**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](https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/covid-19-self-assessment) 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 suspend in person training and move to virtual training while Public Health/SHA conducts its contact tracing. The club 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.

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 COVD related concerns, they will be able to do so without penalty.

**How will club add swimmers that join during the season and/or transfer in?**

Because physical distancing will be maintained at all times, any new swimmers may join the group. When possible, any new additions will swim alone in a single lane or 1 or 2 swimmers per double lane to ensure extra distancing is taking place for a period of 2 weeks. After 2 weeks, any new member can move to swimming in a double lane with the rest of the group. This will include swimmers returning from University.

Any Jr. Gold move ups will follow the above protocol.

**Training Format**

Goldfins will train Short Course Meters (SCM) for until such a time that COVID restrictions will allow for single lane swimming.

SCM Lane format – 6 swimmers per 2 lanes

Numbers – max of 30, including coaches

**Pool Configuration and Layout**

* Lane ropes will be installed every 2 lanes in order to adhere to the physical distancing guidelines. Where a single lane is in use, only one swimmer will be allowed.
* All training will be done in short course meters.

**Daily Training Environment**

**Daily Screening Plan and Tool**:

* Members will be asked to fill out an online screening survey prior to training each day.
* The coach will ensure each member has submitted the online survey prior to allowing the member to train.
* This information will be kept as a Google Sheet and will be provided to SHA if it is requested for contact tracing purposes. This log will be provided to Swim Sask upon request.
* The club will not use this information for any other purpose and will delete this record after six weeks.
* Please [click here](https://docs.google.com/forms/d/e/1FAIpQLSd8jDfOOaW_rdwKSAkBQb4W3U7gd-KqiKTf0Tb0jI1aJTdG2w/viewform?vc=0&c=0&w=1) to be taken to the Goldfins online screening tool.

**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 2020-2021 season (to be reviewed after COVID restrictions are lifted).
* Inter-provincial travel to be undertaken as per the direction of SHA
* No international travel will be undertaken by the Goldfins Swim Club for 2020-2021

**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 a mask when indoors and swimmers are not in the water. This includes arrival, departure and bathroom breaks. Swimmers are asked to maintain 3m on deck and ensure they are dry before putting on their mask. Swimmers are encouraged to wear 3-layer masks when possible.
* Swimmers/Coaches will stagger pool exit to ensure 3m of distancing while out of the pool, giving the swimmers a chance to dry their face before putting on their mask.
* The changerooms will be used for thoroughfare to the pool and washroom use only. Goldfins are asked to shower at home and to avoid using the lockers.
* Swimmers and coaches should arrive at the pool dressed and ready to enter the pool. For example, swimsuits should be worn underneath clothes. As the weather changes, the Goldfins will follow facility direction on changeroom use.

**Physical Distancing**

* Indoor pool training will consist of 4-6 swimmers per double lane, spaced accordingly, and will not be going beyond 6 swimmers per double lane. Swimmers will be assigned lanes, including which end of the pool will be their start/finish end for the practice. Lane assignments will remain in place for a calendar month, and may be adjusted monthly. Lane assignments will be communicated on or around the 20th of each month.
* To maintain 3m physical distancing when stopped on the wall; 2 swimmers will remain on the black “T” while the 3rd swimmer will remain on the rope under the backstroke flags.
* There will be no dryland training on the pool deck in order to limit contact surfaces to be sanitized.
* All training will be done in short course meters.
* Athletes and coaches will respect physical distancing during all aspects of training.
* There will be no passing allowed.

**Sanitation and Hygiene:**

* Swimmers will adhere to the protocols established by the facility.
* The club will designate the person/persons responsible for cleaning areas and equipment after each practice, as per the request of 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.
* Where bags must be brought in, they should be stored separately, with adequate space between each member’s items (re: backpacks left 2 meters apart along pool deck).
* General use equipment such as kick boards and pull buoys will not be supplied by the facility.
* Coaches are not permitted to use whiteboards so that swimmers do not congregate around them. Workouts will be emailed to the swimmers so, that if they choose, they can print off a copy and bring it in a Ziplock bag. As necessary, the coach may also provide printed copies for the swimmers to place in baggies.

**Training Content:**

* Coaches are to use the time between arrival and swim to explain the practice to the group, while maintaining physical distancing (no one on one communication at less than 2 meters).
* The facility has stated it will provide visual markers to indicate appropriate spacing.

**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 ongoing throughout the season.

**Departure:**

* All athletes and coaches must, mask up and leave the facility immediately upon finishing the practice.
* While the weather permits please plan to wear your swimsuit home. This will be re-evaluated as the weather changes in accordance to facility regulations.

**Parents/Spectators:**

* There will be no spectators/additional people allowed on the pool deck during practice other than coaches and athletes.

**Change Rooms:**

* Goldfins will follow facility direction when it comes to change room use.
* When changes rooms are NOT available the Goldfins will provided pop up change tents for members to use.
* To use the pop-up change tents, athletes must remain masked, only one cohort at a time can use the pop-up change tents.
* The pop-up change tents high touch areas (zippers, door, etc) will be cleaned with an [approved sanitizer](https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.html) (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 swimmers 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 contact the Head Coach. The Head Coach will then coordinate the suspension of in person training and the conversion to virtual training with the Group Coach. The Head Coach will then contact the affected group by email and by phone.
* 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 (physically distanced) 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 monthly on or around the 20th to review 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](http://www.swimsask.ca/news/covid-19.html)

[Swimming Canada Covid-19 Resource Hub](https://www.swimming.ca/en/resource-hub/)

[Government of Sask - COVID-19](https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/re-open-saskatchewan-plan/re-open-saskatchewan)

[Government of Canada – COVID-19](https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html)