



# Saskatoon Goldfins Swim Club

## Return to Swimming Plan

August 6, 2020

### Return to Swimming Committee

Head Coach Steven Hitchings, Club President Peter Tierney, Site Admin Murray Sackmann

### 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.

## 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

**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 20<sup>th</sup> of each month.

### Return Priority and Progression Plan

**Aug 17** – G18 swimmers will return indoors. This time will be used to ensure the above plans will work. The Coaching staff will use this time to create a “how to” video that will show the progressive steps on returning to indoor swimming.

**September 1** – All competitive groups return. Week one will be used as a walk through on how to social distance swim in the pool and ensure compliance.

**September 8** – Masters will resume. Sign up for Masters will be limited to ensure 6 swimmers per double lane. This will mean registering for certain dates and times.

**September 14** – Jr. Goldfins will swim in the leisure pool; Jr. Goldfins will swim only in the Leisure Pool and be separated from the competitive program at all times. Jr. Goldfins will be limited to Bronze, Silver and Gold levels only, swimmer **MUST** be able to swim independently as instructors will not be in the water while COVID restrictions are in place. Each group will be limited to 8 roster spots/time slot, there will be 2 coaches for Bronze, 1 for Silver and 1 for Gold.

Schedules will be:

Shaw – Monday/Wednesday 4:15-5:00, 5:00-5:45, 5:45-6:30 pm

HBAC – Tuesday/Thursday 4:15-5:00, 5:00-5:45, 5:45-6:30 pm

These time slots will include a transition time to ensure the first group can leave before the second group can enter.

### Schedule

30 max/group	B14 and B18 to combine					
<b>White (1+2 HBAC)</b>						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	4:15-5:15 pm		4:15-5:15 pm			12:00 - 1:00 pm
	5:30-6:30 pm		5:30-6:30 pm			groups will swim together separated by an empty lane
<b>White (2+3 Shaw)</b>						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30-7:30 pm		6:30-7:30 pm		6:30-7:30 pm	1:30-3:00 pm (W3 only)	
<b>Blue 12</b>						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:30-6:15 pm		4:30-6:15 pm		4:30-6:15 pm		9:30-11:30 am
<b>Blue 14+B18</b>						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:15-6:30 pm		5:15-6:30 pm		11:00 am - 1:00 pm	7:00-9:00 am
<b>Gold 14</b>						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	4:00-5:15 pm	CSS 4:30-5:30 pm	4:00-5:15 pm		11:00 am - 1:00 pm	7:00-9:00 am
<b>Gold 16</b>						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-8:00 am HBAC	6:00-8:00 am HBAC	6:00-8:00 am HBAC	6:00-8:00 am HBAC	6:00-8:00 am HBAC	8:30-10:30 am	
	CSS 4:30-5:30 pm			CSS 4:30-5:30 pm		
<b>Gold 18</b>						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-8:00 am	6:00-8:00 am	6:00-8:00 am	6:00-8:00 am	6:00-8:00 am	6:00-8:00 am	
CSS 4:30-5:30 pm			CSS 4:30-5:30 pm			
<b>Masters</b>						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:00 pm			7:30-8:30 pm		7:30-8:30 am Leisure Pool	8:30-9:30 am Leisure Pool
<b>Jr. Gold</b>						
Monday (SHAW)	Tuesday (HBAC)	Wednesday (SHAW)	Thursday (HBAC)	Friday	Saturday	Sunday
4:15-4:45 pm	4:15-4:45 pm	4:15-4:45 pm	4:15-4:45 pm			
5:00-5:30 pm	5:00-5:30 pm	5:00-5:30 pm	5:00-5:30 pm			
5:45-6:15 pm	5:45-6:15 pm	5:45-6:15 pm	5:45-6:15 pm			

**Exclusion Policies (\*to be reviewed at the next board meeting):**

- 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 immediately.
- 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.
- In the event of a positive test, the member must prove a negative test result before returning to training.

**Refund Policies (\*to be reviewed at the next board meeting)**

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 COVID 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.

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

## **Training Format**

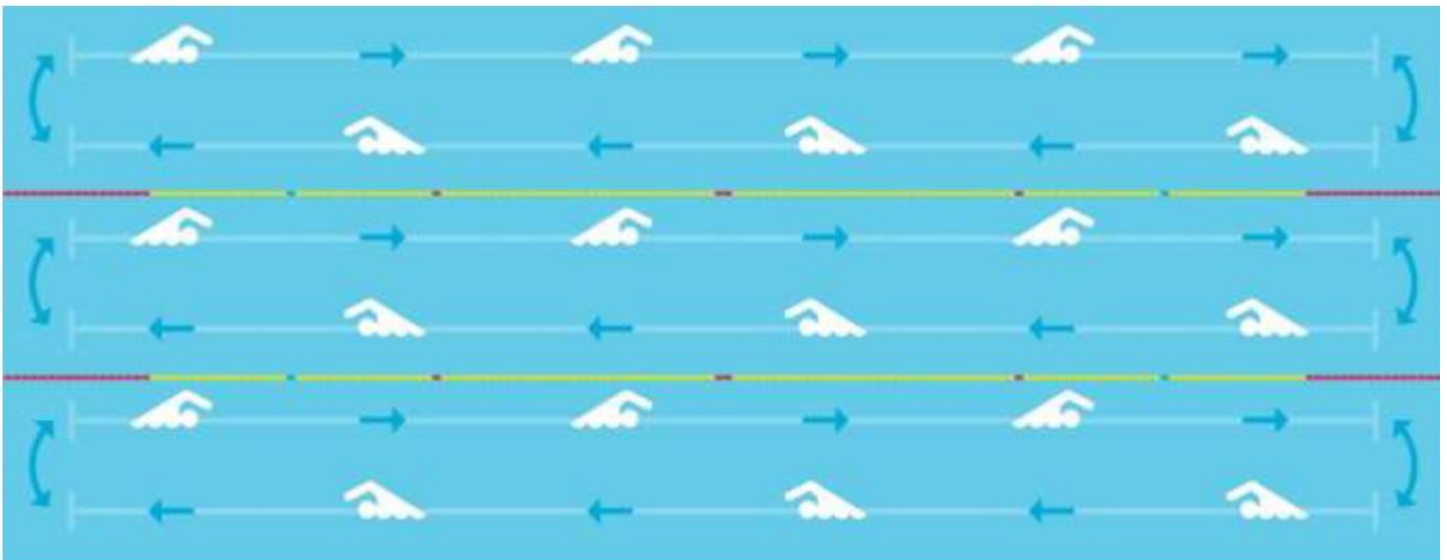
Goldfins will train Short Course Meters (SCM) for September and October. At the October review, the Return to Swim Committee will look into the possibility of adding Long Course Meters (LCM) training sessions.

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.



*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.*

## 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](#) 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.**
- 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 will be adjusted monthly. Lane assignments will be communicated on or around the 20<sup>th</sup> of each month.
- 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.

**Plan for Inclement Weather:**

- Since our training is done indoors, we have no plan for inclement weather.
- If there is a power outage, all swimmers and coaches must exit the facility immediately, while ensuring physical distancing.

## 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, and our training plan, will be communicated to our swimmers and coaches by email and posted to the Return to Swim Section of the website.
- 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 20<sup>th</sup> to review the return plan. Any changes will be communicated to the membership not less than 1 week before implementation.
- Reevaluation 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](#)