



RETURN TO SPORT: SWIMMING

a step by step, phased-in approach for Swim Sask Members

version 3
July 10, 2020

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TABLE OF CONTENTS

LEGAL DISCLAIMER	3
INTRODUCTION	4
SASKATCHEWAN PUBLIC HEALTH MEASURES	5
OVERVIEW	6
REFERENCES	7
STEPS: RETURN TO SPORT - SWIMMING	8
Timeline.....	9
Risk Assessment – Club Requirements.....	10
Club “Return-To Plan” Checklist	12
Club Declaration Form.....	14
Insurance.....	15
Club Communication	16
Athlete Return Priority and Timing and Transition.....	17
Step 1: Virtual and In Person Outdoor Dryland Training/Activity	18
Step 1: Open Water.....	19
Step 2: Outdoor Pools	20
Step 3: Indoor Pools	22
Step 3: Indoor Dryland Training.....	24
Step 4: Competition	25
DAILY TRAINING ENVIRONMENT	26
KEY STAKEHOLDERS ROLES & RESPONSIBILITIES	28
DAILY SCREENING	30
OPEN WATER CHECKLIST	32
SAMPLE EMERGENCY ACTION PLAN (EAP)	33



LEGAL DISCLAIMER

Swim Saskatchewan Inc. has prepared this document based on the latest information available to date from third-party sources, including Swimming Canada and Saskatchewan Health Authority (SHA). The document will be updated periodically as the situation around the COVID-19 pandemic evolves and more information comes available.

Each member club is responsible for assessing the risks in its particular environment and establishing the appropriate safety procedures to minimize those risks, while following the advice, **guidelines and directions of Swim Saskatchewan** and instructions of public health and other government authorities, including facilities.

This document is meant to provide information and guidance as to best practices based on current information available as per the publication date. **It also outlines requirements that clubs must adhere to, in order to have events and activities approved/sanctioned by Swim Sask.**

Additionally, it is an individual's responsibility to assess his or her personal risks in consultation with medical professionals and for the outcome of his or her decisions and actions.

UPDATES

June 16, 2020

June 23, 2020

July 9, 2020 Saskatchewan Public Health Measures
Return to Sport – Swimming, Timeline
Risk Assessment – Club Requirements
Club “Return-To Plan” Checklist, Club Declaration Form
Athlete Return Priority and Process
Step 2: Outdoor Pools, Step 3: Indoor Pools, Step 3: Indoor Dryland Training
Daily Screening



INTRODUCTION

We are pleased to provide a step by step, progressive plan to help guide our membership as they seek to return safely to sport and swimming as we transition from virtual training to outdoor training in small groups and eventually to a return to pools and indoor activity.

We must re-imagine our sport as we begin to re-open our communities through the COVID-19 pandemic. As the Government of Saskatchewan relaunches our economy, it will remain vital that our return to swimming effort be done in the safest way possible and to continue to follow all guidelines and restrictions that have been put in place through the Saskatchewan Health Authority, the provincial government and local municipalities.

As the swimming community begins to slowly relaunch some of the activities of our sport, including outdoor training and our eventual return to facilities and pools, both the patience and support of the Swim Sask membership and swimming community will be needed to ensure collectively that our actions are in line with Swimming Canada, Swim Sask, Sask Sport, The Sask Health Authority and other provincial and municipal regulations and orders. By working together, the swimming community can ensure the safety of our athletes and entire membership as we return to the sport of swimming, a sport that ignites the passion in all of us.

Swimming is a sport for life and as such we must consider the varying ages and stages of our membership and the possible increased risks of transmission for individuals therefore we must assess our members ability to adhere to the protocols and safety measures to participate in our sport safely.

The situation and information around COVID-19 continues to evolve quickly. The information in this document is based on the best information available at the time of publication. Swim Sask will continue to monitor the situation very closely and will update this document accordingly.

This document will be updated, and remaining steps will be added as information is available. This document is best used electronically as a pdf to access all hyperlinks.

We will continue to ensure that the health of our members and our communities remain as our number one priority as we continue to provide leadership in how the sort of swimming returns to 'sport'.

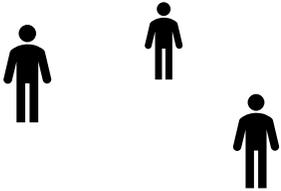
Please reach out with any questions you may have or any guidance you may need.

Marj Walton
Executive Director
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SASKATCHEWAN PUBLIC HEALTH MEASURES

The following Saskatchewan Public Health Measures remain in place through all five phases of the Re-Open Saskatchewan Plan:



**Physical Distancing must be maintained, wherever possible.
Current public and private gathering restrictions must be followed.
Individuals should continue working from home if they can do so effectively.**

	Personal hygiene will continue to be a key prevention measure. Frequent handwashing and sanitizing.
	Staying informed, being prepared and following public health advice.
	Enhanced cleaning and disinfection should take place in workplaces, public spaces, and recreational facilities.
	People must stay at home when they are sick.
	Consider use of PPE where available and appropriate.
	Keep those who demonstrate or report COVID-19 symptoms out of the workplace.
	Protective measures for vulnerable populations. Vulnerable individuals, such as seniors and those with underlying health conditions, should continue to exercise caution and minimize high-risk exposures, such as public outings



OVERVIEW

As we begin our return to Swimming through a step by step, progressive approach it is important to recognize that Swim Sask is focused on the safety of our membership, specifically our athletes, as well as our coaches, volunteers, staff and families involved in the sport.

The return to swimming, will be a gradual and progressive process. Swim Sask will follow the lead of the Saskatchewan Health Authority (SHA) and Government of Saskatchewan. We will emphasize a return to outdoor activity where possible followed by indoor activity as per the Government of Saskatchewan's advice that "outdoor gatherings are better than indoor gatherings".

On May 29, 2020 Swimming Canada released Version 1 of the Return to Swimming Resource Document and Version 2 on July 10, 2020. This Swim Sask Version 3 plan was done in alignment with the Swimming Canada version 2 plan.

Swim Sask continues to work closely with Swimming Canada in the development of the Return to Swimming Resource Document and will continue to work closely and provide input into future versions of the resource document.

It is important that our activities and return to sport align with the guidance and advice of Swimming Canada. Swim Sask has also been working with Sask Sport, various facilities, and Aon Reed Stenhouse (Insurance Provider) to ensure we understand the provincial "Re-Open Saskatchewan" strategy and how we can safely return to the sport of swimming.

Club's should work closely with their local facility/municipality to understand any different restrictions and limitations. Facilities may also open at different times across the province. Clubs should not be developing any guidelines or protocols that are independent or misaligned with Swim Sask, Swimming Canada or SHA. Any additional restrictions or requirements of a club's local facility/municipality should align with Swim Sask, Swimming Canada, and SHA.

As restrictions are gradually lifted, documents prepared by Saskatchewan Health Authority will prevail as the ultimate guide for the timing of each phase.



REFERENCES

The Swim Sask Return to Swimming Document is to be used in conjunction with and use these documents together as you proceed to re-open swimming in your Saskatchewan community.

- [Swimming Canada Covid-19 Return to Swimming Resource Document](#)
- [Swimming Canada: Overarching Health, Medical and Safety Considerations: General Information about COVID-19 and Swimming can be found in the Swimming Canada COVID-19 Resource Hub](#)
- [Government of Saskatchewan Re-Open Saskatchewan COVID-19 updates](#)
- [Government of Saskatchewan Re-Open Saskatchewan Document including:](#)
 - [COVID-19 Workplace Information](#)
 - [Sports Activities and Guidelines](#)
 - [Recreation Guidelines includes aquatic facilities](#)
 - [Fitness Facility Guidelines](#)
- [Swimming Canada Open Water Safety Guidelines](#)
- [Government of Canada – COVID-19](#)
- [Government of Sask - COVID-19](#)
- [Lifesaving Society of Canada: Guide to Reopening Pool and Waterfronts \(pages 50-55\)](#)
- [Lifesaving Society of Saskatchewan: Guidelines for Re-Opening Saskatchewan Pools and Waterfronts \(pages 12-22\)](#)



STEPS: RETURN TO SPORT: SWIMMING

With the release of the Swimming Canada's Return to Swimming Documents and as Saskatchewan prepares for a gradual re-opening of facilities throughout the province, Swim Sask has identified some key guidelines as clubs prepare for a Return to Sport and swimming.

It is more important than ever that Club Boards and Club Owners exercise careful oversight over the implementation of these guidelines. These guidelines include, but are not limited to risk assessment, safety protocols for athletes and staff, facility dynamics and communication between administration, staff, and facilities.

The following pages will provide your clubs with a guideline that aligns with the detailed information published by Swimming Canada and the Government of Saskatchewan.

Clubs should include all guidelines set out by government agencies, municipalities, facilities, Swimming Canada, and Swim Sask in any type of Return to Sport discussions, planning or strategies to help assess preparedness for their clubs Return to Sport.

It is important to note that this document will evolve and that new information will be added as the Government of Saskatchewan, Municipalities, and Public Health Authorities and Swimming Canada provide directives for the reopening of facilities, parks, lakes and a return to organized sporting activities.

As restrictions lift, clubs/teams will find themselves in various steps of the Swim Sask Return to Sport: Swimming Plan which aligns with the Government of Saskatchewan's Re-Open Sask plan and Swimming Canada's Return to Swimming Framework. Within individual clubs, they may be at many steps along the continuum as athletes and training groups slowly resume activity.

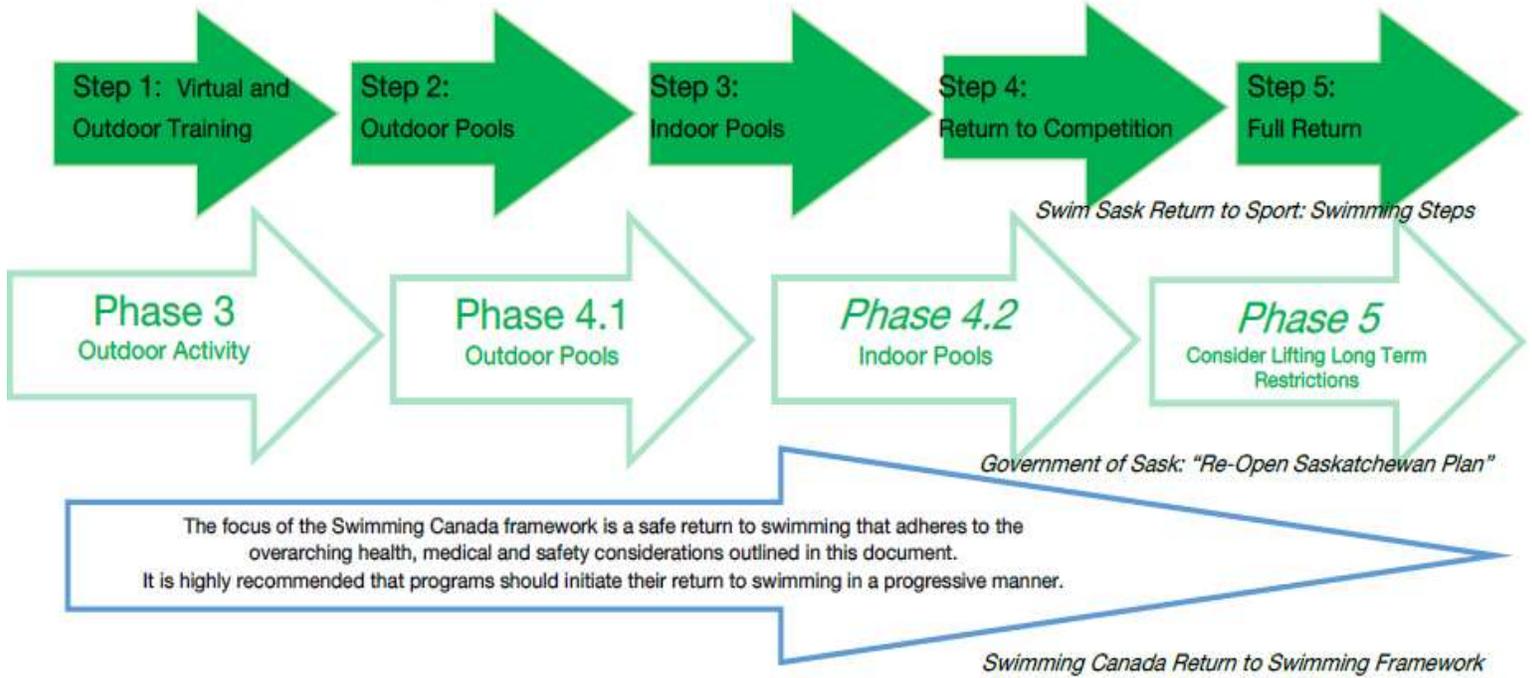
Each step of the Swim Sask Return to Swimming will require all affiliated clubs and registered members to adhere to ALL the following conditions:

- The Federal and Provincial Governments imposed relevant restrictions.
- The Government of Saskatchewan implementation of the "Re-Open Saskatchewan" strategy – a safely staged COVID-19 recover plan to relaunch our economy.
- Municipal Government restrictions related to organized sport access to swimming pools, gymnasiums, fields, and fitness centres etc.
- Swim Sask's return to Swimming requirements, including any additional protocols, restrictions and guidelines that may be updated.
- Submission of any required club declarations, waivers, and participant Acknowledgment of Risk forms, and
- Individual Club Return to Swimming Guidelines that have been developed in conjunction with your local facility.

Competitive swim meets and other competitive events remain canceled until further notice.



STEPS: RETURN TO SPORT: SWIMMING



TIMELINE (Re-Open Saskatchewan Plan)

The Government of Saskatchewan has permitted the return to various activities relevant to swimming at various stages and on various dates. Please refer to [Government of Saskatchewan Re-Open Saskatchewan Document](#) including:

- [COVID-19 Workplace Information](#)
- [Sports Activities and Guidelines](#)
- [Recreation Guidelines includes aquatic facilities](#)
- [Fitness Facility Guidelines](#)

Phase 3: June 8, 2020 - Outdoor Recreation and Outdoor Sport

Phase 4.1: June 22, 2020 – Outdoor Sports and Activities – including outdoor pools

Phase 4.2: July 6, 2020 - Indoor Pools

Phase 5: date TBA – Competition



RISK ASSESSMENT - CLUB REQUIREMENTS

The priority in a return to swimming plan is to protect the health and safety of athletes, coaches and practitioners. The plan must be developed with this principle in mind and all municipal, provincial and federal public health guidelines must be respected. The return to sport must only be initiated once municipal, provincial, and federal regulations permit the resumption of this type of activity. Swim Saskatchewan will work with member clubs to return in a **step by step progressive approach**.

Prior to returning to training, each club should form a 'return to sport' committee to create, review and approve the club's return to sport plan. It is recommended that this committee include includes the head coach, board members, admin staff, facility staff, and if available a health professional. The committee must familiarise themselves with the [Swimming Canada: Overarching Health, Medical and Safety Considerations](#) found in the COVID-19 Resource Hub.

Clubs must be in communication with Swim Sask prior to returning to training and share their return to swimming plan with Swim Sask prior to initiating a return to training.

Prior to returning clubs must provide Swim Sask the following:

1. A list of registered coaches and athletes and proposed dates of return via an excel spreadsheet.
2. A copy of the Club's "RETURN TO" plan (checklist provided on page 12-13).
3. Ensure all swimmers and coaches have completed the [ONLINE Swimming Canada Acknowledgement and Assumption of Risk Form](#)
4. For OPEN WATER: provide a copy of your clubs EAP.

As clubs/teams prepare for a return to sport the clubs should ask the following 6 questions to help assess risk to the organization in preparation for a Return to Sport:

1. Will the training be held in a community that has documented active local transmission of COVID-19 (community spread) in the last 14 days?
2. Will the training be held in venues/facilities with access by multiple groups?
3. Will the group include team members relocating from areas outside the training location that have documented active local transmission of COVID-19 (community spread)?
4. Will the group include participants (athletes or coaches) at higher risk of severe COVID- 19 disease (e.g., people over 40 years of age or people with underlying health conditions)?
5. Is the training considered at higher risk of spread for COVID-19 (where physical distancing cannot be maintained, indirect contact through training equipment etc.)?
6. Will the training be held indoors?

If "yes" is answered to any of the above questions, then extra caution must be taken to address these items in the "return to" plan.



RISK ASSESSMENT - CLUB REQUIREMENTS continued

Return to Sport Plan

As club's return to sport, they should be cognizant of the fact that things have not returned to normal. As such, contingency plans should regularly be considered and evaluated as the current public health situation evolves. Should facilities once again be closed or access restrictions increase, the ability to quickly transition to an alternative plan will be important. In preparation for creating a training environment that mitigates risk and reduces exposure to COVID-19 clubs will:

1. Establish a Return to Sport (COVID-19) committee that reports to the Board of Directors which includes the head coach, board members, admin staff, facility staff, and if available a health professional. Designate an individual(s) within that committee that will monitor the latest development surrounding COVID-19 and communicate to the committee, board, and staff.
2. Establish a clear club return to swim plan that follows current restrictions and requirements to ensure they have established a clear 'duty of care' as they implement return to sport guidelines and best practices that follow those set out by Swim Sask and Swimming Canada which include but are not limited to:
 - a. Risk Assessment questions found on previous page
 - b. [Swimming Canada: Overarching Health, Medical and Safety Considerations](#) found in the COVID-19 Resource Hub
 - c. Specific Measures to Limit Transmission (physical distancing, sanitization, PPE, daily screening etc.)
 - d. Attendance and Exclusion Policies
 - e. Return Priority and Daily Training plans
 - f. Safe Sport
 - g. Mental Health
 - h. Emergency Preparedness
 - i. Facility Processes
 - j. Fundraising
 - k. Club contact

Note: An updated/revised "return-to" plan must be submitted to Swim Sask prior to a club transitioning to a next step of the Swim Sask plan. (i.e. going from outdoor pool training to indoor pool training).

3. Use the provided Club Return to Sport Plan Checklist (pages 12-13)
4. Once training resumes, the head coach should be required to strictly monitor all established protocols. Any issues should immediately be reported back to the clubs return to sport committee for further review.
5. Clubs may assess their own risk in their environment and may use stricter guidelines.
6. As clubs resume in-person activity (steps 2 and 3), the club "return to" committee should convene regularly to review the current situation and address any issues or concern prior to bringing further groups back.

Safe Sport

- All efforts should be made to ensure Open and Observable environments are always maintained.
- Open and Observable environments also apply to online communication. All forms of electronic communication (email, text, Zoom, Skype, etc.) should never be in the form of a one-on-one interaction and should always be done in a group setting.
- Training sessions should include a minimum of 3 people.



CLUB “RETURN TO” PLAN CHECKLIST

This checklist is provided to assist clubs in the preparation of their club “return-to” plan. Swim Sask uses this to review each plan as it is received. Note: Updated/revised “return-to” plans must be submitted to Swim Sask prior to a club transitioning to a next step of the Swim Sask plan. (i.e. from outdoor pools to indoor pools).

	Club Name:	
	Verification of:	Yes/No
1.	Completed and signed Club Declaration Form	
2.	List of coaches and swimmers returning via an excel spreadsheet (include what group they are in and return date for each group)	
3.	Signed electronic Acknowledgment and Assumption of Risks Forms for all coaches and swimmers.	
4.	Risk Assessment Questions: <ul style="list-style-type: none"> a) Will the Training be held in a community that has documented active local transmission of COVID-19 in the last 14 days? b) Will the training be held in a venue/facility with access by multiple groups? c) Will the groups include team members relocating from areas outside the training location that have documented active local transmission of COVID-19? d) Will the groups include participants (athletes and coaches) at higher risk of severe COVID-19? e) Is the training considered at higher risk of spread of COVID-19 (where physical distancing cannot be maintained, indirect contact through training equipment etc. f) Will the training be held indoors? 	
5.	Establishment of a Return to Swimming Committee	
6.	Swimming Canada: Overarching Health, Medical and Safety Considerations found in the COVID-19 Resource Hub	
7.	Written Return to Swim Plan which includes:	
	a. List of the clubs Return to Swimming Committee members	
	b. List of ALL facilities that will be used (indoors and outdoors) for training purposes (dryland and water). Facilities include pools, gyms, outdoor spaces, lakes, etc. Provide GPS coordinates if in an open area.	
	c. Schedule which includes group names, return dates, practice days and times	
	d. Communication Plan <ul style="list-style-type: none"> i. where and how will the plan be communicated ii. Club requirements and guidelines and location to post publicly (i.e. website) iii. How will the committee review and amend the plans as the club’s transitions, and where/how will this be communicated to members. 	
	e. Specific Measures to adhere to Public Safety Guidelines (i.e.: Physical Distancing, Sanitization and Hygiene, etc.)	
	f. Exclusion Measures <ul style="list-style-type: none"> i. Strict exclusion measures for members who are ill. ii. Refund plans 	12



	<p>g. Attendance Measures</p> <ul style="list-style-type: none"> i. Staying at home when exhibiting symptoms of/or after exposure to COVID-19 to children/youth, families, staff, volunteers in languages/formats appropriate for age. ii. A plan of how to identify symptoms of COVID-19 and feel safe to share and understand the importance of staying home when feeling unwell in a non-stigmatizing way. iii. Discourage the use of perfect attendance awards and incentives related to attendance 	
	<p>h. Swimmer Return Priority</p> <ul style="list-style-type: none"> i. Initial priority groups (size of groups, formatting of training layout, date of return and timeline between groups) ii. Subsequent groups (size of groups, formatting of training layout, dates of return and timeline between groups) 	
	<p>i. Daily Attendance, Screening Plan and links or copy of a sample screening tool being used</p>	
	<p>j. Mental health check in plan</p> <ul style="list-style-type: none"> i. How will club maintain check ins with staff and athletes during this return to phase and the stressors that come with this. ii. Plan to acknowledge the stress and impacts of COVID-19 on members. 	
	<p>k. Personal Protective Equipment (masks, shields, etc.)</p>	
	<p>l. Principles of Safe Sport and the Rule of Two</p>	
	<p>m. Training Layout</p> <ul style="list-style-type: none"> i. Pool Configuration (SCM or LCM) and lane layout ii. Diagram of layout if possible 	
	<p>n. Daily Training Plans which includes:</p> <ul style="list-style-type: none"> i. Arrival and Departure ii. Equipment iii. Travel iv. Training Content v. Athlete Interventions/Interaction vi. Parents/Spectators 	
	<p>o. Facility Processes and Requirements</p>	
	<p>p. Fundraising Plans</p>	
	<p>q. Plan for inclement weather if outdoors</p>	
	<p>r. Club Contact Information</p>	
	<p>s. Open Water EAP and Checklist if applicable</p>	
<p>Notes:</p>		



CLUB DECLARATION RETURN TO SPORT: SWIMMING

The Government of Saskatchewan has provided guidelines for sport to return to activity. Sask Sport has requested Provincial Sport Organizations to develop Return to Sport Guidelines to support member clubs in their return to sport. Swim Sask's Return to Sport: Swimming plan is based on the guidelines published by the Government of Saskatchewan, Swimming Canada's Return to Swimming resource document and other stakeholder resources. Prior to restarting, Swim Sask member clubs should use these Return to Sport: Swimming guidelines to develop their required Return to Swimming Plan and assist their club to work towards a careful and gradual restart of club activities.

In the process of developing a club's Return to Swimming Plan, one size does not fit all. Each club has unique issues which need to be factored into their Return to Swimming Plan. Modifications and changes to standard practice protocols will be required, and these modifications will need to be practical and tailored to your unique facility and participant needs. While there can be some flexibility in a club's Return to Swimming Plan, all swimming and swimming related training activities in Saskatchewan must operate within current provincial health restrictions to promote the safety of our communities. To assist our clubs, all clubs are asked to follow the Swim Sask "Return-To Plan" Checklist to ensure that the club has clear policies that include but are not limited to ensure:

- Compliance with Public Health measures which includes but is not limited to anyone with symptoms not attending any swim club specific or related activity.
- Swimmers are able to participate in a secure environment where physical distancing, personal hygiene and safe social interactions are enforced.
- Coaches and swimmers displaying related symptoms are able to be off sick and at home to enable self-isolation for 14 days (at minimum).
- Coaches and swimmers have fewer club related contacts (shorter times, fewer people), through such measures as staggered shifts, smaller training groups, occupancy limits, virtual meetings, and working/training from home where the nature of the work permits.
- Higher frequency of cleaning of 'high touch' areas of facilities and equipment, availability of hand sanitizer and encouraging good hygiene.
- Assessments of risks are present in your club's operation.

I hereby declare that the above-named club has a written plan that follows the Government of Saskatchewan's Re-Open Sask, Swim Sask Return to Sport: Swimming and Swimming Canada Return to Swimming Framework documents while adhering to the SHA public health policies to ensure member safety. The clubs plan will be publicly posted and communicated it to all members prior to the club returning to sport. Only Swim Sask registered swimmers and coaches will participate in activities offered provided they have all completed the Acknowledgment and Assumption of Risk Form.

I understand that there is no liability or legal defence coverage for our club as per the [Contagion Exclusion Endorsement](#) with our Insurer.

Please complete and email to: marjwalton@swimsask.ca

Signed by:

Club President's Name: _____

Club President's Signature and Date: _____

Other Club Board Member Name and Position: _____

Other Club Board Member Signature and Date: _____

Club Head Coach Name: _____

Club Head Coach Signature and Date: _____



INSURANCE

Swim Sask through the Sask Sport Group Insurance policy with AON Reed Stenhouse provides the following, and the policy is effective April 1 to March 31 of each year.

- General liability insurance
- Directors & officers liability insurance
- Legal defense
- Sport accident insurance

The insurance company has also provided some exclusions right now due to COVID-19. Please see [Contagion Exclusion Endorsement](#).

The General Liability and Sport Accident Insurance provides coverage for any registered participant/member “while participating in or training for a sanctioned sporting or training event.

A “Sanctioned Event” includes all games, competitions or sport demonstrations run by the PSGB or by a member club authorized by the PSGB, including related training at the event site and at club premises (premises means the pools that you use).

While Swim Saskatchewan formally sanctions swimming competitions, we informally sanction training when a club affiliates with us and provides the pools that they use to train in.

For a full summary of Swim Sask Insurance Programs please visit the website:
<http://solutions.aon.ca/sasksport/coverage.aspx>

Note: Swim Sask does not sanction the use of private home pools.

Dryland Training – Virtual and In-Person

- must be led by **registered coaches**
- all swimmers participating must be **registered members**.
- participants/parents must sign an Acknowledgment of Risk.
- If your club is using a 3rd party provider then ensure that this 3rd party provider has liability insurance and that the liability insurance includes that they can deliver online training.
- If your club is sending out dryland training for athletes to do on their own, then they need to understand that they are doing so voluntarily and that they are not covered by Sport Accident insurance in this instance. (It is no different than if they go outside and play and hurt themselves).



CLUB COMMUNICATION

Following the development of an acceptable club return to sport plan, a virtual briefing session should be delivered to all club coaches, swimmers, and parents in order to clearly explain the procedures and the responsibilities that all must adhere to. This briefing will review all pre-training, training, and post-training procedures in place to protect the health and safety of all participants.

Staff (Admin & Coaches)

- Ensure that your staff has been informed about the latest guidelines and directives on the COVID-19 outbreak from Federal, Provincial, Municipal governments and their Public Health authorities. Covid-19 Symptoms
- Create “best practices” for the staff to follow before, during and after training to mitigate the spread of COVID-19. These best practices must include respiratory etiquette (sneezing in elbow), hand hygiene, physical distancing, cleaning of non-personal equipment in between use, non-sharing of equipment (water bottles), etc. (Prevention of Risk)
- Create “best practices” for the staff to follow when planning in-person training gatherings, taking into consideration potential family related isolation dynamics, potential travel restrictions and gathering restrictions in the municipality/province.
- Create an attendance mechanism for all training sessions for staff to strictly follow.
- Create communication plans for staff to follow when interacting with athletes, families, support teams and other key partners.

Families and Athletes

- Create strict rules for athletes and staff surrounding staying home and self-isolation if displaying symptoms or coming into contact with someone who is displaying symptoms or has COVID 19.
- Athletes must see a physician and be cleared for training after being diagnosed or suspected to have COVID-19.
- Communicate clear training expectations and facility mandates as early and as often as possible a. Athletes should stay home if they or any member of their family does not feel well.
- Clubs and Coaches must make it clear that there is no penalty for missing practice.
- Provide information on at-risk populations within the club to families and swimmers so they may make an informed decision on their participation. (At Risk Populations)
- Provide links to virtual healthcare resources in your area.



ATHLETE RETURN PRIORITY

- Clubs decide which groups of athletes return first and how to bring in subsequent groups.
- Group size must fall within any group gathering limitations that are in effect locally. The practical application of group size limits should be evaluated based on published guidelines at the time of opening.
- It is very strongly recommended that not all members return at once.
- It is highly recommended the initial return is completed with **small controlled groups** of swimmers to allow for the **testing of protocols and ensuring that a safe environment can be maintained**.
- It is recommended that a **progressive return** of the various groups within a club is planned in consultation with the facility.
- Consideration should be given to the experience and maturity of the swimmer(s) when determining the order of return. Learn to Swim programs should be your last groups to return and must adhere to facility guidelines and be done with extreme caution.
- Only swimmers who can successfully complete a session without any physical manipulation and are not immunocompromised should be included initially. Those with underlying risk factors should use caution.
- Keep the same group of athletes for each training session
 - Other athletes looking to relocate to train with a resident group (e.g. University Team) must follow all provincial and municipal regulations related to travel along with any Provincial Section guidelines that may be in place. Registration policies and procedures must be adhered to.
 - Athletes should only participate in one training group and should not move between multiple training groups.

TIMING and TRANSITION

- There should be a minimum of two weeks, but three weeks is recommended, before introducing other groups to start training.
- By slowly reintroducing other groups over several weeks, it will be possible to assess both operations and health aspects of the return process.
- As groups are added, a detailed plan will be required 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 an appropriate changeover.
- As groups begins to **transition from one step to another**, it is important that clubs recognise and adjust training plans to ensure transitions from outdoor to indoor environments and that groups may need to be redefined to create smaller controlled groups to return progressively over a minimum of two weeks before returning subsequent groups. It is not guaranteed that all swimmers who returned to outdoor training will begin indoor training at the same.



STEP 1: VIRTUAL and OUTDOOR ACTIVITY

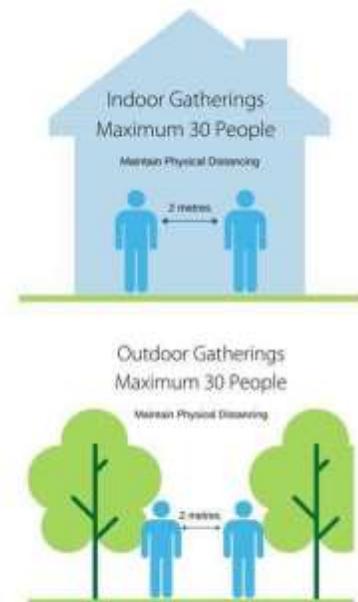
As we move from clubs closing, to virtual training in a gradual and phased process Swim Sask will follow the lead of the Saskatchewan Health Authority (SHA) and Government of Saskatchewan and begin our return to swimming with outdoor activity as re-iterated in the [Government of Saskatchewan's June 16, 2020 update](#) "outdoor gatherings are better than indoor gatherings" and move towards to resuming activities as permitted in outdoor and indoor pools and facilities and eventually competitions.

Effective June 8th, 2020 The Government of Saskatchewan permitted the return to Outdoor Recreation and Outdoor Sport. Please refer to the [Re-Open Saskatchewan document: Guidelines for Outdoor Sports and Activities as well as Outdoor Recreation \(pages 70-79\)](#) for specific requirements. Outdoor Training includes in person Outdoor Activities and Open Water Swimming for the purpose of fitness and conditioning (not skill development) led by a registered coach.

Guidance on Gathering Sizes

Starting June 22, occasional gathering sizes may increase to 30 people indoors and 30 people outdoors

- Maintain physical distancing. If you don't have enough space for 30, invite fewer people.
- Do not share food or drinks.
- Stay home if you are sick.
- Remember that any gathering increases the risk of transmission.



saskatchewan.ca/COVID19

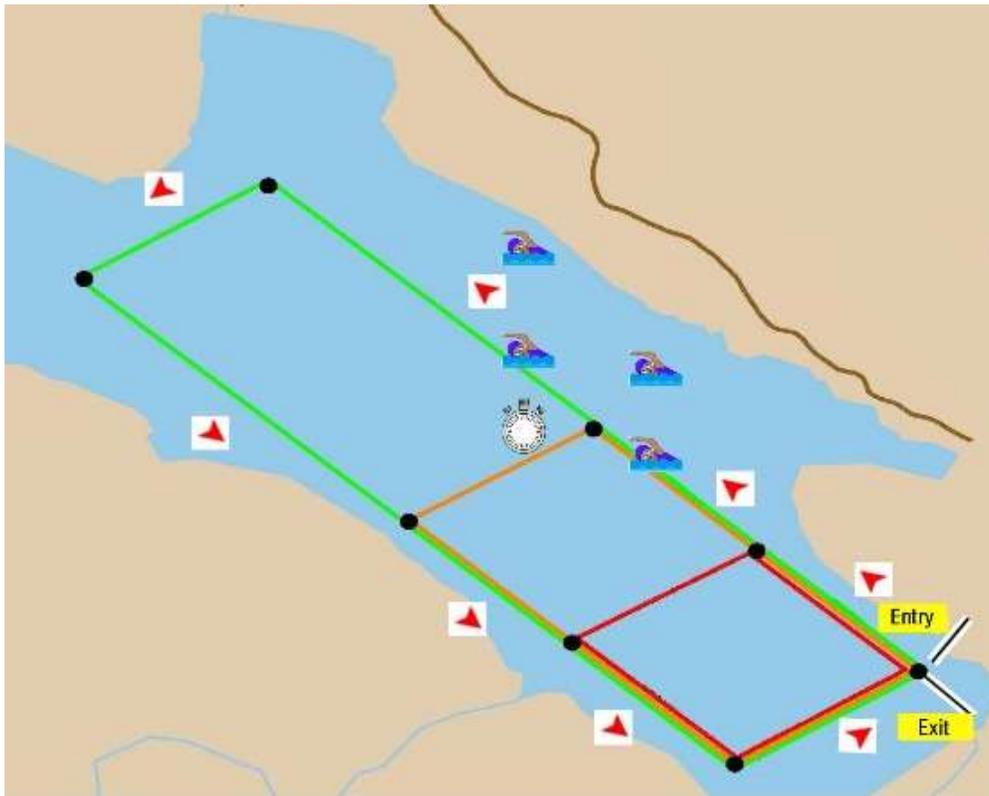
#COVID19SK

Saskatchewan



STEP 1: OPEN WATER

- Swimmers must be 11 years of age or older and be experienced/comfortable with open water swimming if participating in open water training
- Clubs should follow the information available in the [Swimming Canada's Open Water Swimming Safety Guidelines](#) document
- Clubs must complete the Open Water Checklist.
- Clubs must complete an Emergency Action Plan (EAP), Template included. EAP must be posted at site for members to view.
- Swimmers must maintain the current physical distancing requirements, with the safety personnel/coach nearby. Clearly designate entry and exit points. See example:
- Outdoor training and open water swimming should be limited to local opportunities.
- Events are not permitted on beaches at this time.
- An Emergency Action Plan must be publicly posted for members to view and understand for Open Water activities. This plan may need to change slightly depending on each open water location.





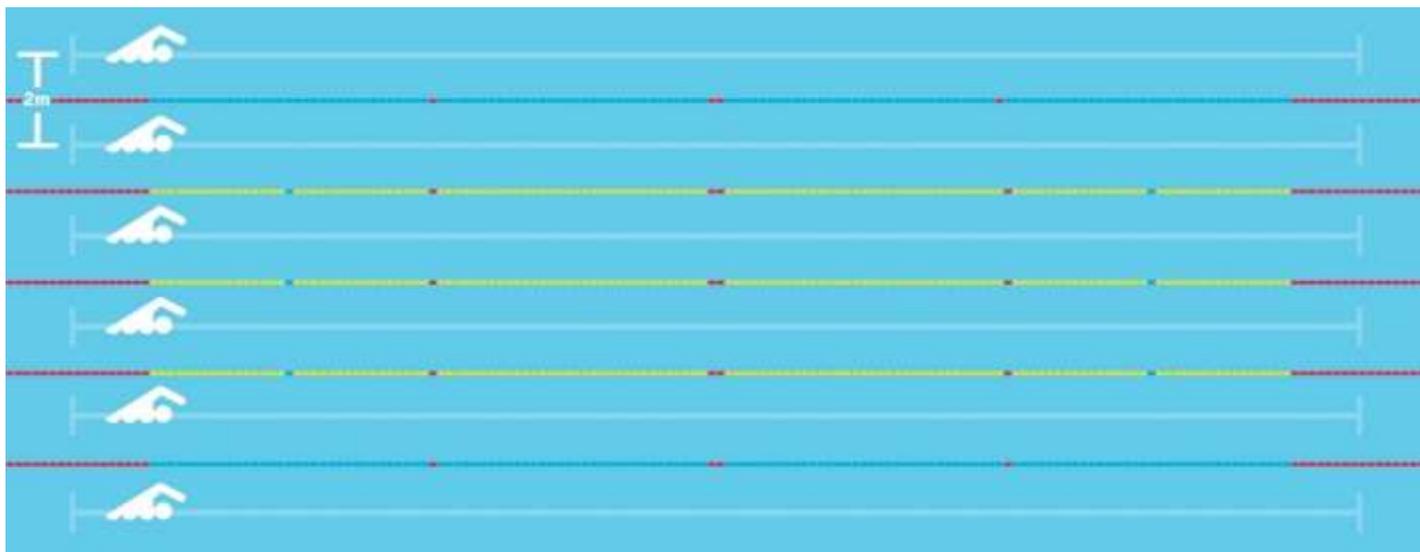
STEP 2: OUTDOOR POOLS

Outdoor Pools can open June 22, 2020

- Return to swimming begin with Short Course Training (SCM).
- All swimmers have been out of the water for a minimum of three months, it is recommended that a group only do a single session per day for a minimum of three weeks. From the fourth week, multiple daily sessions can be progressively added.
- For swimmers to maintain the current 2 metres physical distancing during lane/laps swimming, the number of swimmers must be modified depending on the activities programmed in the aquatic facility to meet the available swimmer lane environments and athletes and staff must respect physical distancing during all aspects of training and athletes will not pass one another.
- Recommended single-swimmer and multi-swimmer (4) lane environments follow.
- Clubs may only progress to six (6) swimmers per lane upon successful evaluation of health and operations by the club 'return-to' committee after a minimum of a three weeks with a training group. Movement to six (6) swimmers/two lanes will take place within existing training groups and not include new swimmers to the group.
- Swim Sask recommends non-swimming activity (including dryland routines, pre & post swimming routines) be done outside of the pool area in a safely managed manner following all the risk mitigation guidelines and gathering limitations.
- The pool and surrounding deck area are for pool use only to limit contact surface areas to be sanitized.

Single-swimmer lane environment

In the scenario where the pool is set up with traditional single lanes, only one swimmer would be capable of swimming in each lane while maintaining physical distancing.



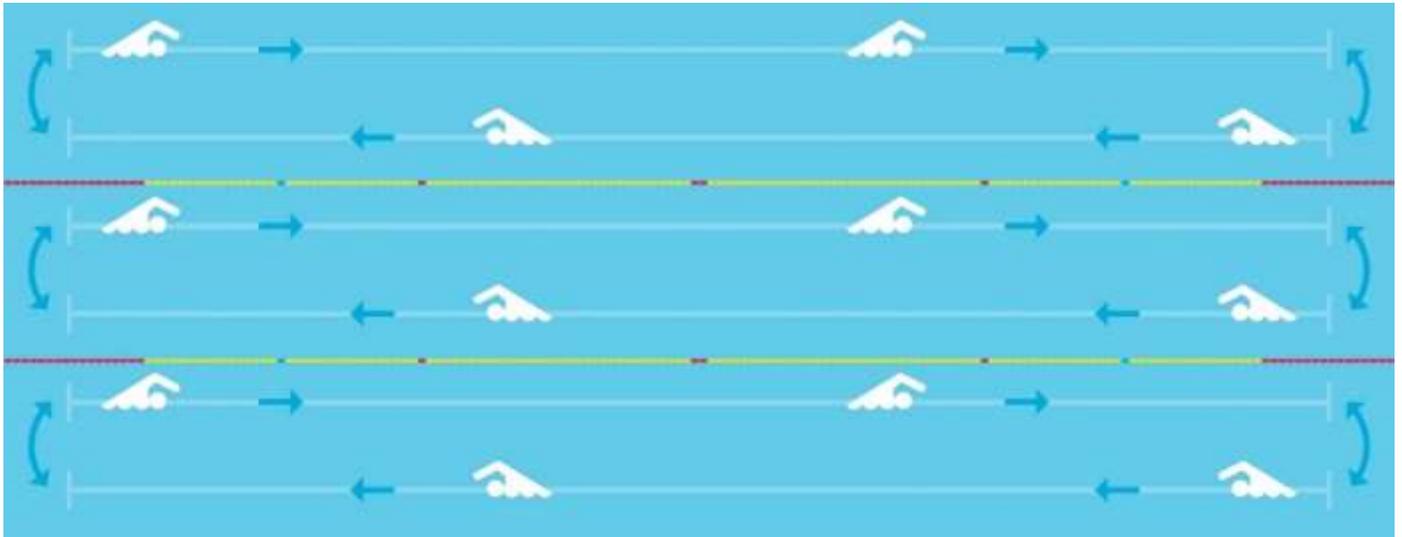
Short course Meters (SCM) – One (1) person per lane swimming in the middle of the lane only (on top of the lane line).



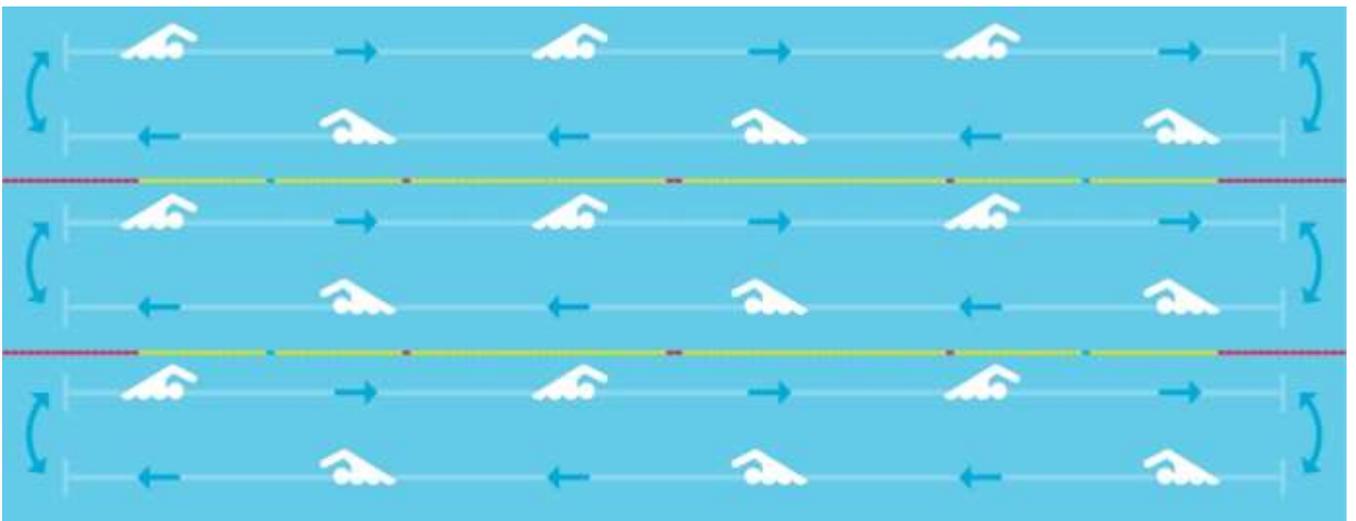
STEP 2: OUTDOOR POOLS continued

Multi-swimmer lane environments

In the scenario where the pool is set up with double-lanes, it is possible for multiple swimmers to swim in each double-lane while maintaining physical distancing. In these scenarios, it is important to clearly define a swimmers start/finish point as all swimmers will be unable to congregate at the wall and maintain physical distancing. Swimmers will also need to be instructed to keep at least two metres between each other.



Short course Meters (SCM) - Four (4) 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.



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.



STEP 3: INDOOR POOLS

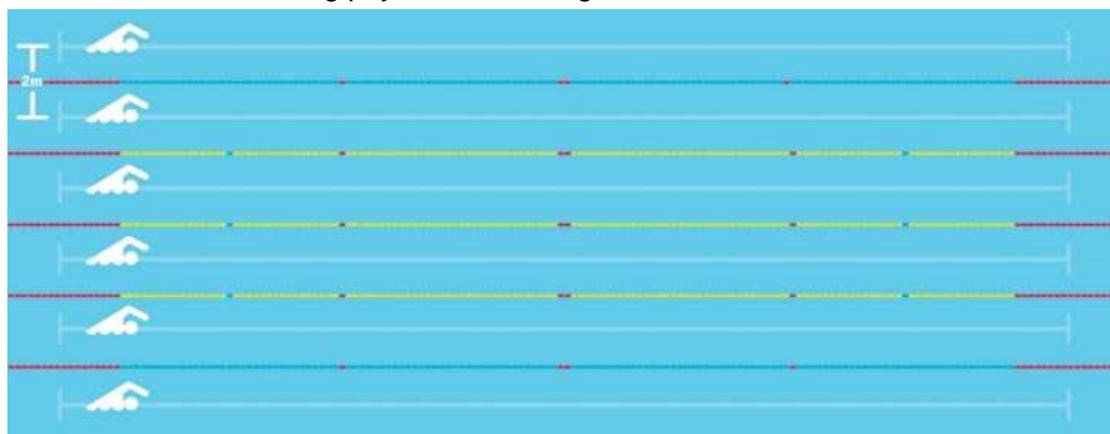
Indoor Pools can open July 6, 2020

With a return to indoor training it is recognized that the risk of transmission is much more likely therefore, Swim Sask **requires** clubs to return to swimming **progressively** with **small controlled groups** of swimmers to allow for the **testing of protocols and ensuring that a safe environment can be maintained. As per the Government of Sask Re-Open plan “where possible training should be relocated to outdoor settings”**.

- Clubs who have returned to outdoor pool training must resubmit an updated plan for returning to indoor pools and training. This updated plan should include the items in the ‘return-to’ checklist provided.
- Movement from Outdoor Pools to Indoor pools will be modified to ensure small controlled groups return in a progressive manner.
- For swimmers who returned to outdoor swimming in recent weeks, clubs will ensure that those swimmers continue to train a single session per day for a minimum of three weeks (in water) prior to adding multiple daily sessions progressively in week four.
- As per Swimming Canada, it is suggested that a return to swimming begin with Short Course Training (SCM).
- For swimmers to maintain the current 2 metres physical distancing during lane/laps swimming, the number of swimmers must be modified depending on the activities programmed in the aquatic facility to meet the available swimmer lane environments and athletes and staff must respect physical distancing during all aspects of training and athletes will not pass one another.
- Recommended single-swimmer and multi-swimmer (4) lane environments follow.
- Clubs may only progress to six (6) swimmers per lane upon successful evaluation of health and operations by the club ‘return-to’ committee after a minimum of a three weeks with a training group. Movement to six (6) swimmers/two lanes will take place within existing training groups and not include new swimmers to the group.
- Swim Sask recommends non-swimming activity (including dryland routines, pre & post swimming routines) be done outside of the pool area in a safely managed manner following all the risk mitigation guidelines and gathering limitations.
- The pool and surrounding deck area are for pool use only to limit contact surface areas to be sanitized.

Single-swimmer lane environment

In the scenario where the pool is set up with traditional single lanes, only one swimmer would be capable of swimming in each lane while maintaining physical distancing.



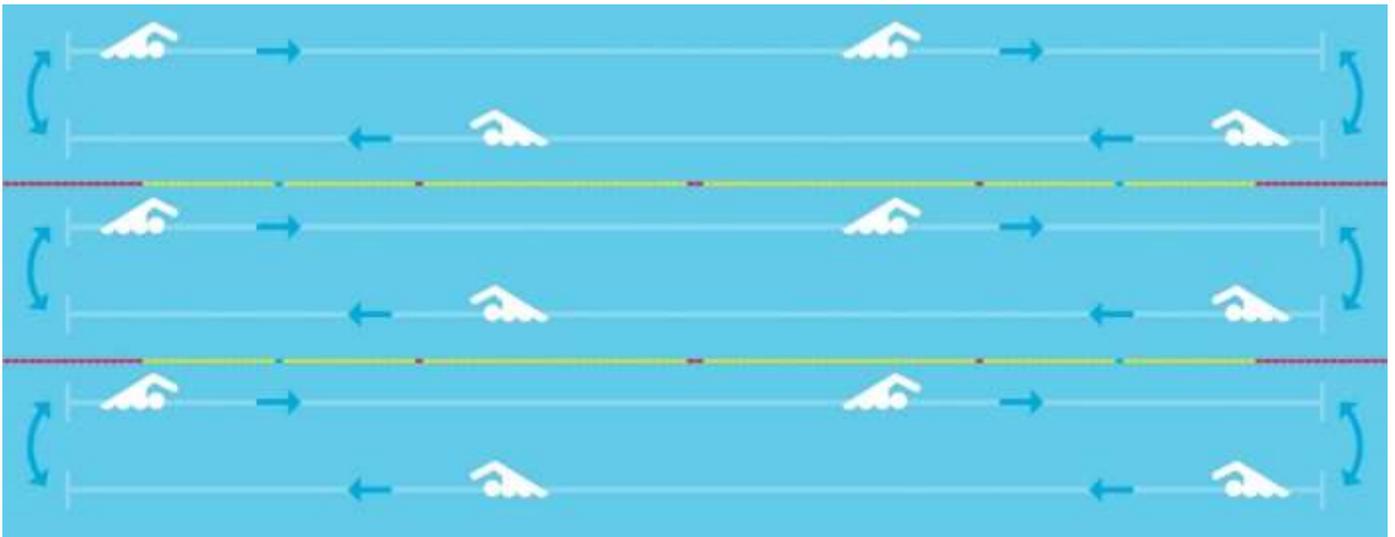


Short course Meters (SCM) – One (1) person per lane swimming in the middle of the lane only (on top of the lane line).

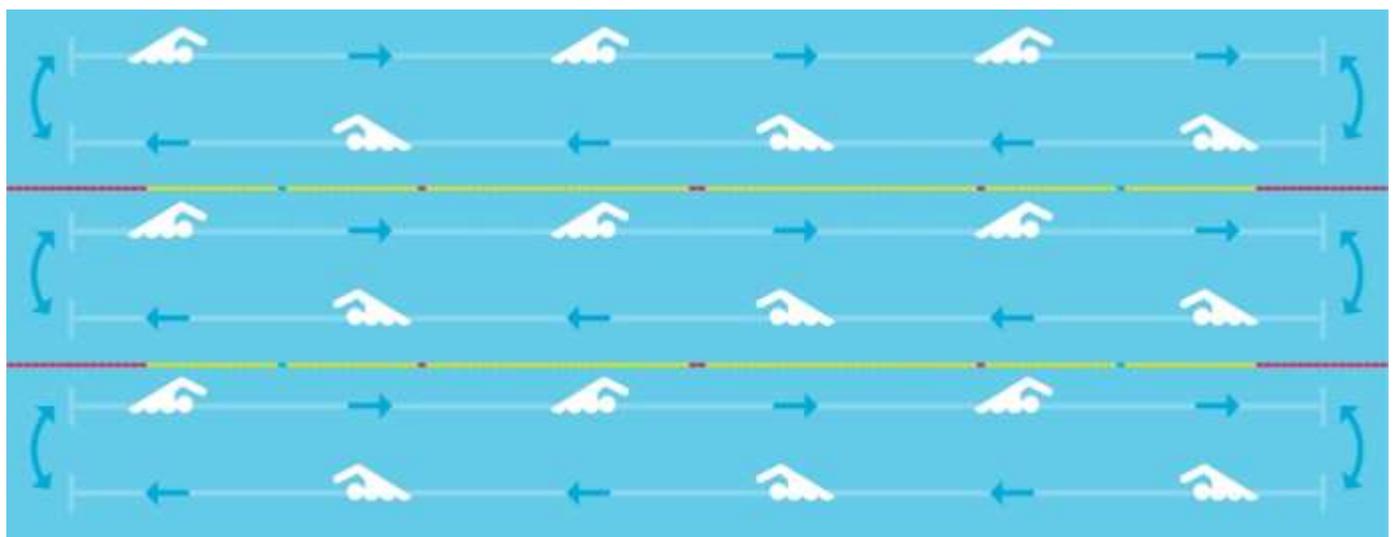
STEP 3: INDOOR POOLS continued

Multi-swimmer lane environments

In the scenario where the pool is set up with double-lanes, it is possible for multiple swimmers to swim in each double-lane while maintaining physical distancing. In these scenarios, it is important to clearly define a swimmers start/finish point as all swimmers will be unable to congregate at the wall and maintain physical distancing. Swimmers will also need to be instructed to keep at least two metres between each other.



Short course Meters (SCM) - Four (4) 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.



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 23 pool maintaining the current physical distancing requirements.



STEP 3: INDOOR DRYLAND and TRAINING

With a return to indoor training it is recognized that the risk of transmission is much more likely therefore, Swim Sask strongly recommends the return to indoor training be **return progressively** with **small controlled groups** of swimmers to allow for the **testing of protocols and ensuring that a safe environment can be maintained**. As per the Government of Sask Re-Open plan “where possible training should be relocated to outdoor settings”.

- A return to dryland training is permitted in a gym or fitness facility and must follow all facilities guidelines as per the [Re-Open Saskatchewan document: Guidelines for Gyms and Fitness Facilities](#).
- Dryland training in the pool facility (on deck) should only resume when the provincial health authority and the facility permit it.
- Consider developing online fitness participation, where practical, until physical distancing recommendations are suspended (as per Government of Sask Re-Open Plan).
- Maintaining physical distancing and keeping contact surfaces clean are key factors in keeping dryland activities safe.
- At this time, physical therapy treatments (which includes hands-on services provided by massage therapists, physiotherapists, chiropractors, athletic therapists and strength and conditioning practitioners) are higher risk and such support services are not recommended. Other virtual and non-contact means of providing feedback and therapy advice should be considered as alternatives to physical treatment.
- **When a third party is providing a service for a club activity ensure that the club and Swim Sask are named on the gym or fitness facilities certificate of insurance as an additionally insured party. Please submit copy of the certificate to Swim Sask.**

COVID-19: Avoid The 3 Cs



Closed Spaces
with poor
ventilation.



Crowded Places
with large numbers of
people gathered.



Close Contact
with people outside
your household.



STEP 4: COMPETITION

Date: TBD

To be updated. Competition are not currently permitted.

COVID-19 Prevention Tips



WASH

Wash your hands frequently – for at least 20 seconds



COVER

Use tissues when you cough or sneeze and dispose of them immediately, use your elbow if a tissue not available



AVOID

Do not touch surfaces and then your mouth, eyes or nose



DISTANCE

Practice social distancing by not shaking hands, hugging, etc.



ISOLATE

Stay home if you become ill and prevent the spread of the illness



DAILY TRAINING ENVIRONMENT

Arrival

- Coaches must arrive at least 5 minutes prior to swimmers.
- Do not arrive any earlier than necessary for receiving the training session and entering the pool.
- Implement directives around arriving and leaving training sessions **“Arrive-Train-Depart”**
- Athletes are encouraged to wear swimsuits or dryland clothing to training sessions as change areas may be off limits.
- Entry point should provide the most direct pathway.
- Be aware and communicate all traffic and movement plans as well as area closures within your facilities.
- Swimmers must adhere to the guidelines such as directions to enter/exit, etc.
- Athletes should encourage good pool hygiene by showering at home before and after swimming.
- Follow facility directives around the limiting of unnecessary social gatherings (before & after training sessions)
- Swim team training must be scheduled outside of public swim times.

Group Size:

- Adhere to SHA and facility requirements for permissible activity.
- Intense aerobic or physical training can be offered when four metres of physical distancing can always be maintained.
- Lower intensity activity (e.g. yoga) can be offered if two metres of physical distancing can always be maintained.
- To ensure people maintain appropriate separation, use visual cues (is tape, markers, paint, and signage).
- People not from the same household or extended household should always maintain two metres of physical distancing.

Equipment

- All swimmers and coaches **MUST** bring own equipment, towel, mat, bands, water bottle, etc.
- **NO SHARING: there should be no sharing of any equipment such as water bottles, kick boards, towels, paddles, snorkels, fins etc.**
- All belongings should be packed in a personal bag.
- Minimize use of training environment equipment that compromise appropriate physical distancing (white boards, on deck dryland items, video monitors or cameras, training chords etc.)
- Coaches are not permitted to share hand-held equipment such as stopwatches, clipboards or pens, with colleagues or others. Reminder to clean this equipment with disinfecting wipes pre and post training session.
- In general, pool set-up such as putting in lane ropes and backstroke flags should be left to the facility to complete. Where this is not possible, specific protocols should be developed and hand washing should occur before and after setting up the equipment.
- If a club or facility determines that PPE is required to protect the health and safety of workers based on a hazard assessment, then the employer must supply approved PPE to workers Cloth masks do not replace proven measures such as hand washing and physical distancing. Face shields may be considered as an alternative (ie: for those needing to read lips)



DAILY TRAINING ENVIRONMENT continued

Travel

- If carpooling must occur, physical distancing should be maintained as much as possible, including having people sit in the backseat
- No inter-provincial or international travel.

Training content

- Re-imagine swimming. There may be less water time and more land work – be creative.
- Be creative with the structure of your practice times, the time between sessions, the numbers of workouts per week, dryland, etc.
- Leave enough time between workouts and between land and water work to ensure that you can maintain all physical distancing and hygiene protocols.
- Ensure there is a plan in place for linking land and water sessions ensuring that you can maintain all physical distancing and hygiene protocols.
- Train the same hours but this will be a mix of dryland and water
- Instructions should be sent out via group electronic message in advance of the session (no one on one communication).
- In Person instructions should be given while maintaining physical distancing.
- Create visible markers to indicate appropriate spacing.
- Leave enough time between workouts and between land and water work to ensure that you can maintain physical distancing and hygiene protocols.
- Ensure there is a plan in place for linking land and water sessions ensuring that you can maintain all physical distancing and hygiene protocols.
- Use of a microphone/headset (individual use only) – FM system may be beneficial.

Athlete Interactions/Interventions

- Coaching is permitted with no contact and appropriate physical distancing.
- If physical distancing cannot be maintained or is unpredictable, a mask should be worn by the coach.
- Develop processes to deliver feedback post workout via online platform (always in a group setting).
- Regular mental health check-ins
- Swimmers should not congregate around whiteboards and coaches should only use whiteboards if permitted by the facility. Coaches should bring a personal whiteboard kit (markers, erasers, and wipes to disinfect board) for their own individual use. Whiteboard kits should not be shared.

Departure

- Implement directives around arriving and leaving training sessions **“Arrive-Train-Depart”**
- Follow facility directives around the limiting of unnecessary social gatherings (before & after training sessions)

Parents/Spectators

- Parents are asked to drop off and pick-up swimmers at a designated time and location.
- Limit spectators/parents and ensure they follow facility rules and understand that they are expected to adhere to the physical distancing rules.



KEY STAKEHOLDERS ROLES & RESPONSIBILITIES

Include but are not limited to:

- | | |
|---|---|
| Swimming Canada | <ul style="list-style-type: none">• Lead in the development and updating of the Return to Swimming Plan• Publish Plan and Support Documents• Promote plan nationally• Educate Provincial Sections & CSCA, SC Staff and Coaches, HPC athletes• Adopt and promote a provincial return o swimming plan with provincial stakeholders with guidance from National Framework |
| Swim Sask | <ul style="list-style-type: none">• Promote and follow all Provincial guidelines• Educate clubs (head coaches/presidents)• Monitor club implementation and offer ongoing club support• Feedback to Swimming Canada, CSCA and facilities |
| Sask Sport | <ul style="list-style-type: none">• Liaise and work collaboratively with the Government of Sask and advocate for a safe return to sport for all Provincial Sport Governing Bodies.• Educate and Inform |
| Canadian Swim Coaches Association (CSCA) | <ul style="list-style-type: none">• Promote National and Provincial plans• Provide education opportunities for coaches nationally• Feedback to Swimming Canada and Provinces |
| Clubs | <ul style="list-style-type: none">• Adhere to all Provincial, Municipal and Facility specific guidelines• Adhere to Swim Sask Return to Swimming Plan• Promote plan with facility and stakeholders• Establish a Club plan (with facility if required); Monitor implementation and adjust plans as needed• Ensure Coaches, Swimmers and Parents are informed• Complete the CLUB DECLARATION: COVID-19 OUTDOOR TRAINING (includes Open Water) form• Ensure Swimmers complete the ONLINE Swimming Canada Acknowledgement and Assumption of Risk Form prior to participating in any club outdoor activity• Ensure that the Open Water Checklist and EAP is completed if engaging in open water training.• Feedback to Swim Sask and Facility Managers• Adhere to the Training Group Protocol for a positive COVID-19 test found in: Swimming Canada's: Overarching Health, Medical and Safety Considerations: General Information about COVID-19 and Swimming. |
| Head Coach | <ul style="list-style-type: none">• Adhere to all Provincial, Municipal and Facility specific guidelines• Adhere to Swim Saskatchewan Return to Swimming Plan• Educate staff coaches on the plan and expectations• Educate swimmers on the plan and expectations• Monitor implementation and adjust plans as needed• Lead by example• Feedback to Club President and Swim Sask• Maintain Contact list of those outside your home and training group.• Remain consistent with your training group and coach. No movement between groups and coaches.• Complete Daily Screening Log• Complete Daly Screening prior to beginning work |



KEY STAKEHOLDERS ROLES & RESPONSIBILITIES continued

Coaches

- Adhere to all Provincial, Municipal and Facility specific guidelines
- Adhere to Swim Saskatchewan Return to Swimming Plan
- Educate swimmers on the plan and expectations
- Monitor implementation and adjust plans as needed
- Lead by example
- Feedback to Head Coach
- Maintain Contact list of those outside your home and training group.
- Remain consistent with your training group and coach. No movement between groups and coaches.
- Complete Daily Screening Log
- Complete Daly Screening prior to beginning work
- Adhere to principles and practices of the Responsible Coaching Movement and Rule of Two.

Swimmers/ Parents

- Adhere to all Provincial, Municipal and Facility specific guidelines
- Adhere to Swim Saskatchewan Return to Swimming Plan
- Lead by example
- Feedback to Coaches, including notification if they have a negative response to the Health Monitoring questions
- Complete the [ONLINE Swimming Canada Acknowledgement and Assumption of Risk Form](#) prior to participating in any club outdoor activity. Parents must complete for minors.
- Remain consistent with your training group and coach. No movement between groups and coaches.
- Maintain Contact list of those outside your home and training group
- Complete Daly Screening prior to beginning training
- Athletes are encouraged to act responsibly and promote appropriate behavior on social media with their peers.

Staff/Volunteers

- Adhere to all provincial, municipal and facility specific guidelines outlined in plans
- Lead by example
- Feedback to Coaches
- Maintain Contact list of those outside your home and training group.
- Complete Daly Screening prior to beginning work



DAILY SCREENING COVID-19 for contact tracing purposes

Clubs must keep a record of attendees which includes a daily screening log to help identify those sick or symptomatic. Clubs will create this attendance and screening log/tool which must be retained for a minimum of one month. Where possible, do not use a common pen. Providing this information is used for the purposes of COVID-19 contact tracing. Clubs are encouraged to create an online/contactless option (i.e. JotForm, google docs, etc).

The [link to the online SHA screening tool](#) for the following symptoms:

Symptoms to screen for include:

- Fever
- Cough
- Headache
- Muscle and/or joint aches and pains
- Sore throat
- Chills
- Runny nose
- Nasal congestion
- Conjunctivitis
- Dizziness
- Fatigue
- Nausea/vomiting
- Diarrhea
- Loss of appetite
- Loss of sense of taste or smell
- Shortness of breath
- Difficulty breathing

Should a coach or athlete answer positively to a symptom please adhere to the Training Group Protocol for a positive COVID-19 test found in: [Swimming Canada: Overarching Health, Medical and Safety Considerations: General Information about COVID-19 and Swimming can be found in the Swimming Canada COVID-19 Resource Hub](#)

If coaches, athletes, spectators or volunteers are found to have ANY of the following symptoms, DO NOT attend training.

As per SHA if you have any symptoms you can obtain a referral to a community testing centre by phoning:

- HealthLine 811
- Your family physician
- Your nurse practitioner

Please call HealthLine by dialing 811. If you have questions regarding COVID-19 and your health. HealthLine 811 can help you with screening for COVID-19 to determine if a test is recommended for you and refer you for testing

All Saskatchewan residents should be familiar with [self-monitoring](#) and [self-isolation](#) precautions, in order to keep you and those around you safe.



DO NOT ENTER, IF YOU:

- » Have a fever, cough, sore throat, runny nose, or shortness of breath

SELF-ISOLATE IMMEDIATELY, IF YOU:

- » Have travelled outside of Canada within the last 14 days
- » Are a close contact of a person who tested positive for COVID-19
- » Have tested positive for COVID-19

Call **HealthLine 811** if you have recently travelled and are experiencing respiratory or flu-like symptoms.

For more information and updates on COVID-19 in Saskatchewan visit saskatchewan.ca/COVID19

saskatchewan.ca/COVID19





OPEN WATER CHECKLIST

(if applicable)

Club Name: _____

Open Water Location: _____

Date and Time _____

In order for a club training group to be considered as an approved (insured) activity, the following checklist must be completed and submitted to marjwalton@swimsask.ca for approval.

YES/NO

Please include a list of swimmers and coaches who will attend.

Reference: [Swimming Canada Open Water Safety Guidelines](#)

1	Does the coach have experience coaching swimmers who have attended any sanctioned open water events and has the coach attended the open water competition with the swimmers and actively participated in their preparation?	
2	Are the swimmers over the age of 11, and have they competed in a sanctioned open water event?	
3	Are all coaches and swimmers registered members of Swim Sask?	
4	Do you have a designated and experienced NLS certified safety person, kayaking alongside or accompanying on the shoreline line? And do you have the necessary # of boats/accompanying safety persons for the # of swimmers you have training, maintaining a 1:10 ratio (safety person to swimmers)? A safety person is NOT a swimmer or coach participating in the training. The individual is designated solely as the safety person for the open water training activity.	
5	Have you completed a review of the body of water to be used for training, considering water temperature, safety considerations (water quality, visibility, access points, current and expected water conditions, man-made and natural obstacles)?	
6	Is the route the swimmers will be using visible at all times by the coach and/or safety person?	
7	Has an emergency action plan (EAP) detailing the chain of command and what happens during and after any emergency, been developed?	
8	Have all swimmers and/or parents signed the Acknowledgement and Assumption of Risks form?	
9	Has your club board reviewed the checklist, the emergency action plan, and confirmed all items have been completed satisfactorily by signing the checklist and retaining on file? Has your club met any additional provincial section requirements?	
10	The club has a written plan that follows the provincial rules for outdoor physical activity, that the plan aligns with the requirements of Swim Sask, that the plan has been published or posted, and that the plan has been communicated to all members who will attend outdoor training.	
11	Ensure provincial and/or local rules will be adhered to with respect to participation numbers, booking space as well as any other requirements outlined by the provincial or local authorities. In addition to following the rules, programs must also ensure that there is a plan in place that is understood and will be followed by all staff, participants, and spectators to ensure the safety of all participants.	

Should a club/coach answer "NO" to any of the questions, the club will need to work with Swim Sask to determine if open water training can be considered as an approved (insured) activity, with the risks mitigated. If risk mitigation is not possible then coach led open water training should not be undertaken.

Club President's Name: _____

Club President's Signature and Date: _____

Other Club Board Member Name and Position: _____

Other Club Board Member Signature and Date: _____

Club Head Coach Name: _____

Club Head Coach Signature and Date: _____



OPEN WATER EMERGENCY ACTION PLAN TEMPLATE

(if applicable)

Coach Name:
Practice location:

Group:
Date:

LOCATION INFORMATION

Facility Name: Facility Phone Number:
Facility Address:
Directions to reach the facility from a major intersection:

KEY CONTACT INFORMATION

Person in charge at the time of your practice:
In case of emergency who will make 911 call:
Or other alternates who would make the 911 call:

EMERGENCY ITEM LOCATIONS

Location of Emergency Phone & Phone Numbers:
(Identify special instructions to make an emergency call)
Location of First Aid Kit:
Location of Spine Board:
Location of Defibrillator: Location of Medical and Contact Information for Swimmers:
Secure Location of swimmer profiles with up-to-date information:
(Including medical & emergency contact information.)

Include a Map of the training area

**In the space provided, please outline the steps that you follow
at the training location when an incident occurs:**

Detailed STEPS

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10