



June 18, 2021

After 15 months of COVID-19 restrictions we cautiously enter Step 2 of [Saskatchewan's Re-Opening Roadmap](#) Sunday June 20, 2021. As we continue to live with COVID-19 we require our clubs to follow a 'universal' set of guidelines to help keep swimming safe. Clubs are encouraged to be diligent and responsive to changing restrictions and operate cautiously and safely.

Swim Sask will continue with our cautious, safe and progressive return and therefore Swim Sask is implementing some stricter guidelines than the government Stage 2 guidelines. Below you will find a chart to help outline these guidelines. Affiliated clubs may implement more stringent measures.

STEP 2: ROADMAP (effective June 20, 2021)		
	Indoor Pools	Outdoor Pools
KEY: Gov Sask rules (black) Swim Sask rules (green)		
Competitions: Sanctioned	Yes – Out of province clubs cannot be invited nor can Sask clubs go to out of province competitions. Priority is for year-round age group clubs to have sanctioned competitions this summer. Must follow all safety guidelines in the Return to Competition document. Operate with limited and experienced officials. Max of 3 clubs and ~120 swimmers	Yes – Out of province clubs cannot be invited nor can Sask clubs go to out of province competitions. Priority is for year-round age group clubs to have sanctioned competitions this summer. Must follow all safety guidelines in the Return to Competition document. Operate with limited and experienced officials. Max of 3 clubs and ~120 swimmers
Competitions: Unsanctioned	Yes – Out of province clubs cannot be invited nor can Sask clubs go to out of province competitions. Clubs can conduct unsanctioned racing opportunities and must follow all safety guidelines in the Return to Competition document. Max of 3 clubs and ~120 swimmers and a max. of 150 spectators	Yes – Out of province clubs cannot be invited nor can Sask clubs go to out of province competitions. Clubs can conduct unsanctioned racing opportunities and must follow all safety guidelines in the Return to Competition document. Max of 3 clubs and ~120 swimmers and a max. of 150 spectators
Contact Tracing	Yes (Athletes, coaches, officials)	Yes (Athletes, coaches, and officials)
Training Groups (athletes, coaches)	No longer required to train in groups of 8. Restricted by facility pool capacity and pool format restrictions below.	No longer required to train in groups of 8. Restricted by facility pool capacity and pool format restrictions below
Instruction	Permitted with no contact, physical distancing, and mask use (except while in the pool)	Permitted with no contact, physical distancing, and mask use (except while in the pool)
Masks	Yes **Olympic/Paralympic exclusion	Strongly encouraged but required when in indoor public spaces (i.e.: change areas)
Physical Distancing	2m when not actively training and competing	2m when not actively training and competing
Pool Format	Train single or double lanes	Train single or double lanes
SCM: 25m pool length LCM: 50m pool length	Follow the Guidelines: Multiple and Single Lane Swimming for Competitive Swimmer/Club Training: Swimming Canada Double Lane: SCM: max 6 / LCM: max 8) Single Lane: SCM: max 4 / LCM: max: 8)	Follow the Guidelines: Multiple and Single Lane Swimming for Competitive Swimmer/Club Training: Swimming Canada Double Lane: SCM: max 6 / LCM: max 8) Single Lane: SCM: max 4 / LCM: max: 8)
Screening	Individuals self-assess Do not attend training or competitions if unwell	Individuals self-assess Do not attend training or competitions if unwell
Spectators	Max of 150 with 2m physical distancing between non-household groups. Contact Tracing required by facilities. Follow Return to Competition Document	Max of 150 with 2m physical distancing between non-household groups. Follow Return to Competition Document
Travel between provinces	No *only Olympic/Paralympic athletes/coaches	No *only Olympic/Paralympic athletes/coaches
Travel within SK	Yes	Yes

We will continue to re-evaluate as the government loosens restrictions and provide further guidance on Step 3 and any updates or changes to this set of guidelines as necessary. Thank you for your continued support and efforts to reduce transmission of COVID-19 within our sport and community.

Yours in Swimming,

Marj Walton, Executive Director



Better Lives Through Swimming

Swim Saskatchewan – 2205 Victoria Ave, Regina, Saskatchewan, S4P 0S4 – 306-780-9291 - www.swimsask.ca