



RETURN TO COMPETITION

Requirements sanctioned and unsanctioned competitions
Swim Saskatchewan Inc.

effective June 20, 2021

This document is best used in PDF format (online) as there are many hyperlinks to access useful resources.



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.

ACKNOWLEDGEMENT

Thank you to the following for input and edits in the development of this document:

Master and Senior Officials with special thanks to: Gary Thronberg, Marni Caldwell, Giselle Marcotte, and Belinda Bilous

Meet Managers: Doug Farenick, Fiona Cribb, Colleen Patterson, and Candace Peace

Coaches: Jeff Toth, Gord Shields, and Steven Hitchings

PSGB peer review: Sara Toth



RETURN TO COMPETITION: INDOOR & OUTDOOR

Beginning June 20, 2021, sanctioned competitions are again permitted. Swim Sask will prioritize sanctioning competitions as follows: (i) Age Group (year-round) clubs, (ii) Masters clubs and (iii) Summer clubs.

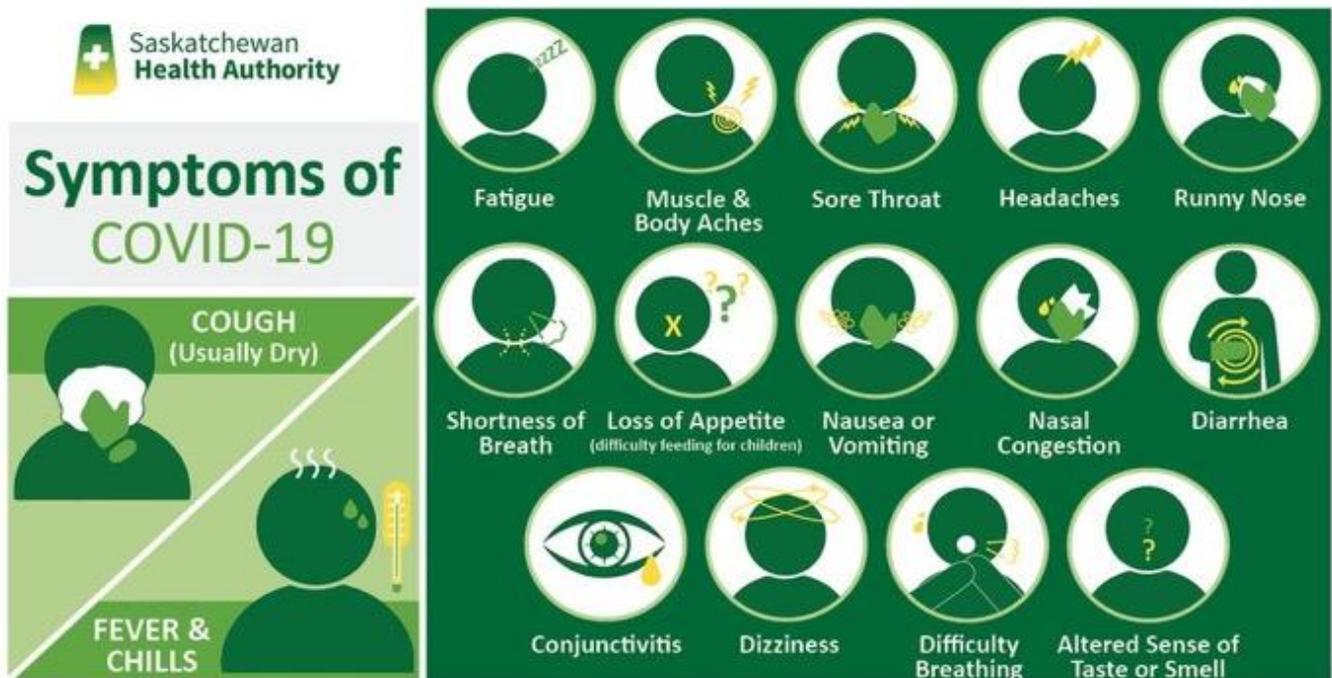
Athletes, coaches, volunteers, and staff that are immunocompromised and choose to return, do so at their own risk.

The number one priority when returning to competition (RTC), is the health and safety of all participants including swimmers, coaches, officials, volunteers, and family members. The rules and policies of Swim Sask, in addition to all current provincial, municipal and facility requirements, must be adhered to.

The competitive environment (training and competition venues) should be continually assessed to ensure precautions are taken to minimize risk to the swimmers, coaches, officials, volunteers, and those attending events as spectators.

OVERARCHING HEALTH MEASURES: COVID-19 AND SWIMMING

First and foremost, a return to competition must be done safely. Each club and member must do their part to adhere to the municipal, provincial, and national health guidelines and restrictions that are in place to reduce the transmission of COVID-19. Following is a summary of the overarching health measures that Swimming Canada has identified with regards to COVID-19 and Swimming. Access to the complete Swimming Canada framework and guidelines for the sport of swimming can be found: [Return to Swimming Framework, Swimming Canada](#). The Government of Saskatchewan and SHA information and guidelines must be respected always and supersede the information that follows.





GOVERNMENT OF SASK and SWIM SASK COMPETITION REQUIREMENTS FOR SANCTIONED AND UNSANCTIONED

Swimming, like all sports must ensure that all competitions and racing opportunities, sanctioned and unsanctioned, comply with current Sask Health Authority (SHA) and the Re-Open Sask guidelines to reduce transmission of COVID-19. Access to these Government of Saskatchewan plans and guidelines that pertain to sport, and competition can be found here:

[Public Health Order \(PHO\)](#)

[Re-Open Sask: Sports and Activities Guidelines](#)

	Indoor Pools	Outdoor Pools
STEP 2: ROADMAP (effective June 20, 2021)		
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, and spectators)	Yes (Athletes, coaches, and officials)
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 (Warm-Ups)	Follow the Guidelines: Multiple and Single Lane Swimming for Competitive Swimmer/Club Training: Swimming Canada Single Lane: SCM: max 4 / LCM: max: 8)	Follow the Guidelines: Multiple and Single Lane Swimming for Competitive Swimmer/Club Training: Swimming Canada Single Lane: SCM: max 4 / LCM: max: 8)
SCM: 25m pool length LCM: 50m pool length		
Screening	Individuals self-assess Do not attend competitions if unwell	Individuals self-assess Do not attend 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



SANCTIONING PRIORITIZATION

Swim Sask will prioritize sanctioning competitions as follows:

- (i) Age Group (year-round) clubs, (ii) Masters clubs, (iii) Summer clubs.

SANCTIONING APPLICATION REQUIREMENTS: COVID-19

When applying to host a sanctioned competition, Swim Sask requires host clubs to include COVID-19 safety measures within the meet package submitted as part of the sanctioning application. Following are detailed outlines of what is to be included in the Meet Package for sanctioning, with specific updates related to safety and COVID-19. All requirements listed are for both indoor and outdoor competitions.; except where specified. These items are over and above the standard sanctioning process requirements:

- Risk Assessment
- Group Size
- Physical Distancing
- Mask use.
- Contact Tracing and Attendance
- COVID-19 Screening
- Sanitization and Hygiene
- Facility
- Protocol for Positive COVID-19 case

COVID-19 SAFETY COORDINATOR (MEET MANAGER)

The Meet Manager will also be responsible to fulfill the important role of COVID-19 Safety Coordinator. This can be done with the support of the host clubs COVID-19 Committee or representatives. The additional roles related to Covid-19 safety include:

- Developing the COVID-19 content of the Meet Package in consultation with the Meet Referee and Facility.
- Keeping updated on policies and procedures outlined by provincial and municipal governments, public health agencies and Swim Sask
- Ensuring there is a Health & Safety Kit that includes alcohol-based hand sanitizer and masks are available at the competition location.
- Working with facility staff to uphold compliance to requirements and guidelines related to COVID-19 and resolve any challenges that may arise prior to and/or during the competition.
- Ensuring signage is in place so that all risk mitigation measures are easy to follow.in coordination with the facility.
- Implementing an attendance process, including the daily health screening and contact information to ensure that contact tracing information is available.
- Providing direction to officials/volunteers on what they need to bring with them, for example their own mask/face covering, hand sanitizer, pre-filled water bottle, pencil, clipboard as appropriate.
- Build appropriate time into the session timelines for the processes related to COVID-19 safety.
- Modify, restrict, postpone, or cancel the competition if advised by Sask Health Services, the facility or Swim Sask, due to an evolving COVID-19 related outbreak or emergency.
- Advise Swim Sask if:
 - contacted by Sask Health about a COVID-19 case or exposure at the competition.
 - you have witnessed or received reports of behavior that may compromise the health and safety other individuals during the competition, by swimmers, coaches, officials, or volunteers.



RISK ASSESSMENT

Prior to a competition sanction application, the Competition Safety Coordinator together with the Meet Manager and Referee, must assess risk and include risk mitigation strategies within the Meet Sanction application to ensure a safe competition environment.

Host clubs shall determine if refunds will be granted if the meet must be cancelled or swimmers must self isolate or other such absences due to COVID-19.

PHYSICAL DISTANCING and GATHERING SIZE

- Athletes, coaches, and officials, when not actively engaged in the sport, should maintain a 2m physical distance from others. No longer required to physical distance while actively competing.
- Competitions are limited to ~120 swimmers plus coaches and officials and up to a maximum of 150 spectators in a designated area).
- In addition, hosts clubs will consider the following:
 - i. **Facility**
 - Outdoor facility use where possible, as outdoor activity is safer than indoor.
 - Consider moving portions (i.e. marshalling, officials/coaches meetings, team spaces) to outdoors when possible.
 - Increased ventilation/air circulation, providing natural ventilation, when possible, to increase air flow in indoor facilities.
 - ii. **Warmups**
 - Split warm-ups to manage the number of swimmers in the pool at any one time.
 - Maximum swimmers per lane: 4 (SCM) and 8 (LCM)
 - iii. **Events**
 - An expected arrival time should be outlined for all officials and coaches and swimmers.
 - Session timelines should be kept to a minimum.
 - Keep time gathered together to a minimum.
 - iv. **Heats**
 - Swimmers in the next heat should remain in the marshalling area until called behind the blocks for their heat and pool is cleared. Upon the start of the next heat, swimmers in the pool, exit as instructed, to the side or at the end, as appropriate.
 - FINA tweets (short whistle) should be used to have Timekeepers return to their chairs and swimmers in next heat to move behind the blocks.
 - Referee then uses long whistle when heat is ready.
 - If fly-over starts are in-place, swimmers in the water should all be instructed to stay on the same side of lanes by lane rope in order to maintain physical distancing.
 - One Way Flow of Swimmers from the marshalling area to the blocks to race and out of the pool and back to the seating area should be considered.
 - v. **Heat Sheets and Results**
 - Heat sheets/meet programs/results should be posted online on Meet Mobile, or other mobile applications, where possible. The posting of paper results at the pool is discouraged to help reduce crowding.



vi. **Spectators and Para Assistants**

- As per Government regulations, spectators must be limited to 150.
- If the facility allows spectators, a maximum of 150 spectators is permitted.
- 2m physical distancing must be maintained between non-household groups.
- Spectators should be limited as much as possible, and priority given to parents and others needing to support younger swimmers.
- Para-Assistants are permitted for those para-swimmers who require them.
- For facilities that only have spectator seating on deck, a designated spectator only section must be created and separated away from swimmers, coaches, and officials.

vii. **Travel**

- Follow all public health orders regarding travel.
- No inter-provincial travel. No out of province clubs may be invited to a competition in Sask and no Sask club may travel to a competition out of province.
- Travel within Saskatchewan is permitted.
- Athletes (carded) identified as potential competitors at the Olympic or Paralympic Games by Sport Canada, may travel for this purpose.

viii. **Awards**

- Electronic or virtual awards should be considered.

MASK USE

- **Indoor Facilities:** All coaches, swimmers, volunteers, staff, and spectators **MUST** wear a mask that covers the nose, mouth and chin as part of a layered approach except when in the pool or shower which includes before and after competing, in the change rooms and on deck.
 - Swimmers remove their mask prior to entering the water and must put on their mask when exiting the water. Swimmers can use Ziploc bags. Put the mask in the bag, close it tight, get on the blocks. Climb out, dry their face, open the bag then put the mask on. Wet masks do not work.
- **Outdoor Facilities:** All coaches, swimmers, volunteers, staff, and spectators are encouraged to wear a mask.

SCREENING and EXCLUSION PLANS

- All individuals, including swimmers, coaches, officials, and volunteers, must use the [Government of Saskatchewan's COVID-19 self-assessment tool](#) and follow the subsequent directions.
- Those who are sick or symptomatic must not participate.

CONTACT TRACING and ATTENDANCE

- An attendance record of all participants, including swimmers, coaches, officials, and volunteers will be kept, for contact tracing purposes for each session.
- In addition to a published official's roster which shows officials names, the club must ensure it has a record of all official's full name and contact information to assist with contact tracing. When possible, all officials should be recruited to assigned roles prior to the competition.

SANITIZATION AND HYGIENE

- Provide hand hygiene stations to access before, during and after competition.
- Recommend, cleaning between shared use for equipment or encourage no sharing.

SIGNAGE

- Signs will be displayed to reinforce regulations and expectations related to COVID-19. Within this document are Government of Sask and Sask Health Authority Signs that can be used. Additional Signs can be found on the [Sask Health Authority website](https://www.saskhealthauthority.ca/).

SLOW THE SPREAD
STAY HOME
IF YOU ARE
FEELING SICK.



COVID-19 

saskatchewan.ca/COVID19

SLOW THE SPREAD

- **WEAR A CLOTH FACE COVERING IN PUBLIC PLACES**
- **STAY 2 METRES APART FROM OTHER PEOPLE**



COVID-19 

saskatchewan.ca/COVID19



PROTOCOL FOR POSITIVE COVID-19 TEST

Should an athlete, coach, official or volunteer that attended the competition test positive for COVID-19 they will notify the Competitions Safety Coordinator/Meet Manager who will communicate with the Saskatchewan Health Authority and those who attended the competition

- A. When an athlete, coach, official, volunteer is notified by SHA that they have tested positive for COVID-19 they will:
- Provide SHA with the Competition Safety Coordinators/Meet Manager name and number to assist with competition related contact tracing.
 - Advise your Clubs COVID-19 Representative.
 - Continue to self-isolate and follow all SHA instructions.
 - Only return to club activities as per SHA and club instructions (i.e.: symptom free and a negative test result).
- B. While waiting to hear from SHA, the Competition Safety Coordinators/Meet Manager will:
- Advise, at minimum those who attended the competition that an individual received a positive test result (note: Use the term "an individual", to protect the identity of the positive case) and ask them to self-monitoring more closely and that any other athletes, coaches, or staff, experiencing symptoms will be required to stay home and contact 811 for further guidance.
 - Notify the Covid-19 Rep from the clubs that attended the competition; so they can advise their swimmers and coaches who attended.
 - Notify officials and volunteers individually.
 - Notify Swim Saskatchewan
- C. Once the SHA contacts the Competition Safety Coordinators/Meet Manager will:
- Follow all instructions provided by SHA (Sask Health determines who is a close contact and advise each clubs Club's COVID-19 representative, as well as the individuals impacted).
 - Update Swim Saskatchewan
- D. All athletes, coaches or staff that are notified by SHA as a close contact or non-close contact of someone having tested positive for COVID-19 will:
- Follow all instructions provided by SHA
 - Advise your Club COVID-19 Representative
 - Advise the Competition Safety Coordinator/Meet Manager



MEET OFFICIATING

OFFICIALS

- All officials should be recruited and assigned to positions ahead of time.
- The number of officials on deck, for any sanctioned competition, can be dramatically reduced and still maintain the integrity of the results.
- The minimum number of officials required for a sanctioned competition and as per Swimming Canada rule CSW 1.2.1 indicates that for each session there should be a minimum of the following certified officials:
 - 1 Referee
 - 2 Inspectors of Turns (at each end)
 - 1 Chief Judge Electronics/Chief Finish Judge
 - 1 Timekeeper per lane
 - 2 Safety Marshals
 - 1 Starter
 - 2 Judges of Stroke
 - 1 Clerk of Course
 - 1 Marshal
 - 1 Recorder-Scorer
- Officials may perform several roles where the duties of each position are not in conflict with one another.
- Not having the minimum number of officials will not nullify the results of the competition.
- Hy-Tek volunteer, should be included when necessary, as a volunteer.

VOLUNTEERS

- A volunteer is someone that is not operating as an official at the competition.
- Volunteers should be limited and assigned to positions ahead of time.
- Volunteers could be the Hy-Tek Coordinator, etc.

HOSPITALITY

- There will be no food or beverage service provided.
- Officials, volunteers, coaches, and swimmers are to bring their own required food and drink.
- Consumption of food and drink is limited to what the facility permits.



OFFICIAL ROLES

Meet Manager

- Work collaboratively with the COVID-19 Safety Rep.
- Work with the facility to ensure all requirements are met.
- Work with the Competition Safety Coordinator and Meet Referee to finalize the Meet Package.
- Work with the host Club Officials Administrator (COA) firm the officials' roster.
- The official's roster may include individuals filling multiple roles (i.e. a stroke and turn official timing in lane 2, may also be judging turns in lane 1 and 2 and act as a safety marshal during warm-up.
- Meet Manager will work with the facility to confirm all logistics and expectations.

Referee

- Referees will use an electronic whistle (Sask referees have been provided), this allows the use of a mask while on deck.
- The Starter and Referee will be on opposite sides of the pool when possible.
- Whenever possible, hold Coaches meeting and Officials Briefings outdoors or virtually prior to the competition.
- DQ slips will not be used.
- All DQ's will be verbally reported to the referee who will keep a single record of all DQ's
- At conclusion of a heat – officials will sit unless they have a DQ – the Ref will then circulate and maintain physical distancing and document DQs on a master sheet.
- Level 3 officials who are fully certified and as such have taken the Referee clinic, may be the Referee on deck for competition opportunities as approved by the provincial sections.

Starter

- Where possible the Referee and Starter should be positioned on opposite sides of the pool deck.

Judge of Strokes, Inspector of Turns

- Judges of Stroke will support the Inspector of Turns at turn end, maintaining physical distancing.
- Use qualified Inspectors of Turns as Timekeepers to have one official per lane.
- Where not all Timekeepers are also Inspector of Turns qualified, the Referee, Starter and Judges of Stroke will support.
- Decide on which side of the blocks all Timekeepers/Inspectors of Turns will stand so officials can be in position and still maintain safe distances. Ensure this is communicated in advance..
- DQ slips will not be used.
- All DQ's will be verbally reported to the referee who will keep a single record of all DQ's
- At conclusion of a heat – officials will sit unless they have a DQ – the Ref will then circulate and maintain physical distancing and document DQs on a master sheet.

Timekeepers

- One per lane when using manual timing
- Where possible, the Timekeeper should also be qualified as an Inspector of Turns and act in both roles. Where not all Timekeepers are also Inspector of Turns qualified, the Referee, Starter and Judges of Stroke will support.
- Decide on which side of the blocks all Timekeepers/Inspectors of Turns will stand so officials can be in position and still maintain safe distances. Ensure this is communicated in advance. Markings to direct timers to the correct side should be considered.
- Competitions where electronic timing system is in use, consider no Timekeepers.



TIMING EQUIPMENT

- Timers are not required when using electronic timing; this will help reduce the number of officials needed and potentially allow for more swimmers.
- Should there be a light touch, or electronic timing malfunction, there will need to be a re-swim if a time is not recorded.
- Ensure system is working prior to competition start and arrival of officials, coaches, and swimmers.
- When using manual timing, one timer per lane is required, ideally with stroke and turn certification.
- If different individuals are timing or if swimmers are timing, there must be a process to disinfect watches or plungers between swimmers.

OFFICIALS PLACEMENT

- As provincial and local health guidance changes to include competition, we have the opportunity to approach officiating at competitions in a new way.
- Reducing the number of officials required on deck over the long term, will help support changes to volunteerism and may help support a complete re-imagining of officiating in Canada.
- Areas of congregation (e.g. benches, bleachers) should set up and used in a way that creates physical distancing.
- Schedules should be staggered, and the duration of the activity should be specified to promote physical distancing and allow for adequate cleaning and disinfection between uses.
- Promoting one-way traffic flow is encouraged.
- Events with electronic timing, can have minimal staffing on deck and still have valid results.
- Where possible, the Referee and Starter should always be placed on opposite sides of the pool to support physical distancing and to also support judging of the turns at the start end.
- Different meet formats/competition opportunities will help inform what officials are needed on deck.

SAMPLE OFFICIAL/POOL LAYOUTS

- The following are diagrams illustrating how Swim Sask envisions officiating when competition resumes and is shown for a single tank competition.
- These sample diagrams are designed to guide host clubs in ways to reduce officials on deck at a competition as per [Swimming Canada Competition Facility Guidelines](#)



SAMPLE A: OFFICIALS/POOL FORMAT ELECTRONIC TIMING SYSTEM

- For this type of competition, it may be possible to run with no Timekeepers, if the electronic system is working well and touchpads have been tested and validated.
- Any missed times due to light touches or electronic timing malfunctions would need to be re-swum.
- The Chief Judge Electronics position will be critical when conducting a meet with no Timekeepers.

OFFICIALS:

Official 1: Meet Manager, Competition Safety Coordinator

Official 2: Referee, Inspector of Turns at start end for outside lane opposite Starter

Official 3: Starter, Inspector of Turns at start end for outside lane opposite Referee

Official 4: Inspectors of Turns, Judge of Stroke one on either side, Safety Marshall

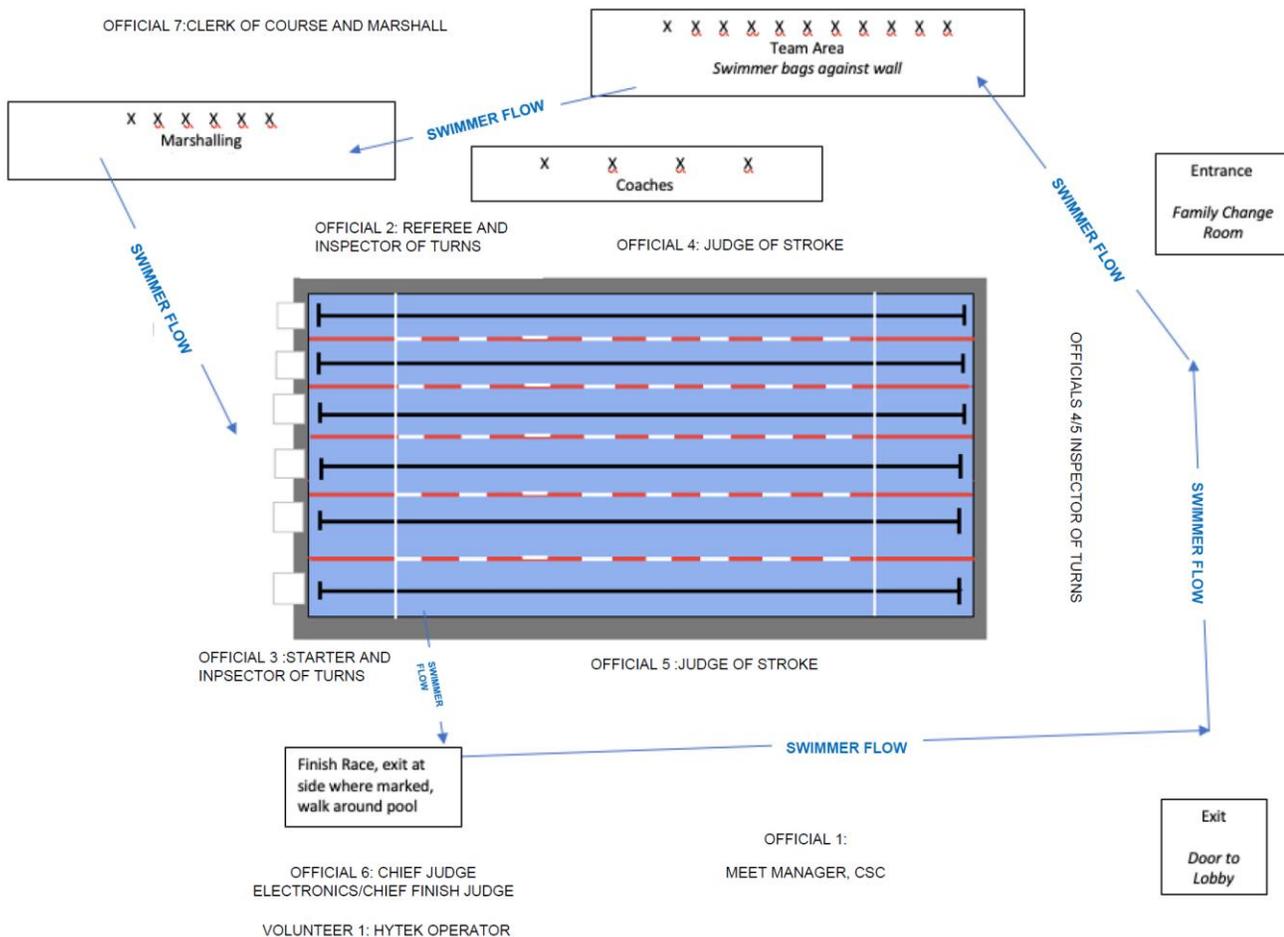
Official 5: Inspectors of Turns, Judge of Stroke one on either side, Safety Marshall

Official 6: Chief Judge Electronics and Chief Finish Judge

Official 7: Clerk of Course and Marshall

Volunteer 1: Hytek Operator

SAMPLE A: OFFICIALS/POOL LAYOUT
ELECTRONIC TIMING SYSTEM



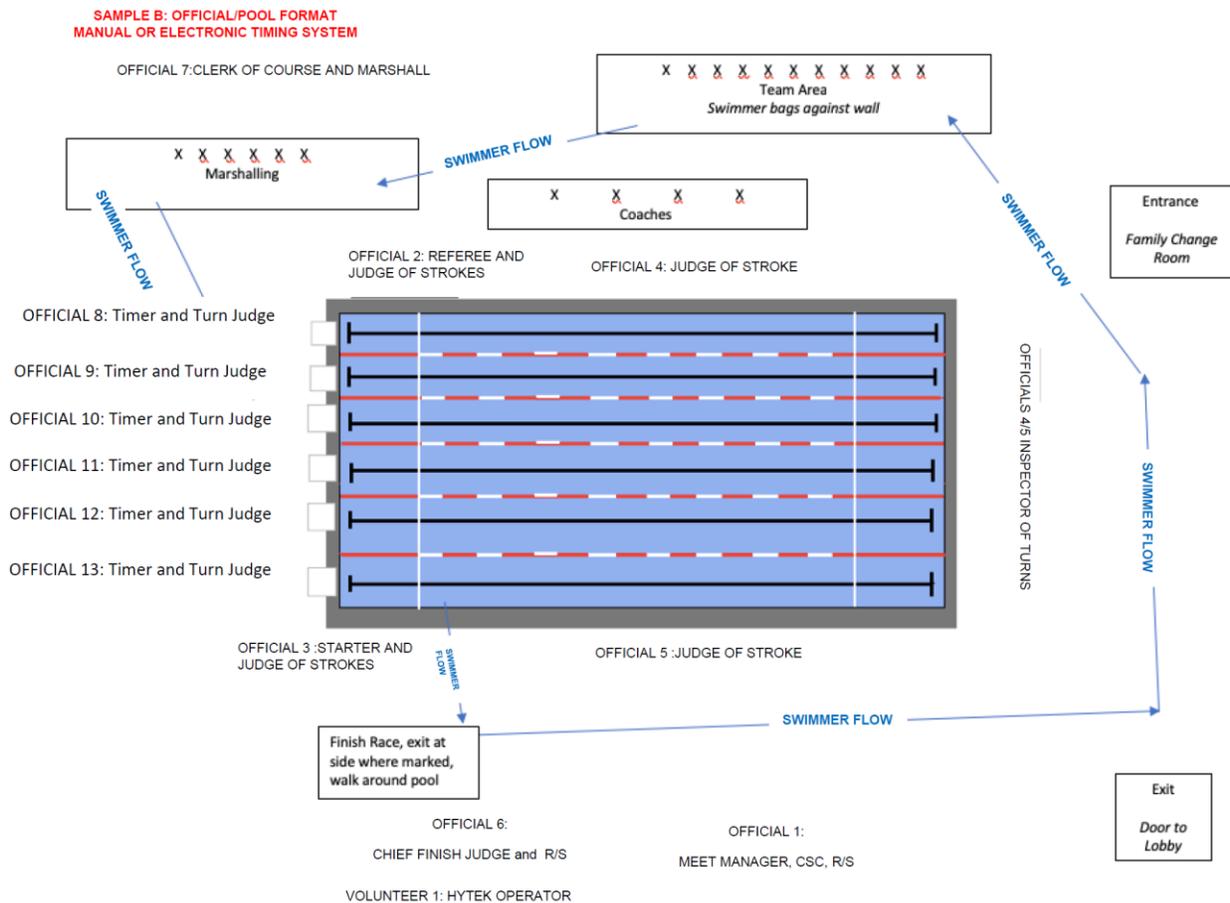


SAMPLE B: OFFICIALS/POOL FORMAT MANUAL OR ELECTRONIC TIMING SYSTEM

- For this type of competition, there will be one timekeeper per lane.
- Any missed times due to light touches or electronic timing malfunctions would need to be re-swum.

OFFICIALS

- Official 1: Meet Manager, Competition Safety Coordinator
- Official 2: Referee, Inspector of Turns at start end for outside lane opposite Starter
- Official 3: Starter, Inspector of Turns at start end for outside lane opposite Referee
- Official 4: Inspectors of Turns, Judge of Stroke one on either side, Safety Marshall
- Official 5: Inspectors of Turns, Judge of Stroke one on either side, Safety Marshall
- Official 6: Chief Judge Electronics and Chief Finish Judge
- Official 7: Clerk of Course and Marshall
- Official 8: Timekeeper, Inspector of Turns at start end
- Official 9: Timekeeper, Inspector of Turns at start end
- Official 10: Timekeeper, Inspector of Turns at start end
- Official 11: Timekeeper, Inspector of Turns at start end
- Official 12: Timekeeper, Inspector of Turns at start end
- Official 13: Timekeeper, Inspector of Turns at start end



RESOURCES

The Swim Sask Return to Swimming Document is to be used in conjunction with and use these documents together as you proceed to return to swim competitions in Saskatchewan.

Swim Saskatchewan

- [COVID-19 guiding documents can be found here](#)

Swimming Canada

- [Swimming Canada Covid-19 Resource Hub](#)

Government of Saskatchewan

- [Saskatchewan Health Authority Facility Signage](#)
- [Government of Saskatchewan Public Health Orders](#)
- [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](#)
- [Government of Sask - COVID-19](#)

Government of Canada

- [Government of Canada – COVID-19](#)

