

November 26, 2020 at 4:41pm

**Re: NEW RESTRICTIONS EFFECTIVE 12:01am November 27, 2020**

Thank you for your patience as we work through the latest guidelines and restrictions announced by the government yesterday.

Firstly, I would like to thank all of you for your continued work on returning to the sport of swimming safely. We have now had 5 people within our sport have a positive test result, but as of today's date have had zero transmission through any of these 5 clubs.

Secondly, I would like to reiterate that we are in a Global World-Wide Public Health Crisis and we all need to do our part on helping to get it under control.

The Government of Saskatchewan is trying to slow everything down and make everyone reduce what they are doing and the number of times that we are all out of our house and the number of people that are together at any one time and each of our number of contacts.

Yesterday's full announcement can be found at: <https://www.saskatchewan.ca/government/news-and-media/2020/november/25/covid-19-update-new-measures-in-effect-november-27>

The key piece for us in sport and for swimming is as:

## **Sports, Fitness and Dance**

- All team/group sports, activities, games, competitions, recitals, practices, etc. are suspended, including amateur and recreational leagues for all age groups. Examples include hockey, curling, racquet sports, cheerleading, dance practices in group setting, etc.
- Athletes and dancers **18 years of age and under** may continue **practicing, conditioning and skills training in groups of eight or fewer**, abiding by the required mask use and at least three metres of physical distancing between participants at all times.
- Individual groups of eight may not share a training/rehearsal surface or space at the same time.
- Coaches /trainers are not included in the training group numbers as long as they are masked and maintain a minimum physical distance of three metres.

**What we understand as of 4:03 today for the sport of swimming:  
as of midnight tonight:**

- Only swimmers ages 18 & under can continue to train.
- The number of swimmers that can train is still being determined/evaluated by Sask Health and the BRT as swimming is an individual sport. (prior to 4 pm we were told the 8 applied, and now I have heard from the BRT that there is confusion on this, and they are working with Sask Health).
- I highly encourage you to really, really think about who you want/would like to train and why. Is it necessary for all the swimmers in your club to train during these next 3 weeks that the government is asking for us to slow-down/pause?
- ***I am asking all clubs to pause on in-person training until early next week, for Swim Sask and your facility to work with Sask Health and the BRT and get more clarity. After your training session this afternoon, please move to online dryland training until you hear from your facility next week and further direction/instruction from Swim Sask.***
- All swimmers aged 19 & over must suspend in-person training/swim practices until at least Dec 17 (this could potentially be longer).

**As per Sask Health press conference today: “We must do our part to contain, delay and mitigate this virus and promote healthy communities. Additionally, we must protect our vulnerable populations.”**

Please remember that although we are all very passionate about our sport and the athletes, but the health of every citizen in the province of Saskatchewan is most important. Right now. Therefore, please make your decisions and choices wisely. As I write this, I am also listening to the Sask Health Authority News Conference and what they are telling us is very, very alarming. **I therefore would like to strongly ask you to consider taking a pause on all club in-person activities until after Christmas.**

We came across a great quote today that we want to share: “*don’t try to understand everything, because sometimes it isn’t meant to be understood, but to be accepted.*”

Thank you for your patience in this ever-changing world we are living in.

Stay Strong, Stay Healthy, we are in this together,



Marj Walton  
Executive Director