



COVID-19 Competition Requirements, Guidelines/Best Practices and Meet Management 2021-2022

updated: January 31, 2022

COVID-19 continues to circulate in our communities and through our actions we can help reduce the spread. Swim Sask strives to ensure our affiliated clubs operate as consistently as possible with regards to COVID-19.

Competition is a very important aspect of sport, and we will strive to provide sanctioned opportunities as safe as possible within this current climate. Through the consistent use of the competition requirements and best practices host clubs can provide competitions with the support and guidance from Swim Sask in efforts to reduce transmission of COVID-19 during sanctioned and unsanctioned competition.

We acknowledge that sanctioned competitions will run differently than many have experienced. Our goal is to sanction competitions that offer opportunity for meaningful competitions in as safe an environment as possible.

This revised document is now broken into 3 parts: Requirements, Guidelines/Best Practices and Meet Management/Officiating.

The host club and those that participate in sanctioned competitions are expected to abide by the requirements set forth. Failure to do so may result in removal from the competition.

Swim Sask is prepared to provide financial support to assist with increased demand to sanction additional, smaller meets in communities with affiliated clubs as well as costs associated with COVID 19 supplies.

Each affiliated club declared adherence to the guidelines set forth in the [Club Declaration: Covid-19](#).

Each affiliated club is responsible for assessing the risks in its environment and establishing the appropriate safety procedures following the requirements and considering the best practices in this document to minimize risks, while following the advice, guidelines and directions of Swim Saskatchewan and instructions of public health and other government authorities, including facilities.

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.

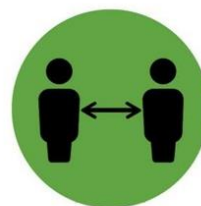
COVID-19



Slow the spread of COVID-19



Wear a face mask covering nose, mouth & chin in public



Stay two metres apart from other people



Frequently wash your hands



Stay home when unwell



Use COVID-19 self-tests



Get vaccinated

saskatchewan.ca/COVID19



SECTION 1: REQUIREMENTS: COVID-19

All sanctioned competitions in Saskatchewan must adhere to the following requirements and show evidence how this will be managed within the sanction application including:

SCREENING and EXCLUSION PLANS

- Swimmers, coaches, officials, and volunteers **MUST** not participate if sick or symptomatic.

MASK USE

- Swimmers, coaches, officials, and volunteers **MUST** be masked properly (over chin and nose) during the competition except when in the pool. Swimmers may only remove mask prior to racing and must dry face as quickly as possible after warm-up and race and then put mask back on immediately.
- Coaches and host club must ensure that masking is enforced. (This may include having 1 or 2 individuals assigned to do this).
- Any coach, swimmer, official or volunteer not abiding by wearing a mask may be removed from the competition.
- Masks can be removed to eat/drink only for hydration and re-fueling. Do not use eating/drinking as an excuse to keep mask off for a period of time. Take a drink and put mask back on immediately.
- Masks must be on to cheer and maintaining physical distancing. Respect fellow swimmers, coaches and officials and maintain personal space.
- Everyone attending a sanctioned competition must wear the best quality mask available to the participant.

PHYSICAL DISTANCING

- Competition host must provide all visiting clubs with a designated space on deck or in the stands to gather as a club.

FOOD/DRINK

- Swimmers, Coaches, Officials and Volunteers are to bring their own required food and drink.
- All those bringing their own water bottle must have their name on it or some distinctive marking.

HOSPITALITY

- There shall be no food or beverage service provided.

SPECTATORS

- No Spectators if competition is hosted in facility with on-deck spectator seating, with the exception for master's only sanctioned competitions due to the low number of competitors and all competitors are adults. Host masters club must limit the number of spectators.
- Facilities with off deck spectator area, must also limit the number of spectators.
- Host clubs are encouraged to live stream Sanctioned Competitions when & where possible.

CONTINGENCY PLANS

- Clear plans must be communicated reflecting capacity impacts (volunteers, officials, coaches, swimmers, facility staff, etc.) for positive tests, etc.

POSITIVE CASE PROTOCOL AND CONTACT TRACING

- Any swimmer, coach, official or volunteer that tests positive and attended the sanctioned competition within 48 hours prior to the positive result, please notify your clubs head coach. Clubs protect the privacy of their members and when notifying groups of a positive case, will not share the name of the member that tests positive.
- Clubs will notify Swim Sask when there is a positive COVID-19 case within their club. This information is for case tracking purposes only. No names are shared.
- The club will keep a list of all swimmers, coaches, officials, and volunteers from each meet session.



SECTION 2: GUIDELINES/BEST PRACTICES: COVID-19

VACCINATION

- Swimmers, Coaches, Officials, Volunteers show proof of vaccination or show proof of a negative COVID-19 test via PCR within 72 hours of the start of the competition from an SHA approved private testing centre. [Where to get Tested](#) | [Testing Information](#) | [Government of Saskatchewan](#).
- As per Government of Saskatchewan Public Health Measures children under the age of 12 are exempt from the proof of vaccination or negative test requirement.

COMPETITION SIZE

- Consideration must be given to:
 - the scope of the meet to reduce the size to ensure appropriate physical distancing
 - the ages and ability to adhere to the requirements.
 - the geographic draw for the competition as it relates to necessary travel.

COVID-TESTING

- All Swimmers, Coaches, Officials and Volunteers are asked to administer a home rapid test prior to attending a meet. Everyone is requested to do this in good faith.
- Any Swimmer, Coach, Official or Volunteer are to stay home if test is positive and/or if sick or symptomatic.

PHYSICAL DISTANCING

- Access outdoor facilities where possible (marshalling, meetings, team spaces, etc.)
- Work with facility to request increased ventilation/air circulation, providing natural ventilation, when possible, in indoor facilities.
- Session timelines should be kept to a minimum.
- Reduce the number of officials.
- Format meet to reduce sessions and numbers by age, gender, skill, etc.
- Establish one-way flow of swimmers, officials, coaches where/when possible.
- Organizers must work to minimize clustering of swimmers before and after races.
- Heat sheets/meet programs/results should be posted online on Meet Mobile, or other mobile applications, or club websites, where possible (posting paper results is discouraged to help reduce crowding). If it is felt that there is a need to post, then they must be posted in numerous locations to reduce crowding/gathering.
- Host club will maintain a signed copy of official results (kept by host club for one year), the matching electronic event file will be uploaded to the Swimming Canada RTR system.
- Electronic or virtual awards should be considered.

SANITIZATION AND HYGIENE

- Encourage proper hand hygiene by providing hand sanitizing stations.

EVENTS

- Single swimmer per lane only. Except if swimmers are from the same club (ie: distance free)
- Swimmers must wear mask until right before they are behind the block.
- Respect physical distancing.
- Allow time between races for swimmers to exit, dry and re-mask.

RELAYS

- Consideration must be given to:
 - the amount of space behind the blocks and timers to determine whether to hold relays or not.
 - to the ages and ability to adhere to the requirements.
- If holding relays, then swimmers must keep mask on until just prior to swimming their leg of the relay.



SECTION 2: GUIDELINES/BEST PRACTICES: COVID-19 continued

WARM UP/COOL DOWNS

- Warm-up / cool-down pool during competition is not a requirement.
- Consideration must be given to:
 - the ages and ability to adhere to the requirements.
 - breaking pre-competition warm-ups into different sessions to allow clubs their own lane(s) for warm-up.
 - allowing clubs to do dive starts within their own lane vs. the traditional method of opening up the 2 outside lanes during the last 15 minutes of warm-up.

OUT OF PROVINCE CLUBS

- Invitations for clubs from out of province must be guided by the recommendations around gathering from the Saskatchewan Chief Medical Health Officer
- Clubs may make their own decision on inviting/allowing out of province clubs to their meet or not, however if inviting out of province clubs, knowledge of the current COVID-19 situation in the other province is necessary and a risk assessment should be done. At this current time, Swim Sask does not encourage or recommend inviting out of province clubs.
- Include a statement in your meet package that states: “As the host club we have the right to deny a club from another area due to the covid situation in that area; regardless of competition numbers.”

TRAVEL

- Clubs must remain aware of the current COVID-19 situation in communities they are considering travelling to.
- Appropriate measures should be taken to ensure the safety of all members when travelling.
- Team Travel: masks must be worn in common areas (on buses, etc.) and extra cautions must be adhered to for accommodations and dining. If clubs are doing team travel, then do so with caution.
- Follow all public health orders regarding travel.
- Inter-provincial Travel should be guided by public health recommendations and orders both in Saskatchewan and the destination province. Clubs considering traveling out of province need to consider carefully.
- Travelling out of country for anything within our sport should not be done while federal government advisory is in place and is not supported by Swim Sask.

Training and Competitions documents have been written in consultation with and reference to:

RESOURCES

- Dr. Kathy Lawrence BSc, MD, CCFP, FCFP
Provincial Head Academic Family Medicine (Sask Health Authority and University of Saskatchewan)
- Gary Thronberg, RPN (BADMIN Health Services)
Five Hills Health Region, Saskatchewan
Director Officials, Swim Saskatchewan

REFERENCES

- [Living With COVID-19 Government of Saskatchewan](#)
- [Public Health Measures: Government of Saskatchewan](#)
- [COVID-19 in Saskatchewan: Saskatchewan Health Authority](#)
- [Physician Town Hall: Saskatchewan Health Authority](#)
- [Swimming Canada Competition Facility Guidelines](#)
- [Swim Sask: COVID-19](#)



SECTION 3: MEET MANAGEMENT/OFFICIATING: COVID-19

- Clubs need to consider that hosting during the COVID-19 pandemic, that participants, including officials, may cancel last minute; therefore, clubs must prepare contingency plans/personnel.
- Areas of congregation (e.g., benches, bleachers) should set up and used in a way that creates physical distancing.
- Meet schedules should be staggered, and the duration of the activity should be specified to promote physical distancing and allow for adequate cleaning and disinfection.
- One-way traffic flow where possible
- Events with electronic timing, can have minimal officials 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.
- All officials should be recruited and assigned to positions ahead of time.
- The number of officials on deck, for any sanctioned competition can be reduced, maintaining the integrity of the results. Not having the minimum number of officials will not nullify the results of the competition.
- 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/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.
- Hy-Tek volunteer, should be included, when necessary, as a volunteer.

SAMPLE OFFICIAL/POOL LAYOUTS

Page (7&8) provide sample diagrams that are designed to guide host clubs in ways to reduce officials on deck at a competition as per [Swimming Canada Competition Facility Guidelines](#)

Saskatchewan Health Authority

Symptoms of COVID-19

COUGH (Usually Dry)

FEVER & CHILLS

Fatigue

Muscle & Body Aches

Sore Throat

Headaches

Runny Nose

Shortness of Breath

Loss of Appetite (difficulty feeding for children)

Nausea or Vomiting

Nasal Congestion

Diarrhea

Conjunctivitis

Dizziness

Difficulty Breathing

Altered Sense of Taste or Smell



MEET MANAGEMENT: SPECIFIC ROLES

Meet Manager

- The Meet Manager will also be responsible to ensure that COVID-19 safety measures are considered and included in the meet package and operation of the meet including being the primary contact for Sask Health should there be any positive cases or communication related to the competition.
- Work with the facility to ensure all requirements are met.
- Work with Meet Referee to finalize the Meet Package.
- Work with the host Club Officials Administrator (COA) confirm 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 when possible; regular whistles are permitted when necessary.
- The Starter and Referee may 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.
- 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.

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.

Timekeepers

- One per lane, when using manual timing,
- Where possible, the Timekeeper may 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.

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.

TIMING EQUIPMENT

- Timers are not required when using electronic timing; thus, reducing 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.



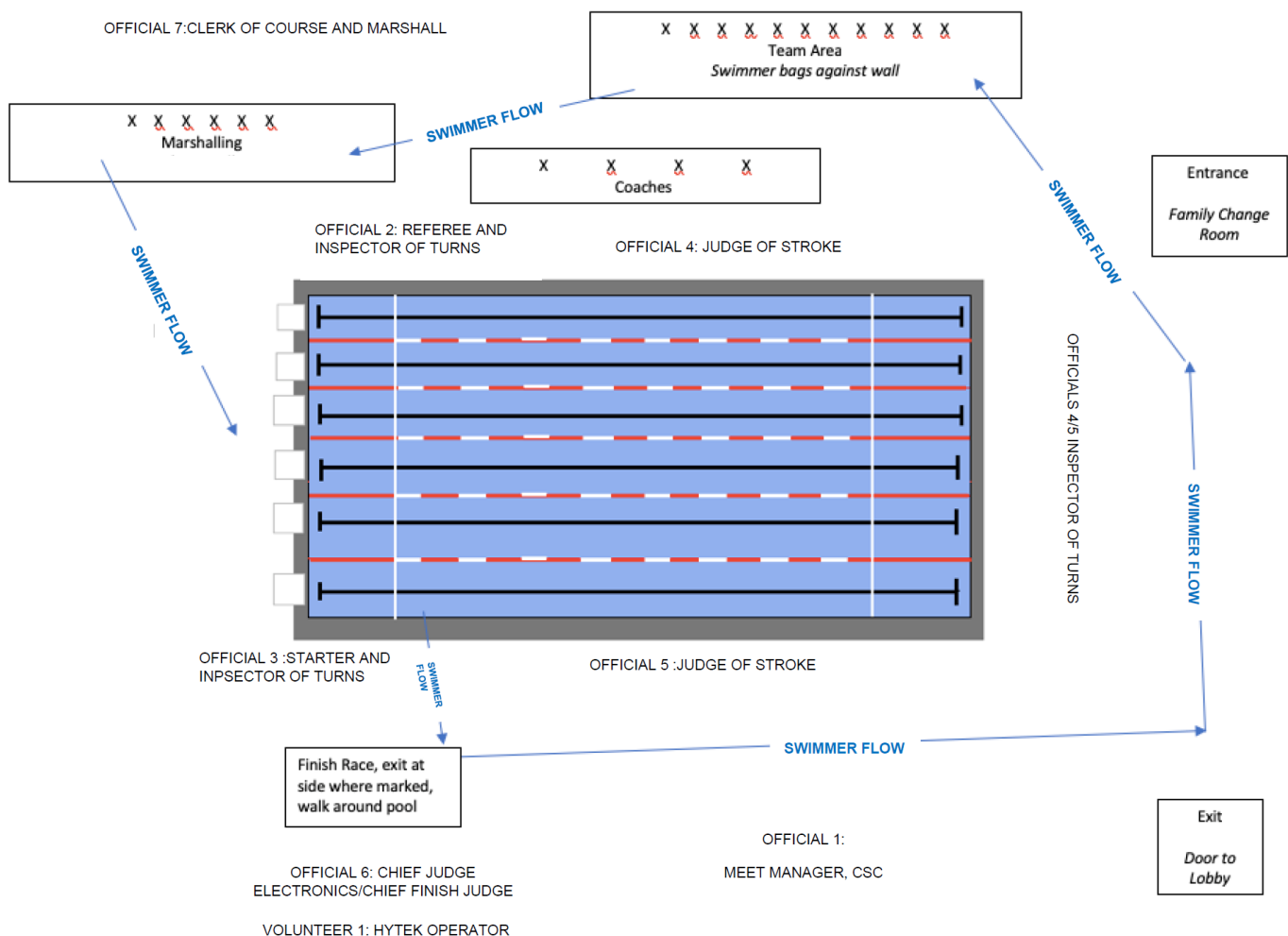
SAMPLE A: OFFICIALS/POOL FORMAT ELECTRONIC TIMING SYSTEM

- 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

