



The following guidelines provide clubs with guidance and recommendations on reducing risks associated with spreading COVID-19 during club training and activities. COVID-19 continues to circulate in our communities and through our actions we can help reduce the spread. We strive to ensure our affiliated clubs operate as consistently as possible with regards to COVID-19.

Each affiliated club has declared that they will adhere to the guidelines set forth in the [Club Declaration: Covid-19](#)

Swim Sask strongly encourages affiliated clubs and members to adhere to these practices and be cognisant of the risks associated with transmitting COVID-19. Clubs should continue work with their COVID-19 committee.

Each member club is responsible for assessing the risks in its environment and establishing the appropriate safety procedures to minimize those risks, while following the advice, guidelines, and directions of Swim Sask 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.

Swim Sask requests that affiliated clubs follow COVID-19 safety measures for club activities, listed alphabetically below:

## **CONTACT TRACING**

- The club will keep a list of all swimmers and coaches from each session.

## **HOSPITALITY**

- There will be no food or beverage service provided at any club activity.
- Coaches and swimmers are to bring their own required food and drink.
- All those bringing their own water bottle should have their name on it or some distinctive marking

## **IMMUNIZATION**

- Extra caution should be taken as many swimmers are under the age of 12 and therefore not eligible to receive COVID-19 immunizations.
- Consideration and risk assessment is encouraged for the age, health and immunization status of your members. We encourage all our members to be fully vaccinated.
- Due to the current risk associated with COVID-19, Swim Sask highly recommends and asks clubs to strongly consider:
  - only vaccinated members, who are over age of vaccine eligibility, attend training.
  - members who are not vaccinated, not attend training until such time as they can be vaccinated.

## **MASK USE**

- All spectators, swimmers, coaches, and officials are requested to be masked during club activities except when in the pool.
- Coaches may remove masks once swimmers are in water and physical distancing can be maintained.

## **PHYSICAL DISTANCING**

- Physical distancing is encouraged while on the deck and in the change rooms and during club activity.
- Access outdoor facilities where possible (dryland, training, meetings, etc.)
- Increase ventilation/air circulation, providing natural ventilation, when possible, in indoor facilities.
- Communicate expected arrival and departure times for coaches and swimmers.
- Keep time gathered to a minimum.
- Establish one-way flow of swimmers and coaches.
- Consider smaller group sizes and reduced lane assignments.



## POSITIVE CASE PROTOCOL

- The Club will identify a COVID-19 rep/primary contact for Sask Health should there be any positive cases or communication related to the club.
- Any communication that must be shared with members will follow Sask Health instructions and will also be shared with Swim Sask.
- Should there be any positive case identified by club members, notification from the individual who tested positive will be made to their club COVID-19 rep who will then follow club process and in turn notify Swim Sask.

## SANITIZATION AND HYGIENE

- Encourage proper hand and personal hygiene.

## SCREENING and EXCLUSION PLANS

- Encourage swimmers and coaches to self check for symptoms.
- Those who are sick or symptomatic must not participate.
- Encourage those that are sick or symptomatic to seek testing.

## SPECTATORS

- Reduce spectators and/or find alternative ways to view sessions.
- Due to the current risk associated with Covid-19, Swim Sask highly recommends and asks that only those that have been vaccinated attend.

## 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. (i.e. masking while car pooling or on team bus.)
- Follow all public health orders regarding travel.

## 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

- [Aug 20, 2021 Gov Sask Living With COVID: Long-Term COVID-19 Precautions Updated](#)
- [2021/08/13 UPDATED-MHO-return-to-school-guidance-for-2021-2022 \(Sask Health Authority\)](#)
- [Swimming Canada Competition Facility Guidelines](#)
- [Swim Sask webpage: COVID-19](#)