

Regina Dolphins Swim Team

Return to swim Guidelines

The following draft of our Return to Swim Guidelines contains our detailed return to the pool plan and will be sent by email to the RODS staff, parents, and athletes. Updates will continually be communicated to the members through the team newsletter and posted on the team website as they are received from Swim Saskatchewan, Swimming Canada, and the Government of Saskatchewan.

The following guidelines will be posted on the RODS website: www.reginadolphins.com
You will receive a notification if there is any document update.

The Head Coach will hold a zoom meeting for staff, parents, and athletes to go over the guidelines below. This meeting will take place on Tuesday, September 1st at 6:30 pm. The Zoom meeting details have been sent to the membership via email.

Our **Return to Swimming committee** is composed by the Abderrahmane Tissira (Head Coach), Craig Nieuwstad (Assistant Coach), Jim Syrgiannis (Board President) Kim Hebert (Board Secretary). Our committee will convene regularly, virtually, to review the current situation and address any issues or concerns. The committee will also meet convene prior to bringing additional groups back to the pool.

Only swimmers fully registered will be invited for training: based on the pool space provided by the Lawson and based on 6 swimmers per 2 lanes.

Junior and ELITE groups will start Sept 1st 2020
Prospect and Pre-Comp will start Sept 8th, 2020

Training schedule: Attached to the document (See page 9)

Additional groups of swimmers will be added as it is deemed safe to increase the numbers in the pool based on Swim Saskatchewan, Swimming Canada, and Government of Saskatchewan recommendations. Information regarding the invitation of additional swimmers will be sent to members via email.

Deep Tank will be coached by Abderrahmane Tissira
Middle Tank will be coached by Craig Nieuwstad
Shallow Tank will be coached by Breanna Foster

Dryland Training:

- Dryland training will take place at the SKBUILT GYM, 1680 McAra St Unit G, S4N 6H6. Waiver's of release and liability have been signed and submitted by all participants regarding their attendance at the SKBUILT GYM.
- Session will be from 6:30 – 8:00 am Tuesday through Saturday mornings.
- The swimmers will attend as per the attached September and October Training Schedule.
- The coaches, swimmers, will follow the guidelines as set forth by the Government of Saskatchewan here: [Gyms and Facilities Guidelines](#):

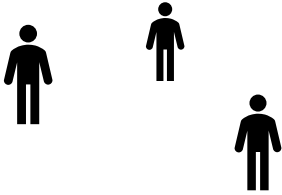
Before we start training:

1. All members (Staff, Parents, and swimmers) must be aware of the:
 - a. Saskatchewan Public Health Measures
 - b. Swimming Canada Return to swim
 - c. Swimming Saskatchewan Return to Swim
 - d. Lawson Aquatic Center Return to swim guidelines
 - e. Regina Optimist Dolphins Return to Swim guidelines.
2. All RODs swimmers and coaches will electronically complete an "Acknowledgement and Assumption of Risk Form". This form will be completed within the Swimming Canada National Registration system for the 2020-2021 season and MUST be completed within 14 days of commencing participation. There are no exceptions. All swimmers and coaches **are required** to stay home when exhibiting symptoms of/or after exposure to COVID-19. Our families will use the questions provided by Annex 1 to determine if they are exhibiting any symptoms or if they are at risk of contracting or transmitting COVID-19.
3. There **will not be any sanctions or penalties** for missing training if the athlete is not feeling well, is feeling fearful of contracting COVID-19, is exhibiting symptoms of, or has been exposed to, COVID-19. We strongly encourage our athletes to look after their own health and the health of their coaches and teammates.
4. As our team needs to plan and make financial decisions based on those who are registered for the 2020-2021 season, **refunds will only be available according to our club policy as noted on the website.**
5. **The RODS will participate in fundraising during the 2020-2021 season.** Our regular bingos are available to our members as per information in the latest newsletter. Those parents wishing to work Bingos as they become available will follow the Government of Saskatchewan Re-Open Saskatchewan found here: [Bingo Hall Guidelines](#)
6. All Swim sessions will be at the Lawson Aquatic centre and all training will be short course training.
7. Swimmers should arrive no **more** than 10 minutes ahead of the scheduled start of the session.
8. Coaches must arrive 5 minutes prior to swimmers.
9. Our coaches may be wearing masks to protect themselves as well as others.
10. If not driving themselves, swimmers should be dropped off at the Lawson. Parents will not be allowed in the facility to ensure the safety of our swimmers and staff.

11. All RODS members (Staff and swimmers) will follow the Lawson Aquatic centre guidelines and the **Saskatchewan Public Health Measures found below.**
12. We recognize that **mental health** is just as important as physical health during the return to the pool and we want to be sure that we are providing a safe and secure environment where the swimmers and coaches can be honest and open regarding their emotional health. Coaches will check in with each other and their swimmers daily to see how they are feeling emotionally during this time. During this time, in-person meetings are still not possible so we will utilize zoom meetings or phone calls to check in with the swimmers on a regular basis to allow time for conversation regarding mental health. The frequency of the meetings will be determined by each coach, the swimmers, and their families. If it appears that a swimmer or coach is struggling emotionally, we will ensure that additional supports are provided by way of Swimming Canada documents, or local counselling resources as needed.
13. **Club Contact Information:** Please contact the coaches for any question (Text or Call) Demone: (306) 209-1100 / Craig: (306) 201-9500 /

SASKATCHEWAN PUBLIC HEALTH MEASURES

The following Saskatchewan Public Health Measures remain in place through all five phases of the Re-Open Saskatchewan Plan:



**Physical Distancing must be maintained, wherever possible.
Current public and private gathering restrictions must be followed.
Individuals should continue working from home if they can do so effectively.**



**Personal hygiene will continue to be a key prevention measure.
Frequent handwashing and sanitizing.**



Staying informed, being prepared and following public health advice.



Enhanced cleaning and disinfection should take place in workplaces, public spaces, and recreational facilities.



People must stay at home when they are sick.



Consider use of PPE where available and appropriate.



Keep those who demonstrate or report COVID-19 symptoms out of the workplace.



**Protective measures for vulnerable populations.
Vulnerable individuals, such as seniors and those with underlying health conditions, should continue to exercise caution and minimize high-risk exposures, such as public outings**

Pool Entrance:

1. Only swimmers and required staff should enter the facility.
2. Remove your outdoor shoes at the entrance of the pool deck
3. All swimmers and staff should use hand sanitizers to disinfect hands before the entrance.
4. All entry and exiting of the pool cell must be done through the change rooms.
 - a. This includes coaches; since there will be no use of the changerooms allowed except as a thoroughfare the coaches are not at risk by using the same entrance to the pool as their athletes
 - b. The glass door between the lobby and the pool cell will be closed and no access allowed.
5. The RODs will continue to follow the procedures in put in place by the staff at the Lawson and we will update our members as the process changes via email and on the RODs website.
 - a. Athletes will be asked to shower on the deck prior to entering the water
 - b. No lockers will be available. Coaches and others should arrive at the pool dressed and ready to enter the pool (swimsuits under clothes).
 - c. Personal items and clothing (backpacks, jackets, shoes, etc.) brought in by athletes, coaches, and staff should be kept to a minimum. Only clothing and equipment required for training purposes will be brought to the training sites.
 - d. Where bags must be brought in, they should be stored separately, with adequate space between each member's items (re: backpacks left 2 meters apart along pool deck).
6. Swimmers and staff will maintain the 6 feet of physical distancing all time

Pre-Workout:

1. Workout presentation should not be in groups. Respect the 6 feet distancing.
2. Workout should be sent out via (email or text).
3. Coach can also review the workout via zoom before the session.
4. Individual printouts of the workout on paper will not be allowed unless the coaches can guarantee the paper will not get wet and disintegrate in the pool.
5. Athletes will bring their own training equipment for personal use only.

During the training:

1. There will be no parents or additional people allowed outside of coaches and athletes on the pool deck during practice.
2. Coaches and athletes are not allowed to help with set-up of the facility. This means that the facility will be set up by the staff prior to the practice time
3. As of June 22, 2020. One-way swimming is encouraged where swimmers use the adjacent lane to return. i.e Can be 4 to 6 swimmers per 2 lanes.
4. No passing. No sharing.
5. Coaches and staff must ensure they maintain appropriate distance from each other, from lifeguards, and swimmers.
6. Coaches should consider how they will educate their athletes on the importance of physical distancing and how they will re-enforce this message all time.
7. Coaches should keep social distance when giving feedback to the athletes (All time)
8. If using video analysis, the video can be sent online with voice feedback.
9. Coaches or swimmers should not share handheld equipment.
10. No Dry Land on the deck and No equipment storage.
11. Pool configuration and lane layout will be as per the diagram below:



Pool Exit:

1. All swimmers should leave the facility as quickly as possible following the conclusion of the training session.
2. Where possible, swimmers should not use the changerooms.
3. Once all swimmers have left the facility, all staff should leave as quickly as possible
4. All swimmers and staff should use hand sanitizers to disinfect hands.
5. Once out of the facility, all swimmers and staff should go directly to their vehicle.

Daily check:

1. Coaches will keep a detailed attendance sheet and will ask themselves and athletes the Annex 1 Question prior to each session.
2. Coaches will use “OnDeck” app for attendance tracking.
3. Rule of Two: The goal of the Rule of Two is to ensure all interactions and communications are open, observable, and justifiable. Its purpose is to protect participants (especially minors) and coaches in potentially vulnerable situations by ensuring more than one adult is present. There may be exceptions in emergency situations.

As clubs/teams prepare for a return to sport the following 6 questions will help assess risk to the organization in preparation for a Return to Sport:

1. Will the training be held in a community that has documented active local transmission of COVID-19 (community spread) in the last 14 days? **No**
2. Will the training be held in venues/facilities with access by multiple groups? **Yes**
3. Will the group include team members relocating from areas outside the training location that have documented active local transmission of COVID-19 (community spread)? **No**
4. Will the group include participants (athletes or coaches) at higher risk of severe COVID- 19 disease (e.g., people over 40 years of age or people with underlying health conditions)? **No**
5. Is the training considered at higher risk of spread for COVID-19 (where physical distancing cannot be maintained, indirect contact through training equipment etc.)? **No**
6. Will the training be held indoors? **Yes**

Annex 1 "Questions prior to each training session"

Daily Questions		YES	NO
Do I/You have any of the symptoms	Cough		
	Shortness of breath		
	chest pain		
	difficult breathing		
	Fever		
	Chills		
	Repeted shaking with chills		
	Abnormal muscule pain		
	Headache		
	Sore throat		
	Painful swallowing		
	Runny nose		
	New loss of taste pr smel		
	Gastrointestinal illness		
Have I/You been in contact with or cared for someone with COVID-19?			
Have I/You returned from trip outside the country within the last 2 weeks?			

References:

Re-Open Saskatchewan document (June 18,2020)

Lawson User group re-opening rules (July 3rd)

Swimming Canada Re-Open Plan

Swimming Saskatchewan Re-Open Plan Version 3

<http://www.swimsask.ca/news/pdf/return-to-sport-swimming-version-3-updated.pdf>

REFERENCES (Swim Saskatchewan)

The Swim Sask Return to Swimming Document is to be used in conjunction with and use these documents together as you proceed to re-open swimming in your Saskatchewan community.

- [Swimming Canada Covid-19 Return to Swimming Resource Document](#)
(please note version 2 of this document was updated July 10, 2020)
 - [Swimming Canada: Overarching Health, Medical and Safety Considerations: General Information about COVID-19 and Swimming](#)
 - [Government of Saskatchewan Re-Open Saskatchewan COVID-19 updates](#)
 - [Government of Saskatchewan Re-Open Saskatchewan Document including:](#)
 - [Outdoor Sports and Activities Guidelines](#) ○ [Outdoor Recreation Guidelines](#) ○ [Beach Guidelines](#)
 - [Gym and Fitness Facility Guidelines](#)
 - [Swimming Canada Open Water Safety Guidelines](#)
 - [Government of Canada – COVID-19](#)
 - [Government of Sask - COVID-19](#)
 - [Lifesaving Society of Canada: Guide to Reopening Pool and Waterfronts \(pages 50-55\)](#)
- [Lifesaving Society of Saskatchewan: Guidelines for Re-Opening Saskatchewan Pools and Waterfronts \(pages 12-22\)](#)

September & October Training Schedule													
			Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
			AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM
ELITE	Swim	8-9 X	5:30-8:00	4:00-5:45		4:00-5:45	5:30-8:00	4:00-5:45		4:00-5:45	5:30-8:00	4:00-6:00	7:00-9:00
	Dry Land	3 X			6:30-8:00				6:30-8:00				9:30-10:00
ELITE Youth	Swim	7 X	5:30-8:00	4:00-5:45		4:00-5:45	5:30-8:00			5:30-8:00	4:00-6:00	7:00-9:00	
	Dry Land	3 X			6:30-8:00				6:30-8:00			9:30-10:00	
ELITE JR	Swim	6 X	5:30-8:00	4:00-5:45		4:00-5:45	4:00-5:45		4:00-5:45		4:00-6:00	7:00-9:00	
	Dry Land	3 X					6:30-8:00			6:30-8:00			
Junior	Swim	6 X	5:30-8:00	4:00-5:45		4:00-5:45			4:00-5:45		4:00-6:00	7:00-8:00	
	Dry Land	3 X					6:30-8:00			6:30-8:00		8:30-9:30	
Prospect	Swim	3-5 x		4:15-5:45		4:15-5:45		4:15-5:45		4:15-5:45		4:15-5:45	
Pre-Comp	Swim	1-3 x		4:15-5:45		4:15-5:45		4:15-5:45		4:15-5:45		4:15-5:45	