

Upcoming Events

October 29

Halloween Party

November 11-14

45th Goldfin Invitational
Saskatoon swim meet

November 12

Black and Green meet 2

Regina mini meet

REGINA OPTIMIST DOLPHIN SWIM TEAM

Weekly Newsletter, October 29, 2021

Information from City of Regina and Lawson Aquatic Centre

Proof of Vaccination Requirement Change at City of Regina Facilities Beginning November 1

In response to the current impacts of COVID-19 affecting Saskatchewan's healthcare system and the high risk of COVID-19 transmission across Saskatchewan, Regina City Council has expanded the proof of vaccination or negative test requirements for all City of Regina facilities, except for Regina Public Libraries and the Transit Information Centre.

Effective [Monday, November 1, 2021](#), proof of COVID-19 vaccination or a negative test result will be required for anyone over the age of 12 to access the Fieldhouse, Lawson Aquatic Centre, North West Leisure Centre, Sandra Schmirler Leisure Centre and Neil Balkwill Civic Arts Centre. Facilities will continue to follow the same process and procedures outlined in the Government of Saskatchewan's current public health orders. We ask for patience and co-operation as staff work through this new process with you.

The above requirements do not apply if an individual is entering the premises solely to use a washroom or the purposes of health and safety which may include vaccination clinics, heating and cooling stations, food security programs or other services that address basic needs.

Proof of Vaccination

All patrons 12 and over accessing indoor City of Regina facilities will be subject to a proof of vaccination or negative COVID-19 test requirement. Only those individuals who are fully vaccinated or who can provide proof of a negative COVID-19 test within 72 hours will be allowed to enter the facility.

Residents under the age of 12, who are currently unable to receive a COVID-19 vaccine, will be exempt from the proof of vaccination requirement including the alternative of a negative test.

Any one of following will be accepted as proof of vaccination at City facilities:

- Wallet cards received at time of immunization
- A printed copy or screenshot of your MySaskHealthRecord vaccination certificate (with or without a QR code)
- A COVID-19 vaccine printout from SHA Public Health



- A QR code/MySaskHealthRecord vaccine certificate uploaded to SK Vax Wallet app
- Official proof of vaccine documents from other governments may be considered

Proof of Negative Test

Individuals who do not have proof of vaccination have the option of providing proof of a negative COVID-19 test result from within 72 hours. These tests can be either rapid antigen, or a polymerase chain reaction (PCR) test, and must be administered by an approved location/lab as listed on the Government of Saskatchewan's website. As per the Government of Saskatchewan's directive, self-administered take-home rapid antigen tests will not be accepted as valid proof of negative COVID-19 test results.

ID Required

In addition to the proof of vaccination, photo ID will be required from anyone 18 and older. Youth aged 12-17 will also need to show ID unless accompanied by an adult with proof of vaccination and ID. Youth aged 12 to 17, visiting a business without an adult, who do not have photo ID will be allowed to present other forms of government issued ID such as birth certificate or health services card.

Masking Requirement

Masks are required at all times, including moving between activities or machines, in all indoor public areas of City facilities, except while actively participating in physical activity.

Coming soon 45th Goldfin Invitational November 11-14, Saskatoon

Our first travel meet is coming up soon to the Shaw Centre in Saskatoon. The bus will depart the Lawson parking lot at 4PM November 11, and the meet is November 12-14.

For parents planning to attend the meet, the team will be staying at the Hampton Inn Saskatoon Airport, 110 Gateway Blvd. Unfortunately, spectators are not invited to this meet, although there may be some opportunities for volunteering on deck. **We are also looking for a second chaperone for this trip.** Please contact the office if you are able to help.

Tips for those attending an away meet for the first time

- Attending meets is one of the most fun parts of being a competitive swimmer!
- You need to pay attention to the coaches and chaperones, and follow the rules.
- Pack a small suitcase or backpack for the weekend and include team shirts, shorts and runners or slides to wear on deck, hoodie and sweats to wear in the evening, your swim suits, goggles, and extra goggles, swim cap, three towels, water bottle, and snacks for the weekend.
- Snacks that don't have to be refrigerated are best although there are mini fridges at the hotel. Good snacks are granola bars, energy bars, crackers, dried fruit, fruit snacks (no nuts please!)
- In the morning be down in time to eat a good breakfast and take a piece of fruit along.
- Lunch and supper will be catered, healthy meals that kids should like will be provided. Its important to eat what is served so you don't get hungry!
- Although its lots of fun to stay in a hotel with your friends its also important to get a good sleep at night as the mornings are early. Also when we are back to the hotel in the afternoon have some quiet time to rest and hopefully have a nap.
- When you get back to your room unpack your swim bag and hang up your towel and suit so they can be drying.
- You can find the schedule posted on the chaperone's door at the hotel if you need to check what time the bus is leaving, or when you need to be setting your alarm.
- On the last morning you must pack all your things and bring your bags down to breakfast. Make sure you carefully check the room, under the beds, in the fridge, closet and bathrooms so you don't leave anything behind.

Black and Green Meet 2

Friday, November 12 is the date of the next Black and Green Meet at the U of R pool. This time all swimmers 11 and under are invited to attend. Watch for the sign up on the events page.

CREATING CONFIDENCE & CLARITY

FOR SWIMMERS

THE ASTONISHING POWER OF
YOUR MIND WORKSHOP

NOV. 4TH 7:00 PM

REGISTER WITH ZOOM LINK

DESIGNED FOR



Regina Optimist
Dolphins Swim
Team

355-4246 Albert
Street

Regina SK

S4S 3R9

306-586-3909

office@reginadolphins.com

www.reginadolphins.com

Office Hours at the
Lawson

Monday-Thursday
4-6PM

Fundraising

Please go to our events page to see all the fundraising opportunities at this time. There are Bingo shifts and Rider Game shifts you can sign up for. This is a great way to meet other parents and earn money towards your fundraising commitment. Check your calendar and see where you can help out. Remember to check in often to the events page to see new dates or events added to the calendar.

[Regina Dolphins Swim Team - Events \(teamunify.com\)](http://teamunify.com)

[Regina Optimist Dolphins - Fundraising Opportunities \(teamunify.com\)](http://teamunify.com)

50/50



The 50/50 is slowly growing, currently at \$355. Make sure to promote to your family and friends!

[Regina Optimist Dolphins Swim Team \(rods5050.ca\)](http://rods5050.ca)

Team Gear

All swimmers need to have a black and a green team shirt to wear at swim meets and team events. If you do not have these yet or need new ones they are available at the RODS office \$30 for two. Also available are swim caps, equipment bags, face masks, water bottles and 22 Fresh SWIM shirts. Stop in Monday through Thursday 4PM-6PM to pick up.



Last chance for hoodies for anyone who missed ordering the first time. Please contact the office ASAP. The order is going in on Monday.



Lululemon

The Lululemon order has arrived. If you haven't picked up yet stop by the office.

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Please complete the new pool survey by November 8, click the link below

[New Indoor Aquatics Facility | Be Heard Regina](#)

New Indoor Aquatics Facility



This fall, the City began a feasibility study exploring a new indoor aquatics facility.

This work will include community research and consultation with key stakeholder groups and the public throughout the process.

Did you receive an access code in the mail? [Start your household survey!\(External link\)](#)

Didn't receive an access code? [Share your input in the public questionnaire!\(External link\)](#)

The City's Recreational Master Plan prioritizes a new indoor pool to address aging infrastructure, a community desire for contemporary spaces and the increasing need for year-round aquatics programming to better serve the competitive and recreation needs of our community.

The feasibility study will explore how this potential new facility will fit in with other aquatics programming around the city. We will also look at considerations like project timelines and costs, sustainability aspects and desired uses.

The proposed site is the Lawson Aquatic Centre at 1717 Elphinstone Street. The study will consider how the existing infrastructure might fit into future plans.



Birthdays This Week

**Ben Bottrell and
Isabelle Carleton**



Swim Meet Chaperones

As we are planning travel meets this season we will be in need of chaperones. If you are interested in chaperoning please email the office to get more information. We have upcoming meets in Saskatoon and Winnipeg (and more coming up after Christmas!) we'll require chaperones for these trips. Chaperoning is a great way to get to know all the swimmers, get a free trip to an away meet, and you also earn your volunteer points (40 points per day). Chaperoning is open to moms or dads, please think about volunteering.

Christmas Poinsettias

Our sponsor The Optimist Club of Regina is running their annual Poinsettia fundraiser. You can order red, white or pink and they are \$15 each. Please contact the office by November 15 to place your order and they will be ready for pick up after December 2. Please support the club that supports us!

