



Rosetown Royals Speed Swim Team (RRSST)

Return to Swimming (RTS) Plan 2020-2021

Swim Sask final review May 26, 2021

The Rosetown Royals Speed Swim Team goal is to provide a safe environment towards the development of our swimmers. Our club's plan adheres to the health measures provided by Sask Health Authority, Swim Sask and Swimming Canada's overarching health, medical and safety information, and considerations. We will update the RTS plan once the facility opens if there are any necessary changes.

REGISTRATION

- All swimmers and coaches must be fully registered with the club, Swim Sask and Swimming Canada.
- Swimmers, coaches, staff and volunteers should limit the sports and activities they participate in to help reduce social contacts during the pandemic.
- Any swimmers who will be joining after June 1, 2021, will join the Group who has the smallest number of swimmers and has space (max 8 swimmers per group). As well, can only join if space remains.
- Swimmers from outside our community, should join the Swim Club closest to their home.
- Registrations that were in excess of allowed swimmers will be held on file in the event that Swim Saskatchewan and the Saskatchewan Government increases the allowed number of swimmers.

ACKNOWLEDGMENT and ASSUMPTION of RISK FORM

- All Rosetown Royals Speed Swimmers and coaches must electronically complete an "Acknowledgement and Assumption of Risk Form".
- This form will be completed within the Swimming Canada National Registration system for the 2021 season and MUST be completed within 14 days of commencing participation.
- There are no exceptions.

RTS COMMITTEE and COVID-19 REPRESENTATIVE

President: Janel Merrifield, baichi32@hotmail.com

Treasurer: Holly Inverarity

Head Coach and Covid-19 Rep: Colleen Scott, coke321@hotmail.com or 306-882-3268

Coach: Trevor Scott

FACILITIES

- Rosetown Leisure Aquatic Centre Park: 615 Main Street, Rosetown, Sask. (306) 882-2213
- See Scheduling on page 8 for details:
 - June 1 to 29 - Tuesday and Thursdays from 4:00pm-5:30pm
 - July 5 to August 19 - Monday - Thursday 6:45am-8:00am and 5:30pm-7:00pm

RESOURCES AND REFERENCES

[Swim Sask Covid-19 Resource link](#)

[Swimming Canada Covid-19 Resource Hub link](#)

[Government of Saskatchewan Public Health Orders](#)

[Government of Sask - COVID-19 link](#)

[Government of Canada - COVID-19 link](#)



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RISK ASSESSMENT

- **Will the training be held in a community that has documented active local transmission of COVID-19 in the last 14 days?** The R.R.S.S.T. will continue to monitor active local transmission and follow all Public Health Orders.
- **Will the training be held in a venue/facility with access by multiple groups?** Yes, Rosetown Royal Speed Swimmers will only train with the team and a buffer of 15 minutes; will be in place set forth by the facility and any other user groups.
- **Will the groups include team members relocating from areas outside the training location that have documented active local transmission of COVID-19?** No. All swim meets have been cancelled for the 2021 summer swim season.
- **Will the groups include participants (athletes and coaches) at higher risk of severe COVID-19?** No.
- **Is the training considered at higher risk of spread of COVID-19 (where physical distancing cannot be maintained, indirect contact through training equipment, etc.)?** No. All groups will use the pool at separate times; once established no crossing over will happen. Swimmers will use their own equipment and any club owned equipment will be sanitized prior to use as well as after every practice.
- **Will the training be held indoors?** No. Physical distancing will be in place while on deck.
- **Has the club established stricter protocols?** Yes, physical distancing will be in place at all times. Athletes and staff are to wear a mask when swimmers are not in the water. Athletes will bring their own equipment.

CONTACT TRACING AND ATTENDANCE

- Records of attendance for the purposes of COVID-19 contact tracing will be retained for a minimum of one month. This information will be collected and held by Holly Inverarity.
- This information will be kept in a safe and secure location and will be provided to SHA if it is requested for contact tracing services. This log will be provided to Swim Sask. upon request.
- The club will not use this information for any other purpose and will delete this record after six weeks.

SCREENING AND EXCLUSION PLANS

- All members must adhere to the rules, regulations, and protocols.
- If any swimmer or coach is sick, they **MUST** stay home and be symptom free for 48 hours before returning to swim.
- The head coach will be responsible to screen each swimmer before every practice.
- The head coach will keep a written log, in the form of a checklist, detailing the daily screening of all swimmers and coaches.
- If a swimmer or coach answers "yes" to any of the questions on the screening questionnaire, we ask that they stay home, notify the head coach, contact 8-1-1, and be cleared by SHA before returning to swimming.
- If any swimmer or coach should show any COVID-19 symptoms, they must not attend training.
- If a swimmer arrives at practice showing any symptoms, they must return home, stay home and self-isolate.
- They should call the Healthline at 8-1-1 to see if a COVID-19 test is required.



Rosetown Royals Speed Swim Team (RRSST)

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COMMUNICATION

- All-important information regarding swimming and COVID-19, will be accessible on our team website. www.rosetownroyals.ca This will be important information that is provided to us from Swim Sask, SHA or the Rosetown Leisure Aquatic Centre.
- Any important information regarding any changes to swimming and COVID-19, and our training plan, will be communicated to our swimmers and coaches by email and posted to the Information section of the team website.
- R.R.S.S.T. will continue to use email and Facebook as our main forms of communication with members. Our website will be used mainly to share documents.
- The Coaching Staff will meet weekly online or in person (physically distanced) to review the week that was and to plan for the next week.

REFUNDS

If a swimmer decides that this is not for them, fees can be refunded according to the timeline below:

- Prior to June 1st, fees will be refunded less the \$30 registration fee.
- Prior to the completion of the first 2 weeks of practice (June 1 - 16), fees will be refunded less a \$50 fee.
- No refund will be given after the completion of the first 2 weeks (June 17).

If the 2021 season is forced to cease due to Covid, fees will be refunded as noted:

- June 1st to August 19 will be considered a 12-week period. A fee of \$50 will be held to cover registration and club fees. The remaining \$150 will be divided by the 12 weeks, resulting in \$12.50 per week to be refunded.
- Only full weeks that remain will be used to calculate the refund. Ex. If cancelled on or between Tuesday and Thursday, that week will not be included for the refund. The following week will be the first one to be counted.

No refunds will be made for swimmers missing their scheduled session. No makeup sessions will occur for swimmers who miss or cannot participate in their scheduled session.

RE-EVALUATION PLANS

- The R.R.S.S.T. Return to Swim Committee will meet monthly on or around the 20th of each month to review the return to swim plan. Attempts will be made to communicate any changes to the membership no less than 1 week before implementation to assist in swimmers familiarizing themselves with the new guidelines.
- Revaluation will also take place immediately following any concerns raised by a coach, swimmer or parent.
- Should the SHA and Government of Saskatchewan impose further restrictions the Return to Swim Committee will have an emergency meeting to implement the new guidelines immediately.



PROTOCOL FOR POSITIVE COVID-19 TEST WITHIN A CLUB

COVID-19 Representative: Colleen Scott: 306-882-3268 or coke321@hotmail.com

- First contact person to report a swimmer with symptoms and/or being tested for Covid-19. Will communicate with the Saskatchewan Health Authority and R.R.S.S.T. membership
- Contact person for the Saskatchewan Health Authority

Club Procedure:

- A. When an athlete, coach or staff is notified by SHA that they have tested positive for COVID-19 the athlete, coach or staff will:
 - Provide SHA with the Club's COVID-19 representative's name and number to assist with club related contact tracing.
 - Advise your Clubs COVID-19 Representative/Head Coach.
 - Continue to self-isolate and follow all SHA instructions.
 - Only return to club activities as per SHA and club instructions (i.e.: symptom free and a negative test result).
- B. While waiting to hear from SHA, the Club's COVID-19 representative will:
 - Notify Swim Saskatchewan
 - Advise, at minimum those training in the same group that an individual received a positive test result (*note: Use the term "an individual", to protect the identity of the positive case*).
 - Advise that this training group will refrain from in-person training for 48 hours or until contacted by SHA/Public Health.
 - Ensure the other group/club members are self-monitoring more closely and that any other athletes, coaches, or staff, experiencing symptoms will be required to stay home and contact 811 for further guidance.
- C. Once the SHA contacts Club's Covid-19 representative, the clubs COVID-19 representative will:
 - Follow all instructions provided by SHA (Sask Health determines who is a close contact and advises the Club's COVID-19 representative of the process to follow).
 - Ensure the training group and the rest of the swim club follow all additional prevention/control measures issued by Sask Health Authority.
 - Update Swim Saskatchewan
- D. All athletes, coaches or staff that are notified by SHA as a close contact or non-close contact of someone having tested positive for COVID-19 will:
 - Follow all instructions provided by SHA
 - Advise your Club COVID-19 Representative



PROGRESSIVE, CONTROLLED PROGRAMMING

Our club acknowledges that swimmers may be out of the water for periods of time due to self-isolation or illness and will plan accordingly to ensure a safe and progressive return for the swimmer and adhere to the rules, policies and regulations to help reduce transmission of COVID-19.

Arrival/Departure:

- Coaches should arrive at practice no more than 15 minutes prior to the beginning of the practice.
- Swimmers should arrive no more than 10 minutes prior to the beginning of the practice.
- Swimmers should arrive at the pool or park dressed and ready to enter the pool. (Swimsuits on or clothing to do outdoor dryland training.)
- Coaches will arrive in their appropriate attire for training on deck or in the park.
- As per facility direction, all entering and exiting of the pool deck must be done in accordance with facility direction. Coaches and swimmers will be required to wear a mask when indoors and swimmers are not in the water. This includes arrival, departure and bathroom breaks.
- Coaches are required to wear a mask at all times on deck.
- All athletes and coaches must wear a mask for all club activities, including arrival and departure, except when in the pool.

Phases of return:

- When guidelines only **allow for eight swimmers**, two cohorts will be created. Once formed, each cohort will consist of not more than eight swimmers and two coaches to fit within the 10 - person gathering limit. Physical distancing will be maintained at all times.
- When guidelines **allow for additional swimmers**, R.R.S.S.T. will consider merging the two cohorts to create one cohort where swimmers will be assigned to sub cohorts that will adhere to a maximum of six swimmers per two lanes.

More on 'Cohorts':

- Cohorting will allow for a maximum of two cohorts of eight swimmers to return all at once or over a period of time.
- Once established, the cohorts will not change unless guidelines allow for a larger cohort number.
- Physical distancing measures will be in place when swimmers are cohorted.
- Lane assignments will be documented and only changed if our numbers increase from SHA
- To limit contact, surfaces are to be sanitized.
- All training will be done in short course meters.
- Swimmers will be assigned lanes, including which end of the pool will be their start/finish end for practice.
- Athletes and coaches will respect physical distancing during all aspects of training.
- There will be no passing allowed.
- Swimmers will adhere to the protocols established by the facility.



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GROUP/COHORT SIZE

- Cohort size must fall within the current [Saskatchewan Public Health Orders](#) for indoor/outdoor group and gathering size limitations and cohort sizes for sport.
- The group size, (max 16), will also be limited by the number of available lanes, how they are configured and the available deck space to maintain physical distancing. See lane format for restrictions.
- Athletes for each training session will remain the same; athletes will only be allowed to participate in one training group and will not be able to move between multiple training groups (e.g. If a swimmer cannot make a Thursday training, they cannot make it up by attending the Wednesday training with another group).
- New swimmers will be assigned to the cohort with the fewest swimmers.

POOL/LANE FORMAT

Rosetown Leisure Aquatic Centre

R.R.S.S.T. will train Short Course Meters (SCM).

Lane format

- The five normal lanes will be roped off into two Covid lanes and one non-standard Covid (non-Covid) lane for use by the same household swimmers.
- Eight swimmers will be divided up into one lane of two swimmers (family) and two lanes of three swimmers.
- If guidelines allow for a group to increase to 16 swimmers in a group, then the same three Covid lanes would have a maximum of six swimmers per lane. The non-Covid lane would continue in the same format as previously noted, ensuring swimmers would maintain physical distance if waiting to enter the water.
- See diagrams on next page.
- Physical distancing will meet the current Public Health requirement order of 3m distance and be strictly maintained when athletes and staff are in static positions and all aspects of training. This would include on-deck instruction, waiting at the wall, congregating at white boards, dryland training, etc.
- Lane ropes will be installed every two lanes, to adhere to physical distancing guidelines.
- Where a single lane is used, only one swimmer will be allowed except for swimmers living in the same household may train together in the same single lane.

COVID-19: Avoid The 3 Cs



Closed Spaces
with poor
ventilation.



Crowded Places
with large numbers of
people gathered.



Close Contact
with people outside
your household.

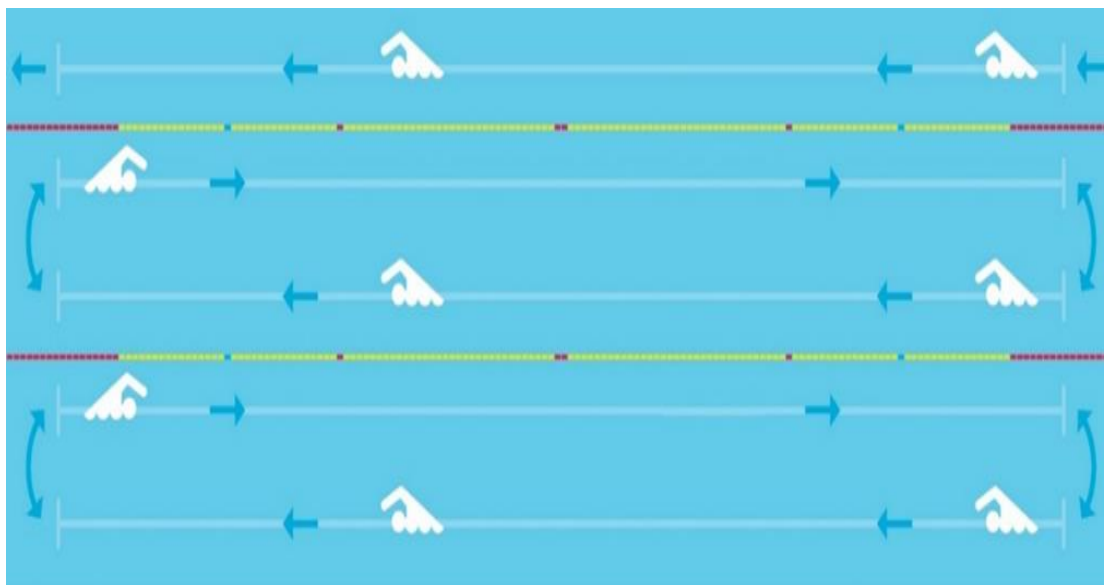


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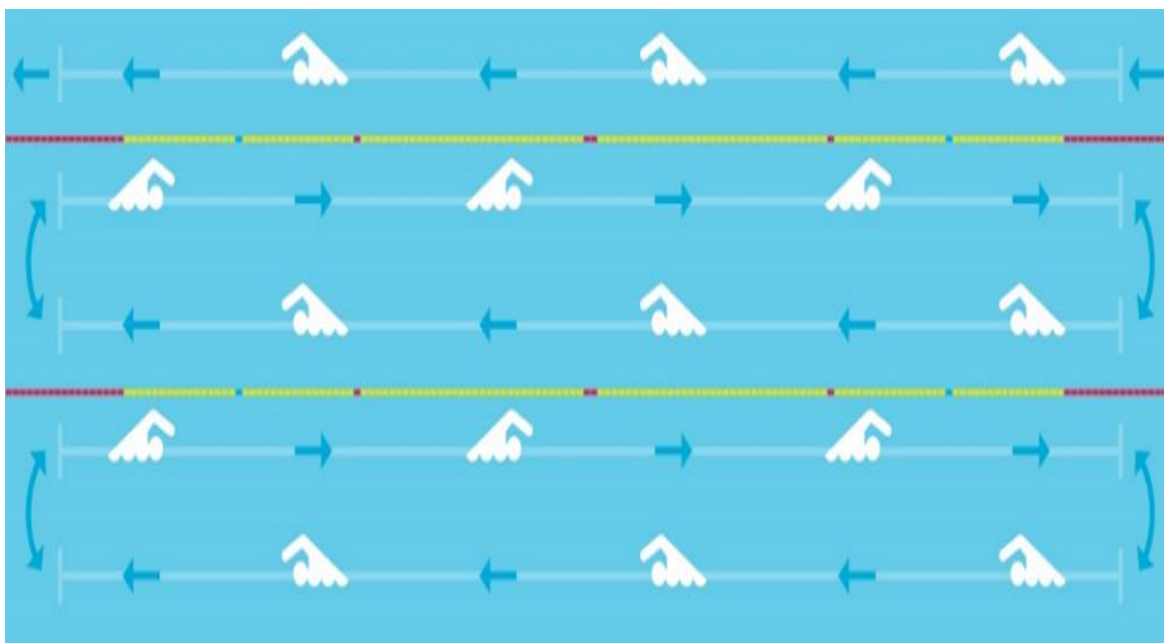
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This diagram is to illustrate what our RTS plan will look like with eight (8) swimmers. Up to six (6) swimmers per lane, circle swimming. Swimmers start/finish from opposite ends of the pool maintaining the current physical distancing requirements of 3m.



This diagram is to illustrate what our RTS plan would look like with 16 swimmers. Up to six (6) swimmers per lane, circle swimming. Swimmers start/finish from opposite ends of the pool maintaining the current physical distancing requirements of 3m.





Rosetown Royals Speed Swim Team (RRSST)

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SCHEDULING

June (June 1-June 29, 2021):

Rosetown Leisure Aquatic Centre Park – Dryland Training

- R.R.S.S.T. will return to the Rosetown Leisure Aquatic Centre Park for dryland training.
- Dryland training will involve full body workouts focusing on cardio, strength, stretching, and agility. Ex) skipping, squats, yoga, etc.
- Each set of eight swimmers will be given a day and time to do dryland training.
- All Groups will begin dry land training in June on alternate days.
 - Group A – Tuesday's 4:00pm-5:30pm
 - Group B – Thursday's 4:00pm-5:30pm
- Physical distancing protocols will be put into place (3m distance).
- Masks are mandatory.

July/August (July 5-August 19, 2021)

Rosetown Leisure Aquatic Centre - Pool Training

- R.R.S.S.T. will return to the Rosetown Leisure Aquatic Centre if renovations are completed and the pool is operational.
- Each group of a maximum of eight swimmers will be given dates and times to swim. Swimmers must be able to swim independently for 25m freestyle and 25m backstroke as Coaches will not be in the water while COVID restrictions are in place.
- Monday to Thursday from 6:45am-8:00am and 5:30pm-7:00pm
 - Group A – Monday & Wednesday 6:45am-8:00am and Tuesday and Thursday 5:30pm-7:00pm
 - Group B – Monday & Wednesday 5:30pm-7:00pm and Tuesday and Thursday 6:45am-8:00am
- Swimmer access to the above noted dates and times will depend on current guidelines.
- We have planned for two scenarios:
 1. Two cohorts of a maximum of eight swimmers having access to alternate dates.
 2. All swimmers (maximum of 16) with access to all dates and times.
- All swim team training will be scheduled outside of public swim times (Re-Open Sask).
- Limit time in the facility, maintain physical distancing and wear masks while transitioning through change rooms, and hallways while arriving and departing. "Arrive-Train-Depart"



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ATHLETE/GROUP/PROGRAM PRIORITY

- Swim Sask has set out specific guidelines that our club will adhere to when prioritizing athlete's access to training. These include the experience and maturity of the swimmer as well as the physical capability of the swimmer.
 1. First priority will go to any returning swimmers that have attended a sanctioned competition in the past.
 2. Second priority will go to returning swimmers that were registered with a competitive swim club.
 3. Third priority will go to the swimmers wishing to join a competitive club for the first time.
- While all swimmers must meet, the minimum standard as noted above, a standard swim session will have swimmers completing numerous 25-meter lengths. All swimmers must be capable of completing numerous 25-meter lengths in the session, unassisted.

DRYLAND TRAINING

Dryland training will be suspended once the Rosetown pool opens on the anticipated start date of July 1. However, dryland training may be extended or suspended at an earlier date if the start date for the Rosetown pool is delayed from or prior to the anticipated date.

- Swimmers and Coaches MUST bring their own equipment, including a mask, towel, water bottle, etc. No sharing is allowed.
- The coaches will complete any set-up required. (i.e. pylons to demonstrate 3m distancing for activities)
- Any shared equipment will be sanitized before and after each use
- R.R.S.T. will adhere to sport guidelines for outdoor gatherings in the park when doing dryland training.

EQUIPMENT

- Dryland equipment will be minimal and if it needs to be shared between cohorts all items will be sanitized.
- Swimmers and Coaches MUST bring their own equipment, including a mask, towel, goggles, swim cap, water bottle, etc. No sharing is allowed.
- Coaches will not share hand-held equipment such as stopwatches, clipboards or pens, with colleagues or others and are reminded to clean this equipment with disinfecting wipes, pre- and post-training sessions.
- The coaches will complete pool set-up (i.e. lane ropes and backstroke flags).
- 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 pool.
- Where bags must be brought in, they should be stored separately, with adequate space between each member's items. (Backpacks left 2 meters apart along the pool deck wall).
- Usage of personal vs facility equipment will be at discretion of the facility.
- Coaches will have individual workout sheets laminated for swimmers use or will call out the workout. This will help prevent congregations at the end of pool lanes.



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CHANGEROOMS

Swimmers, Coaches and staff will:

- Limit time in the changeroom and shower rooms. Be in and out as quickly as possible, no gathering and always maintain physical distancing.
- Not arrive any earlier than necessary for training.
- Arrive in a training suit.
- Bathrooms for outdoor training will be located at the park outhouse.
- There is a 15-minute time span between our swimmers finishing and any other group entering the pool area.

MASK USE

All coaches, swimmers, volunteers, and staff MUST wear a mask as part of a layered approach to help reduce the transmission of COVID-19:

- For all club activities except when in the swimming pool.
- Before and after training, in the change rooms, on deck, while carpooling to and from team activities.
- Coaches that work with more than one group, team or sport/activity are encouraged to wear a medical grade mask.
- Rosetown Royals will require Coaches and swimmers to wear cloth or medical grade masks while on deck. R.R.S.S.T. will have disposable masks on hand in case a swimmer or coach requires one.

SPECTATORS/PARENTS

- No spectators/parents are permitted on the pool deck or closer than 15 m at the park during pool or dryland training.
- There will be no spectators / additional people allowed on the pool deck or in the training area during practice or dryland training other than coaches, athletes and lifeguard or maintenance staff.

TRAVEL

- The R.R.S.S.T. will follow all public health orders regarding travel
- There will be no inter-provincial, intra-provincial or international club travel permitted at this time.
- Coaches that must travel for work in another geographic area must consider the safest option to help limit contact points and contacts to slow the spread of COVID-19.
- If a swimmer, coach, or volunteer travels out of the province or country a 14-day self-isolation will be required before they can return to swimming by the R.R.S.S.T. club.



Rosetown Royals Speed Swim Team (RRSST)

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PRINCIPLES OF SAFE SPORT AND RESPONSIBLE COACHING MOVEMENT

- All club activities will be done in an open and observable environment. Open and Observable environments mean making meaningful and concerted efforts to avoid situations where a coach, official or other representative might be alone with an athlete of any age. All interactions between an athlete and an individual who is in a position of trust should be in an environment or space that is both 'open' and 'observable' to others.
- Open and Observable environments also apply to all online (i.e. Zoom) and electronic communication (i.e. email, text), and should never be in the form of a one-on-one interaction; should always be done in a group setting.
- All training sessions must include a minimum of 3 people.
- Athletes are reminded not to 'deck change'.
- The coaching staff will use the rule of two. (i.e. two coaches or one coach and a parent)

INSURANCE

- Swim Sask through the Sask Sport Group Insurance policy with AON Reed Stenhouse for affiliated clubs and members with contagion exclusions.

SANCTIONED COMPETITIONS

- As per the Government of Saskatchewan and the SHA, all competitive swim meets, and other competitive events remain canceled until further notice.
- There will be no sanctioned competitions for Summer swimming in 2021.
- Once sanctioned competitions are again permitted, Swim Sask will prioritize sanctioning Age Group (year-round) competitions (they have been back swimming since July 2020 without any sanctioned competitions) and to work with the limited number of referees in SK.
- Swim Sask will release a Return to Competition plan in the coming months.

Note: a sanctioned competition is "a swimming competition approved under the authority of Swim Sask and Swimming Canada in and approved facility having the minimum standards of Swimming Canada with the expectation of qualified officials who conduct the competition under the published rules, and where the results of the competition are entered in the Swimming Canada results database."

