

Swimming Newfoundland and Labrador Return to Sport Plan

Swimming Newfoundland and Labrador (SNL) is the Provincial Governing Body for competitive swimming in Newfoundland and Labrador. SNL will follow a multi-phased return to training and competition guidelines developed by the Swimming Canada (SNC) task force, "[Covid-19 Return to Swimming Resource Document](#)", and in accordance with the public health [guidance](#) from the Department of Health and Community Services. The [SNC resource document](#) was created by a Working Group comprised of representatives from key stakeholders in the sport of swimming. Included on the Working Group are representatives from swimmers, coaches (via the Canadian Swim Coaches Association), officials (via the National Officials Committee), provincial sections, science and medicine experts and Swimming Canada staff. The mandate of the Working Group was to develop a resource document and a framework to inform the resumption of competitive swimming in Canada

This document is meant to provide information and guidance as to best practices based on current information. Each club is however 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 SNL and instructions of public health and government authorities. It is imperative that swim clubs work closely with their facility managers to ensure that all levels of COVID-19 guidelines are met. Additionally, it is an individual's responsibility for assessing his or her personal risks in consultation with medical professionals and for the outcome of his or her decisions and actions.

- The recommendations outlined in this document will be reviewed and updated regularly, as SNL receives more guidance from the Government of Newfoundland and Labrador and the Department of Health and Community Services.
- Guidelines in this document are for use in training/practice and competition settings where applicable. SNL will continue to update the guidelines as we progress through the pandemic recovery.
- Athletes, Coaches, Officials, and Volunteers must follow the COVID-19 guidelines after making the personal decision that they are comfortable with returning to training and competition.
- The following document applies to:
 - Current SNLs member (coach, athletes, officials, volunteers)
 - Member of affiliated SNL clubs
 - Member of Canada Games and/or Memorial University training groups
- **SAFE SPORT** - All efforts should be made to ensure that Open and Observable environments are always maintained. 'Open and observable environments' means making meaningful and concerted efforts to avoid situations where a coach, official or other representative might be alone with an athlete (of any age) and/or vulnerable individual (of any age). All interactions between an athlete and an individual who is in a position of trust should normally, and wherever possible, be in an environment or space that is both "open" and "observable" to others. Open and Observable environments also apply to online communication. All forms of electronic communication (email, text, Zoom, Skype, etc.) should never be in the form of a one-on-one interaction and should always be done in a group setting. Online training sessions should include a minimum of 3 people.

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The following Provincial Guidelines must be followed in all phases referenced in this document:

- [Provincial Sport Guidelines](#)
- [Use of non-medical masks](#)
- [Provincial Covid-19 Alert Level System](#)
- [Public Health Guidelines](#)

Provincial COVID-19 Alert Level 3

Club or group training and/or competition **is not** permitted under [Alert Level 3](#)

Individual athlete skill development sessions are permitted. Including coaches and athletes, the maximum number of individuals is 20.

The following public health measures should be in place:

- Individuals (coaches & athletes) from separate households should always maintain physical distance. Individuals from a single household may be grouped in a single training pod

Provincial COVID-19 Alert Level 2

Swim Clubs are required to provide a 'Club Return to Swimming Plan' to Swimming NL for review and approval. Club plans must include and adhere to all Provincial Government and facility guidelines and align with the recommendations provided in the [National Return to Swimming Resource Document](#). Club plans will be posted at www.swimmingnl.ca.

Phase 1

Team Practice/Team Training Sessions/Intra-squad Time Trials (*present – July 1, 2021*)

- Swim team practice/training is permitted
- Intra-squad competition (sanctioned time trials), involving **members of the same team**, is permitted
- Swim clubs must submit a formal sanction request for intra-squad competitions (time trials) to the Swimming NL Competitions Committee (swimnl@sportnl.ca). Sanction requests will be reviewed to ensure all Provincial Government Covid-19 participation regulations have been met and then publicly sanctioned on the SNC RTR system
 - time trial information document must be included with online sanction request
 - [sample information document](#)
- Swimming Canada in consultation with Lifesaving Society Canada has published a document outlining how multiple swimmers can train in a single lane in club training, with proper risk mitigation strategies, can be done safely with minimal risk of COVID-19 transmission. Both organizations also recognize the primary role that provincial/territorial health departments,

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provincial sections/branches and facilities play in ensuring the health and safety of all involved. ([Multiple Swimmer & Single Lane Swimming for Competitive Swimmer /Club Training – Risk Mitigation](#))

Phase 2

Inter-squad Time Trials (July 1 – July 15, 2021)

All SNL clubs active July 1 – Aug 31, 2021 must provide a Club Return to Swim Plan to SNL. Club plans posted [HERE](#)

Safety is a key priority with all aspects of return to competition. Clubs need to adhere to provincial and national guidance regarding large gatherings. This may impact the number of swimmers at a competition, the officials and volunteers required and the attendance of spectators. The competitive environment (training and competition venues) should be continually assessed to ensure precautions are taken to minimize risk to the swimmers, officials, volunteers and those attending events as spectators (where and when permissible). Initially, return to competition may only take place locally, as clubs/programs consider the impacts of travelling away to competitions (hotels and restaurants).

- Swim team practice/training camps continue to be permitted
- Inter-club competition (sanctioned time trials), involving members **of more than one team, within the same health region is permitted**
- Swim clubs must submit a formal sanction request for inter-club competitions (time trials) to the Swimming NL Competitions Committee. Sanction requests will be reviewed to ensure all Provincial Government COVID-19 participation regulations have been met and then publicly sanctioned on the SNC RTR system (winter clubs)
 - time trial information document must be included with online sanction request
 - [sample time trial information document](#)

Competition (July 15 – August 31, 2021)

- Inter-club competition (sanctioned time trials), involving **members of more than one team, from multiple health regions is permitted**
- Swim clubs must submit a formal sanction request for inter-club competitions (time trials) to the Swimming NL Competitions Committee. Sanction requests will be reviewed to ensure all Provincial Government COVID-19 participation regulations have been met.
 - time trial information document must be submitted to SNL in advance of time trial
 - [sample information document](#)
- [Best Practices and Recommendations for Officials in Return to Competition](#)

*** Detailed Summer Club 2020-21 Return to Swimming and Competition document [HERE](#)

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Phase 3 (September 1, 2021- August 31, 2022)

Competition (September 1 – August 31, 2022)

All registered SNL clubs must update and submit their Club COVID-19 Training and Competition Plans for the 2021-22 season as part of the registration process for 2021-22.

The Swimming NL competition schedule for 2020-21 (*draft and subject to change*) will offer a complement of regional and provincial competition opportunities.

Swimming NL - Schedule of Events 2021-22				<i>draft and</i>
<i>subject to change</i>				
Month	Week ending (Fri-Sun)	Meet	# of participants	Approximate age of swimmer
September				
October		SCM Invitational West- Coast (22-24)	100	5-20
	22 - 24	SCM Invitational East Coast (22-24)	100	5-20
		SCM Invitational (5-7) Central	100	5-20
November	5 - 7	SCM Invitational (19-21) East	100	5-20
	19 - 21	Future League 1(20-21) East	100	5-12
December				
	17 - 19	LCM/SCM Invitational (20-21) East	100/100	5-20
January		Junior SCM (22) East	100	5-20
	14 - 16	Senior LCM (21-23) East	100	5-20
		Future League 2 (22) East	100	2-12
		LCM Invitational (12-13) East	100	5-20
February	4 - 6	<i>AUS Championships (11-13) @ MUN</i>	<i>tbd</i>	<i>tbd</i>
	11 - 13	Swim For Hope	n/a	5-20
	18 - 20	Future League 3 (4-6) West	100	5-12
	25 - 27	SCM Invitational (4-6) West	100	5-20
March				
	4 - 6	Future League Finale (26-27) East	100	5-12
	25 - 27	SNL Provincial Championships (25 - 27) East	100	5-20
April	8 - 10	SCM Invitational West (8-10) @ ????	100	5-20
		SCM Invitational East (8-10) @ ???	100	5-20
May	6 - 8	SCM Invitational (6-8) @????	100	5-20

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	27 - 29	LCM Invitational (27-29) East	100	5-20
June	25 - 27	Provincial Champs (25-27) East	100	5-20
July	2022 Summer Club Season (schedule tbd)			tbd
August				

Host clubs must apply online (SNC RTR) to Swimming NL for sanctioning and provide meet details six weeks in advance of the competition.

- time trial and meet information document must be included with online sanction request
 - [sample information document](#)

Spectators should be limited to 1 person per child to facilitate physical distancing in viewing areas. Facility capacities will also apply and the following public health measures should be in place:

- It is recommended that spectator name and contact information is gathered and records are maintained for a period of 14 days.
- Spectators from different households and their close consistent contacts should be separated by at least 2m/6ft
- Spectators must wear non-medical masks at all times, including while seated.

Phase 4 Atlantic Competition

- To be announced.

Swimming NL Summer Clubs: Return to Competition Swimming Plan

Alert Level 2

Phase 1 (July 1 - July 15) Practice-Drills and Skills.

Summer Swim Clubs will enter the water to train under COVID-19 Guidelines and Restrictions. They will be following the recommendations and rules from Swim NL's provincial Return to Sport Plan. They will also be following their pre-summitted individual club plans that were submitted to Swim NL.

Phase 2 (July 16-August 1) Regional Exhibition Competition *within Health Authorities*

This will occur within the summer swim club's regional health authority. Following all guidelines set out by Government for [Sport Guidance](#), as well as the steps for the [Together. Again.](#) document, as it pertains to sport competitions, outdoors and indoors. More especially keeping within the maximum numbers for outdoor and indoor gatherings (whichever applies to the host Aquatic Centre). The competitions will also comply with the COVID-19 rules and guidelines put in place by the host Aquatic Centre under Government COVID guidelines for Pool operations, Opening of Licensed Outdoor Swimming Pools - COVID-19 (gov.nl.ca). These rules will be the responsibility of the host club to make contact with the Aquatic Centre prior to hosting a meet and to have all rules of the Aquatic Centre communicated to all visiting clubs prior to attending.

During this regional competition phase, Swimming Newfoundland and Labrador rules that will be implemented during the competition will be:

- A maximum 100 individuals on deck (including swimmers, officials and pool staff)
- All individuals on deck and part of the swim session that are not in the water will be wearing a non-medical mask when they cannot maintain physical distance.
- Competition sessions will be grouped by ages through pre-registration online. These sessions will not exceed 100 on deck including swimmers, coaches, officials and pool staff at one time. These groups will remain the same for the season for competitions and any time the teams come together for competition. The total number of all of these mini groups will not exceed 250. So as an example; 14 and under swimmers from all swim clubs will form a summer competition "pod". This "pod" will remain the same all summer and the number of swimmers plus officials and coaches will not exceed 100 on deck when they compete.
- Timing officials will wear non-medical masks at all times. Timing officials groups of three at each lane will be encouraged to be part of a bubble and "bubble" timing will be encouraged to the Director of Timekeepers for the meet.
- Timing areas will be cleaned twice daily.
- Officials will keep their equipment (stop watches, clip board, pens) for the duration of the meet and will only be returned at end of meet. They will be cleaned/disinfected daily upon return.
- Marshalling area will be glassed and contactless.
- Coaches will not enter the marshalling area.
- All marshalling areas that are used by swimmers will be cleaned/disinfected twice daily.
- Public dressing rooms may be used in compliance with provincial guidance. All individuals are required to wear a non-medical mask and are required to maintain physical distance from others at all time while in the dressing rooms.
- Swim blocks and deck ends will be cleaned between races by lane timing officials.
- Public indoor areas at the Aquatic Centre will not be used for swimmers during the meets.
- Swimmers will enter the deck at separate exits and entrances.

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- Team members must remain in designated areas with their teams when not racing and refrain from cheering at lane ends.
- There will be one spectator allowed in spectating area per swimmer.
- All swimmers will be pre-registered for meet and contact information gathered by the meet host. This contact information will be then given to Aquatic Centre at end of meet. The information will be stored for a period of at least 14 days.
- Swimmers in marshalling area will maintain physical distance by markers.
- No post or pre swim meet social activities.
- No “in-water” warm ups. Dry land warm ups are suggested pre-race.
- Any extra guidelines and recommendations from the Swim NL provincially approved Return to Sport document will be followed and added to these guidelines once document is released on Sport NL website for review.

The following are summer club teams per Health Regional Authorities that could possibly host a Regional meet together in Phase 2:

- Central- Springdale Bluefins, Grand Falls-Windsor Gators
- Labrador – St. Anthony Dolphins
- Eastern – Bay Roberts Sea Lions, Marystown Marlins, Clarenville Wave Runners, Grande Bank Sharks

Example Regional Competition Schedule

Time on Deck	Age and Swim Category
8:30-10:00 am	14 and under Freestyle, Fly and IM
10:30 – 12:00 pm	14 and under Breaststroke and Backstroke & Relays
1:00-2:30 pm	15-18 Freestyle, Fly and IM
3:00-4:30 pm	15-18 Backstroke and Breaststroke & Relays

Phase 3 (August 1 – August 15) Inter-Regional Exhibition Competition *between Health Authorities*

This will occur between the summer swim club’s different regional health authorities and will not exceed three teams in the competition. Following all guidelines set out by Government for [Sport Guidance](#), as well as the steps in the [Together. Again.](#) document, as it pertains to sport competitions, outdoors and indoors. More especially keeping within the maximum numbers for outdoor and indoor gatherings (whichever applies to the host Aquatic Centre). The competitions will also be obeying the COVID-19 rules and guidelines put in place by the host Aquatic Centre under Government COVID-19 guidelines for Pool operations, Opening of Licensed Outdoor Swimming Pools - COVID-19 (gov.nl.ca). These rules will be the responsibility of the host club to make contact with the Aquatic Centre prior to hosting a meet and to have all rules of the Aquatic Centre communicated to all visiting clubs prior to attending.

- During this inter-regional competition phase, Swimming Newfoundland and Labrador rules that will be implemented during the competition will be: Max 100 individuals on deck (including swimmers, officials and pool staff)
- All individuals on deck and part of the swim session that are not in the water will be wearing a non-medical mask when they cannot maintain physical distance.

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- Competition sessions will be grouped by ages through pre-registration online. These sessions will not exceed 100 on deck including swimmers, coaches, officials and pool staff and one time. These groups will remain the same for the season for competitions and any time the teams come together for competition. The total number of all of these mini groups will not exceed 250. So as an example; 14 and under swimmers from all swim clubs will form a summer competition “pod”. This “pod” will remain the same all summer and the number of swimmers plus officials and coaches will not exceed 100 on deck when they compete.
- Timing officials will wear a non-medical mask at all times. Timing officials groups of three at each lane will be encouraged to be part of a bubble and “bubble” timing will be encouraged to the Director of Timekeepers for the meet.
- Timing areas will be cleaned/disinfected twice daily.
- Officials will keep their equipment (stop watches, clip board, pens) for the duration of the meet and will only be returned at end of meet. They will be cleaned/disinfected daily upon return.
- Marshalling area will be glassed and contactless.
- Coaches will not enter the marshalling area.
- All marshalling areas that are used by swimmers will be cleaned/disinfected twice daily.
- Public dressing rooms may be used in compliance with provincial guidance. All individuals are required to wear a non-medical mask and are required to maintain physical distance from others at all time while in the dressing rooms.
- Swim blocks and deck ends will be cleaned between races by lane timing officials.
- Public indoor areas at the Aquatic Centre will not be used for swimmers during the meets.
- Swimmers will enter the deck at separate exits and entrances.
- Team members must remain in designated areas with their teams when not racing and refrain from cheering at lane ends.
- There will be one spectator allowed in spectating area per swimmer.
- All swimmers will be pre-registered for meet and contact information gathered by the meet host. This contact information will be then given to Aquatic Centre at end of meet. The information will be stored for a period of at least 14 days.
- Swimmers in marshalling area will maintain physical distance by markers.
- No post or pre swim meet social activities.
- No “in-water” warm ups. Dry land warm ups are suggested pre-race.
- Any extra guidelines and recommendations from the Swim NL Provincially approved Return to Sport document will be followed and added to these guidelines once document is released on Sport NL website for review.

The following are summer club teams per Health Regional Authorities that could mix between these regions to have a three club competition In Phase 3:

- Central- Springdale Bluefins, Grand Falls-Windsor Gators *with*
- Labrador – St. Anthony Dolphins *with*
- Eastern – Bay Roberts Sea Lions, Marystown Marlins, Clarenville Wave Runners, Grande Bank Sharks

Example Inter-Regional Competition Schedule

Time on Deck	Age and Swim Category
8:30-10:00 am	14 and under Freestyle, Fly and IM
10:30 – 12:00 pm	14 and under Breaststroke and Backstroke & Relays
1:00-2:30 pm	15-18 Freestyle, Fly and IM
3:00-4:30 pm	15-18 Backstroke and Breaststroke & Relays

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Phase 4 - (August 15-30, 2021) Provincial Summer Swim Club Competition/Tournaments

This will occur at the Springdale Aquatic Centre. It is the only outdoor swimming pool from the swim club teams that are registered with Swim NL Summer Clubs.

If COVID-19 active cases remain low and upon advisory from Government in the Together Again document Step Two, this event can possibly have 500 people. The provincial meet usually registers approximately 350 swimmers for its provincial competition. These swimmers will be grouped by ages (as the regional meets were done) with one age group holding their competition in the first two days. Then, the next aged group holding their competition in the next two days.

For example: Swimmers aged 14 and under (approximately 200 swimmers, with one spectator per swimmer for a total of 400) will have their provincial competition August 25 and 26. These swimmers will then be finished their meet and will not be part of the next grouping.

Swimmers aged 15 and up (approximately 100 swimmers with one spectator per swimmer) for a total of 200 people will have their provincial competition August 27.

Along with the swimmers and spectators, there will be coaches and officials that will make up the maximum 100. All participants will be pre-registered and numbers will not exceed the maximum amounts for gatherings outlined in [Together. Again.](#) These swimmers will also be grouped to not exceed 100 swimmers on the deck at any one grouping of competition. For example; Aged 8-10 will compete from 8:30-12:00 pm on Day 1. Then aged 10-14 will compete from 1:00-4:00 on Day 1 and so on. All competition will be modified to suit maximum gathering numbers for sport and well as pool operations.

During this Provincial outdoor competition, rules that will be implemented will be:

- Max 100 individuals on deck (including swimmers, officials and pool staff)
- All individuals on deck and part of the swim session that are not in the water will be wearing a non-medical mask when they cannot maintain physical distance.
- Competition Sessions will be grouped by ages through pre-registration online. These sessions will not exceed 100 on deck including swimmers, coaches, officials and pool staff.
- Timing officials will wear a non-medical mask at all times. Timing officials groups of three at each lane will be encouraged to be part of a bubble and “bubble” timing will be encouraged to the Director of Timekeepers for the meet.
- Timing areas will be cleaned/disinfected twice daily.
- Officials will keep their equipment (stop watches, clip board, pens) for the duration of the meet and will only be returned at end of meet. They will be cleaned/disinfected daily upon return.
- Marshalling area will be glassed and contactless.
- Coaches will not enter the marshalling area.
- All marshalling areas that are used by swimmers will be cleaned/disinfected twice daily.
- Public dressing rooms may be used in compliance with provincial guidance. All individuals are required to wear a non-medical mask and are required to maintain physical distance from others at all time while in the dressing rooms.
- Swim blocks and deck ends will be cleaned/disinfected between races by lane timing officials.
- Public indoor areas at the Aquatic Centre will not be used for swimmers during the meets.
- Swimmers will enter the deck at separate exits and entrances.
- There will be one spectator allowed in spectating area per swimmer.
- All swimmers will be pre-registered for meet and contact information gathered by the meet host.

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- Team members must remain in designated areas with their teams when not racing and refrain from cheering at lane ends.
- Swimmers in marshalling area will maintain physical distance by markers.
- No post or pre swim meet activities.
- No “in-water” warm ups. Dry land warm ups are suggested pre-race swims.
- Any extra guidelines and recommendations from the Swim NL provincially approved Return to Sport document will be followed and added to these guidelines once document is released on Sport NL website for review

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Example Provincial Competition Schedule

14 and Under Pod; Day 1 and ½ of Day 2.

- (Max 250 swimmers/coaches)
- 1 spectator per swimmer
- Max 100 swimmers on deck per assigned times

Time on Deck	14 and under DAY 1	14 and under DAY 2
8:30-10:00 am	10 and under Freestyle, Fly and IM Swims	8:30-9:30 am 10 and under Finals
10:30 – 12:00 pm	11-14 Freestyle, Fly and IM Swimmers	10:00-12:00 pm 14 and under Finals & “Possible Relays”.
1:00-2:30 pm	10 and under Breaststroke and Backstroke Swimmers	SWIM MEET IS OVER FOR THIS AGE GROUP.
3:00-4:30 pm	11-14 Freestyle, Fly and IM Swimmers	

15 and Over Pod; ½ of Day 2 and Day 3

- (Max 250 swimmers/coaches)
- 1 spectator per swimmer.
- Max 100 swimmers on deck per assigned times

Time on Deck	15 and over DAY 2	15 and over DAY 3
8:30-10:00 am	14 and under	15 and 16 Backstroke and Breaststroke
10:30 – 12:00 pm	14 and under	17 and 18 Backstroke and Breaststroke
1:00-2:30 pm	15 and 16 Freestyle, Fly and IM Swimmers	18 and under Finals & “Possible Relays”.
3:00-4:30pm	17 and 18 Freestyle, Fly and IM Swimmers	

Document presented by Shauna Hewlett, Town of Springdale Recreation Director and Springdale Aquatic Centre Facilities Manager; Erica Chatman, Swim NL Summer Club President; Jason Sparkes, Swim NL Summer Club Provincial Meet Manager.

In consultation with Rob Button, Aquatics Representative with Recreation NL and Corina Hartley, Executive Director with Swimming NL

Resource links included in this document:

[National Return to Swimming Resource Document.](#)

[Multiple Swimmer & Single Lane Swimming for Competitive Swimmer /Club Training – Risk Mitigation](#)

[Sample Time Trial/ Meet information package](#)

[Best Practices and Recommendations for Officials in Return to Competition](#)

[Provincial Sport Guidelines](#)

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[Provincial Covid-19 Alert Level System](#)

[Provincial Guidance - Masks](#)

[Public Health Guidelines](#)