

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, 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.

- 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, Marys Town 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.
- 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, Marys Town Marlins, Clarenville Wave Runners, Grande Bank Sharks
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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

Phase 4- (August 15-30) 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.
- 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

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”.
3:00-4:30 pm	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