



Roy van der Sluis (President)
Red Deer Masters Swimming
"Silver Sharks"
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2 September 2020

Red Deer Masters Swimming – Silver Sharks

Return to Swimming Plan

1. Our club (SS) will follow all the guidelines set out in the Swim Alberta Return to swimming document. (link below to the document)

https://swimalberta.ca/wp-content/uploads/COVID_19/August-26-2020-Return-to-In-Person-Training-Swimming.pdf

2. Our designated Covid-19 Representative is our head coach: Serge Gingras. He is fully aware of the roles and responsibilities as set out in Appendix 8 of the Swim Alberta website under Covid-19 info.

3. Our club will be limited to 48 swimmers, and this will form one cohort. This will allow swimmers to attend any practice, and allow us to use all lanes.

4. The coaches will maintain the required 2m separation, and thus not be part of the swimming cohort.

5. The maximum number of swimmers permitted in a lane will be 5.

6. The Swim Albert "Return to Swimming Swimmer Checklist" (Appendix 4) will be sent to all swimmers, and available on our website.

7. Our website will have this plan, and also information on to access the Swim Alberta Return To Swimming plan and all relevant appendices.

8. All swimmers will be required to complete the AHS Self Assessment before every practice, either using the online form (see below link), or when checking in for practice.

<https://myhealth.alberta.ca/Journey/COVID-19/Pages/Assessment.aspx>

9. All Swimmers must check in with the coach on pool deck. The coach will ensure compliance and complete the Contact Tracing Log.

10. All Swimmers must be registered with the club before they may enter the pool, No exceptions.

11. Personnel training equipment cannot be shared.

12. Change rooms will be available; however there are limited amount of lockers and swimmers should be prepared to take their gear with them on to the deck. Deck changing is not permitted.

13. After practice swimmers have 10 minutes to clear the change rooms, note there are only a few available showers. We ask you be both courteous and timely.