



Objective

To safely return both competitive and recreational diving programs to training facilities in Saskatoon while observing restrictions in place during COVID-19 pandemic.

Responsibility

1. Board of Directors to ensure development and implementation of Return to Play Guidelines. Ensure access to resources to ensure guidelines set by governing authorities can be met. Review and approve any guidelines and training plan proposed by Head Coach.
2. Head Coach to develop, implement and periodically modify a training plan which will be reviewed and approved by the Board of Directors in advance of commencing training program.
3. Coaching staff to follow set guidelines while representing Saskatoon Diving Club and provide feedback and recommendations to improve safety and efficacy of set guidelines.
4. Athletes to follow set guidelines while participating in Saskatoon Diving Club activities and provide feedback and recommendations to improve safety and efficacy of set guidelines.
5. Parents/ Guardians to follow set guidelines while participating in Saskatoon Diving Club activities and provide feedback and recommendations to improve safety and efficacy of set guidelines.

General Information

6. Guidelines, recommendations and procedures as issued and periodically updated by the Government of Saskatchewan ("Province").
<https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus>
7. Guidelines, recommendations and procedures as issued and periodically updated by the City of Saskatoon ("City").
<https://www.saskatoon.ca/services-residents/fire-emergency/covid-19>
8. Guidelines, recommendations and procedures as issued and periodically updated by the training facilities ("Shaw" and "HBAC"). <<Insert Website Link>>
9. Guidelines, recommendations and procedures as issued and periodically updated by Dive Sask.
<https://saskdiving.wordpress.com/covid-19-resources/>
10. Guidelines, recommendations and procedures as issued and periodically updated by Diving Plongeon Canada ("DPC").
<https://diving.ca/covid-19-resources/>



11. Guidelines, recommendations and procedures from other governing authorities when not already covered by noted authorities above.

Transportation to/ from Facility

12. Whenever possible, athletes and coaches are to take private transportation with family or a member of a designated extended household.
13. Should public transportation be utilized, coaches and athletes are to follow established public guidelines and are expected to wear gloves and cloth face covering.
14. Carpooling with other diving families is allowed with established guidelines being followed.
15. Travel to/ from the training facility to be direct and will not include non-essential stops.
16. At end of practice, coach to ensure all athletes either drive themselves or are picked up from the training facility by family or member of designated extended household.

Training Area (Outdoor, Dryland and/or Pool) Access Protocols

17. All participants must present the following signed documents before taking part in any club activity (Documents Appended):
 - a. Assumption of Risk
 - b. Declaration of Compliance
 - c. Liability Waiver
18. Health Questionnaire & Temperature Check is mandatory and must be completed prior to entering the Training Area (Questionnaire Appended).
 - a. Coach will verify all athletes have completed questionnaire prior to commencing practice session.
 - b. Questionnaire details are outlined in next section.
19. Health Questionnaire results will be maintained by the Saskatoon Diving Club as official attendance record and for contact tracing use.
20. Individuals exhibiting flu like symptoms must notify coach and healthcare provider, stay home and self-isolate per Provincial guidelines.
21. Athletes and coaches are required to wash hands with an approved hand sanitizer upon entering the Training Area.
 - a. Handwash/ sanitization stations are provided in the Training Area.
22. Shared Surfaces within the Training Area are to be wiped down and disinfected after each use.
 - a. Stations with disinfectant and paper towel are provided in the Training Area.



23. If an individual falls ill during practice, they will be required to return home and follow provincial guidelines. The remainder of practice will be cancelled, and a full clean of the Training Area will be conducted.
24. Personal items brought into the training area are to be stored in a suitable, sealable and labeled container supplied by the individual.
 - a. Personal items include but are not limited to; shoes, jackets, outside clothing, backpacks, etc.
 - b. Athletes and coaches are asked to minimize the number of personal items brought into training area and limit to only necessary items.
25. Personal container to be wiped and disinfected by individual at the beginning and end of session daily.
26. Athletes and Coaches are required to practice physical distancing, 2m (6ft) at all times.
 - a. Markers or pylons will be utilized to identify appropriate spacing.
 - b. Face coverings (new disposable or clean reusable, non-medical grade) are required when physical distancing is not possible.
27. Where hand spotting or assistance is required, face coverings and disposable gloves are to be worn by both individuals.
 - a. Disposable gloves to be disposed of immediately after use.
28. Directional traffic flow within Training Area is identified for all Coaches and Athletes to follow. Reconfiguration of the Training area may be required to enable no/low contact traffic flow.
29. Maximum gathering size dictated by the Governing Authorities during a training session/ practice is to be adhered to.
30. Only those who are required for training are allowed into the training area.
31. Spectators are prohibited.

Health Questionnaire & Temperature Check

32. Noted above, everyone is required to complete the Health Questionnaire and Temperature Check prior to entering the Training Area
 - a. To be completed once per visit and does not need to be completed when going from dryland area to pool area.
 - b. Electronic link through emailed link, website or QR code is available to all.
 - c. If an individual arrives and has not completed the required Health Questionnaire and Temperature Check, the link is posted in the area and a non-contact thermometer is available for use.



- d. Thermometer is to be disinfected before and after use.
 - e. Individual utilizing a shared thermometer is to sanitize hands before and after use.
33. Health Questionnaire includes the following;
- a. Name of individual and coach
 - b. Training location
 - c. Training session date and time
 - d. COVID-19 Symptoms, Yes/No?
 - e. Temperature under 38°C (100.4°F)
 - f. Contact with someone with COVID-19 symptoms or a confirmed COVID-19 positive case within the past 14 days, Yes/No?
 - g. Contact with someone who has returned from travel outside of Saskatchewan within the past 14 days, Yes/No?
 - h. Contact with someone who has returned from travel outside of Canada within the past 14 days, Yes/No?
34. If Answers to any of the above are “Yes”, then coach is to be notified immediately, individual cannot participate in training that day and must stay home or go home if already at the training facility.
35. Individual will not be able to return to the Training Area for 14 days after symptoms dissipate or since travel date of return.
36. Individual will need to provide written confirmation to coach that they have tested negative for COVID-19 and are approved by a medical professional to return to training.

Positive COVID-19 Case

37. If a positive case is reported to a coach, the Head Coach must be notified immediately. The Head Coach is responsible to notify the Board of Directors as soon as reasonably practicable.
38. Details to be included with notification include; name of individual, dates of recent training sessions, possible contacts prior to positive result and confirmation that they are now self-isolating and following Provincial health guidelines.
39. The Head Coach is responsible to ensure that the training area is shut down and fully sanitized before the next training session.
40. The Head Coach is responsible to contact those who may have been in contact with the positive case.



41. The Board of Directors will issue correspondence to the club membership advising that there was a positive case and measures to ensure the training area is safe for future sessions. Personal information of the individual will not be shared.
42. If one member of a training group tests positive, the entire training group will self-isolate for 14 days per provincial guidelines, prior to returning to the Training Area.
43. All individuals who have either tested positive or are in the same training group as a positive case will need to provide written confirmation to coach that they have tested negative and are approved by a medical professional to return to training.

Training and Cleaning Protocols

44. Head Coach is responsible to ensure a full clean of the Training Area is completed after a presumptive or confirmed positive COVID case is identified and on a regular basis.
45. Full clean of Training Area to be logged (Equipment Cleaning Log Appended).
46. Equipment list to be posted in Training Area for verification when cleaning equipment.
47. Outdoor and Dryland (Springfloor / Mats / Trampolines / Springboards / Tower):
 - a. 2m physical distancing at boards or training stations.
 - b. 4m physical distancing during vigorous aerobic activity.
 - c. Use of equipment will be restricted to one person at a time.
 - d. Mats are to be wiped with disinfectant after each use.
 - e. All athletes will be required to have their own hand sanitizer.
 - f. All athletes required to have their own water bottle.
48. Spotting Rig Harness Use:
 - a. Will not be utilized until such time, that it is deemed appropriate and required for training.
49. Diving Pool Area:
 - a. 2m physical distancing at boards or training stations and on pool deck. All divers wait on stairs or on pool deck 2m apart.

Program Prioritization

50. The priority schedule is based on the priority level of competitive ability as assessed by the Head Coach.
 - a. Priority will be given to groups in this order:
 - i. Athletes on the HP National Program



- ii. Mary's Sr Elite Group
 - iii. Athletes qualified for Nationals
 - iv. Steve's Jr Elite Group
 - v. Pre-National Group
 - vi. Jr. Dev Athletes
 - vii. Novice
 - viii. LTD & Summer Programs
- b. Example of Training Program Schedule (subject to change):
- i. Mary's Group 5x/week (2 of those daytimes). HP athletes up to 8x
 - ii. Steve's Group 3x/week (1 of those daytime)
 - iii. Pre-National 2x/week
 - iv. Novice/JD 1x/week
- c. As numbers increase, training times will increase according to the group/priority schedule, developed by the Head Coach and finalized by the Head Coach.

Additional Guidelines & Recommendations

51. Athletes and coaches are encouraged to follow current provincial guidelines to safeguard against COVID-19 when not engaged in diving activities in the training areas.
52. When at the training facilities, use of common areas, change rooms, washrooms should be limited to emergencies only to minimize possible contact with the public.
53. If performing diving activities and/ or fundraising activities at facilities other than the home facilities (Shaw, HBAC, Saskatoon Outdoor Pools and Field Training), the guidelines established for those facilities will be followed.

Appended Documents

- Summary of Responsibilities
- Diving Plongeon Canada Waiver documents
 - o Assumption of Risk
 - o Declaration of Compliance
 - o Liability Waiver)
- Health Questionnaire (sample)



- Posters for Training Area
- Layout Plan of Training area (TBD)
- Equipment Cleaning Log
- Equipment List (TBD)



Summary of Responsibilities

Board of Directors	
	Review and approve Return to Play Guidelines.
	Ensure access to resources to meet guidelines.
	Communicate Return to Play Guidelines with SDC membership.
	Communicate occurrence of positive COVID-19 cases to membership and appropriate governing authorities.
	Address non-compliance by Club staff and membership when requested by Head Coach.
	Follow guidelines of all facilities where club activities are taking place (includes fundraising, training, competitions, meeting, etc.)
Head Coach	
	Develop, implement and periodically modify the Return to Play Guidelines.
	Develop, implement and periodically modify the training plan and schedule.
	Coordinate with Facility Management (Shaw & HBAC) to ensure guidelines are being met.
	Clearly communicate plan, guidelines and periodic updates to athletes, parents and coaches.
	Modify Training Area to enable physical distancing measures are possible.
	Ensure personal items of self and others are properly stored in the Training Area.
	Ensure good housekeeping and cleaning is practiced by self and others.
	Ensure good personal hygiene is practiced by self and others.
	Ensure that disinfectant stations are stocked with required hand sanitizer, cleaning products and wipes.
	Ensure garbage available for disposal of cleaning wipes in training area.
	Ensure training area disinfected in advance of and after every training session.
	Ensure equipment is disinfected after each use.
	Complete Health Questionnaire & Temperature Check are completed prior to entering Training Area.
	Confirm all coaches and athletes at training session have completed Health Questionnaire & Temperature Check and/or confirm with coaches of that verification is completed.
	Periodically audit to ensure Health Questionnaires are submitted and accurate.



	Enforce guidelines established by SDC and the facility and conduct discussions with athletes, families and coaches who are not in compliance.
	Communicate compliance concerns, challenges and any positive or constructive feedback to the Board of Directors.
	Immediately report any positive or presumptive positive COVID-19 case to the Board of Directors and initiate an investigation into possible contact points.
	Notify individuals who may have been in contact with presumptive or confirmed positive case.
	Ensure Training Area fully cleaned prior to the next training session after a reported positive case or if an individual falls ill during practice.
	Follow guidelines of all facilities where club activities are taking place (includes fundraising, training, competitions, meeting, etc.)
Coaching Staff	
	Implement Return to Play Guidelines.
	Implement Training Plan.
	Ensure physical distancing is followed by self and others.
	Ensure surfaces are disinfected by individual after each use.
	Ensure personal items of self and others are properly stored in the Training Area.
	Ensure good housekeeping and cleaning is practiced by self and others.
	Ensure good personal hygiene is practiced by self and others.
	Volunteer to periodically clean Training Area before and after each training session.
	Complete Health Questionnaire & Temperature Check are completed prior to entering Training Area.
	Confirm all athletes at in group at training session have completed Health Questionnaire & Temperature Check, by verifying the Response Summary available to all coaches. If not, direct them to the questionnaire to be completed.
	Communicate any positive or presumptive positive COVID-19 cases to the Head Coach.
	Provide feedback on safety and efficacy of Return to Play Guidelines and Training Plan to Head Coach.
	Concerns to be raised to Board of Directors if unsafe conditions are left unaddressed.
	Follow guidelines of all facilities where club activities are taking place (includes fundraising, training, competitions, meeting, etc.)



Athletes	
	Follow Return to Play Guidelines.
	Follow Training Plan.
	Ensure physical distancing is followed by self and others.
	Ensure surfaces are disinfected by individual after each use.
	Ensure personal items of self and others are properly stored in the Training Area.
	Ensure good housekeeping and cleaning is practiced by self and others.
	Ensure good personal hygiene is practiced by self and others.
	Complete Health Questionnaire & Temperature Check are completed prior to entering Training Area.
	Communicate any positive or presumptive positive COVID-19 cases to coach.
	Provide feedback on safety and efficacy of Return to Play Guidelines and Training Plan to coach.
	Concerns to be raised to Board of Directors if unsafe conditions are left unaddressed.
	Follow guidelines of all facilities where club activities are taking place (includes fundraising, training, competitions, meeting, etc.)
Families/ Guardians	
	Follow Return to Play Guidelines.
	Follow Training Plan.
	Ensure physical distancing is followed by self and others.
	Ensure good personal hygiene is practiced by self and others.
	Ensure Health Questionnaire & Temperature Check are completed by athlete prior to entering Training Area.
	Communicate any positive or presumptive positive COVID-19 cases to coach.
	Provide feedback on safety and efficacy of Return to Play Guidelines and Training Plan to coach.
	Concerns to be raised to Board of Directors if unsafe conditions are left unaddressed.
	Refrain from Entering Training Area and Spectator Area.
	Follow guidelines of all facilities where club activities are taking place (includes fundraising, training, competitions, meeting, etc.)



Equipment Cleaning Log		
Date	Equipment Cleaned	Completed By

