

Orcas Parent Meeting October 5, 2020

Competitive Coaches this year:

Tyler Bailer: Head coach,

Nicole Leavitt: Masters coach

Aliah Meyer: 3 Day Coach

Sarah Rasmuson: 3 Day coach

Katia Rasmuson: 3 Day coach

Ainsley Burnett: 3 Day coach

Jaxon Brooks: Focus Plus coach

Sport and Performance Cohorts:

Regulations have changed and swimmers are no longer restricted to being apart of only one sport cohort.

Health Monitoring:

Every Athlete will be required to complete a pre-screening checklist before arriving at the Manluk Centre. This checklist will be offered digitally by following this link:

https://forms.office.com/Pages/DesignPage.aspx?auth_pvr=OrgId&auth_upn=tyler.bailer@wetaskiwin.ca&origin=OfficeDotCom&lang=en-US#FormId=y1yurxFTIOWgiWD9JUM1yWUG-7tUgCxMu2CgNWMluThUMIFXWEtXS01OV0xMNIA2MExEWkEOSJKSC4u

This link will be posted on our Website page, Facebook page and will be emailed out to parents at the beginning of the season.

Athletes must answer 'NO' to all questions prior to attending any training session either digitally or physically.

Athletes will also be required to take a temperature check before being allowed into the changerooms. Normal body temperature is about 37°C anyone reading a temperature higher by 0.6°C will not be allowed entry and must return home immediately.

What to bring to Practice:

Equipment Bags – Athletes are not to leave equipment or mesh bags at the facility. All equipment needs to be brought home and thoroughly cleaned after each training session.

Personal items – (clothing, backpacks, jackets, shoes, etc.) brought in by athletes should be kept to a minimum. Backpacks and bags will not be permitted on the pool deck.

Locks – Unfortunately, theft is a problem with open lockers; we highly recommend that everyone locks their stuff up. We have locks available for purchase at the front desk for \$5.25.

Water Bottles – It is important to stay hydrated throughout practice and every swimmer should be bringing a water bottle to practice and drinking water not only during the practice but also during the day. Sharing water bottles between swimmers is strictly prohibited.

Goggles and Swim caps – It is mandatory that every swimmer brings a pair of goggles and a swim cap to practice. Goggles and team swim caps can be purchased at the front desk of the Manluk Centre.

Arriving and Departing Practice:

Athletes are asked to show up no more than 5-10 minutes early for their scheduled practice and are asked to stay no longer than 5-10 minutes after their scheduled practice. This includes the use of the changerooms.

Lifesaving Activation Fee:

For the 2020-2021 season along with your lifesaving activation fee you will receive the following items.

- Commemorative season coin
- Lifesaving sport decal
- Lifesaving water bottle
- Lifesaving T-Shirt

These items will be provided by the Lifesaving Society AB/NWT and will be handed out near the end of each session during our Time Trial event.

Protocol for positive COVID-19 Test:

If an athlete receives a positive test result for COVID-19, the following steps will be taken:

- The athlete will be removed from the training group immediately.
- Team training will be suspended, and all team members are placed in self-isolation.
- The local public health authority will provide further management recommendations which may include further testing, and contact tracing.
- Any further team members who develop symptoms will be referred to the appropriate public health authority (AHS) or help-line (811) for guidance on testing and appropriate management.
- Information will stay confidential between the club and those who receive a positive test result

Team training could resume if:

- All team members undergo self-isolation for 14 days and no other member has developed symptoms.

- All team members are cleared to return to group training by their physician in accordance with Provincial guidelines.

Attendance:

If you or your child is not feeling well or develops any symptoms of COVID-19 do not come in for practice, stay home and dial 811 for further instructions. If you are unable to make a practice let us know by:

- Sending a private message through our Facebook Page (Wetaskiwin Orcas Lifesaving Club Page) (www.facebook.com/WetaskiwinOrcasLifesavingClub/)
- Email us at Orcas@wetaskiwn.ca
- Or phone the pool office @ (780) 361 4411 and ask to speak with Tyler if he is unavailable please leave a voicemail or a message with one of our other pool staff.
- **There will be no Orcas on October 9th, 12th, 30th due to P.D day(s).**

Social distancing:

Social distancing must be maintained at all times by swimmers and parents.

Parent Meetings:

Parent Meetings will not be held during the 2020-2021 season. If you have a concern, please contact the Head Coach.

Parent Newsletters:

A Parent Newsletter will be sent out at the beginning of every month through Email and posted to our Facebook group.

Volunteer commitment:

There will be no volunteer commitments this season. However, volunteer opportunities may still present themselves for the 2020-2021 season

Orca Merchandise:

Orca Suits and Swim caps can be purchased at the front desk of the Manluk Centre. Suit sizing is available for those who do not know their swimmers suit size. Talk to Tyler or the Front Desk after practice so we can get your proper sizing.

Paperwork:

Every swimmer must have a COVID-19 waiver filled out and signed. If you have yet to do this, please download a copy of the file from our website portal.

<https://manlukcentre.ca/543/ORCAS> or contact us by email, Orcas@wetaskiwin.ca

City of Wetaskiwin Face Covering Bylaw:

Wetaskiwin City Council passed a temporary COVID-19 face coverings bylaw (1973-20) at their regular September 28, 2020 Council meeting. The bylaw does not come into effect until a threshold of 15 active COVID-19 cases in Wetaskiwin is reached, as reported by Alberta Health Services.

Bylaw 1973-20 states that a face covering must be worn at all times in a public premise or a public vehicle, unless the person is separated from other persons by an installed screen, shield, or other barrier.

This does not affect swimmers while on the pool deck.

Simple steps for combating COVID-19:

- Stay home if you are sick
- Practice physical distancing, stay at least 6 feet (about 2 arms' lengths) from others who are not in your household
- Wear a non-medical face mask in public when physical distancing is not possible
- Download and use the ABTraceTogether contact tracing app while out in public
- Avoid carpooling with people from outside your household, if possible
- Wash your hands frequently with soap and warm water for at least 20 seconds or use hand sanitizer
- Cover coughs and sneezes with a tissue or your elbow
- Avoid touching your face with unwashed hands
- Watch for COVID-19 symptoms, such as cough, fever, shortness of breath, runny nose, or sore throat
- Take the COVID-19 self-assessment to arrange testing if you have any symptoms

Stay current with important updates on the City's dedicated COVID-19 portal at wetaskiwin.ca/COVID-19.

Questions or Concerns:

If you have any questions or concerns please feel free to contact us by:

- Sending us a private message through our Facebook Page (Wetaskiwin Orcas Lifesaving Club Page) (www.facebook.com/WetaskiwinOrcasLifesavingClub/)
- Email us at Orcas@wetaskiwin.ca
- Or phone the pool office @ (780) 361 4411 and ask to speak with Tyler, if he is unavailable please leave a voicemail or a message with one of our pool staff.