



WETASKIWIN ORCAS

LIFESAVING CLUB

Program Information

2020-2021 Registration Package

Welcome to the exciting world of Lifesaving Sport!

Enclosed in this package you will find:

1. Registration Form
2. Parent Code of Conduct
3. Swimmer Code of Conduct
4. COVID-19 Waiver

(These forms must be fully completed and brought back to the Manluk Centre)

Additional information enclosed in this package:

1. Program Information - 2020/2021
2. Members Handbook - Team Policies 2020/2021

(These documents are yours to keep for the season and do not need to be returned)

Registration documents (applications) can be dropped off at the front desk of the Manluk Centre

Returning Orca Members can complete registration online



Welcome to the Program

Last year our season was cut short and Provincials had to be cancelled due to the Covid-19 pandemic. This came as a disappointment to all the swimmers and to the coaches. Throughout the 2019-2020 season we watched so many of you improve and develop your swimming and lifesaving techniques and were saddened that we as a team were not able to put those skills to the test at Provincials.

For the 2020-2021 season, there will be no sanctioned Competitions or Provincials hosted in the province and all National and International events have been postponed until 2022. Because of this, our season will focus more heavily on stroke improvement and lifesaving sport skills. There is the potential to host a time trial event at our home pool and have those times uploaded to the lifesaving society website (lifesaving.org), just as they would be at a sanctioned competition. However, doing it this way does mean that provincial records cannot be set for the season.

The Orca's program is organized into two branches: Recreation squads and Competitive squads. Recreation squads will not be offered for the 2020-2021 Orca season. Competitive Squads will focus on Lifesaving Sport and will encourage swimmers to build on existing swimming skills and their spirit of competition.

To ensure that swimmers are given the best training possible, we will be accepting a limited number of registrations in each squad. Please return your registration or register online as soon as possible to secure a spot in the squad of your choice. *Final placement of swimmers will be based on individual skills and at the recommendation of the Head Coach.* Please call or email if you have any additional questions or concerns.

City of Wetaskiwin

Recreation Department: (780)-361-4444
Online Registration: manlukcentre.ca
Email us: orcas@wetaskiwin.ca

Tyler Bailer
Head Coach

Angela Weinhandl
Recreation Office Coordinator

Joanne Dube
Aquatic Coordinator



GENERAL INFO ABOUT COVID-19 AND SWIMMING

COVID-19 is a type of coronavirus mostly found in animals, but when humans become infected, symptoms can range from mild to severe depending on a number of variables. The World Health Organization declared COVID-19 a global pandemic on March 11, 2020. Tragic consequences of this virus are being experienced around the world, including within Canada. There are many ongoing challenges for all of us to manage. For our Canadian aquatics community, a safe and responsible return to swimming is paramount. The intent of the following information is not to provide permission to return to sport, but rather to supply the reader with a guide to current medical recommendations in an attempt to mitigate risks related to COVID-19. The goal is to avoid becoming infected and spreading to other people in the community. COVID-19 has a fragile lipid outer membrane, and is therefore highly susceptible to soaps and oxidants, such as chlorine. According to the Centre for Disease Control, there is no evidence that COVID-19 can be spread to humans through the use of pools, hot tubs or spas. Proper operation maintenance, disinfection with chlorine or bromine of pools should inactivate the virus (CDC 2020). A related coronavirus which caused the SARS epidemic in 2003, was found to be inactivated by UV treatment and disinfectors.

SPORT AND PERFORMANCE COHORTS

Swimmers may only have one sport or performance cohort. In order to change cohorts, there must be a minimum of 14 days between training with either cohort.

HEALTH MONITORING

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

<https://www.surveymonkey.com/r/MACCOVID-19Screening>

This link will also be posted on our 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.

An athlete that is required to leave a training session as a consequence of experiencing signs or symptoms consistent with COVID-19 is required to contact their physician to consider the appropriateness of further investigations. Further investigations may include a test for COVID-19, which then may lead to the notification of appropriate public health officials regarding a positive test result. Public health officials will determine any requirements related to facility and/or group operations, as well as any requirements around contact tracing as it relates to managing the spread of the virus. The athlete may not return until receiving clearance from the physician, and if a test for COVID-19 was completed, a negative test result will be required before further training is permitted.

Athletes at risk for severe illness from COVID-19 are recommended to review their specific health concerns with their primary care provider prior to attending training sessions. Common underlying health conditions which may place an individual at higher risk would include hypertension, heart disease, diabetes, obesity, chronic respiratory diseases such as asthma and those who are otherwise immunocompromised.



TRAINING GROUP PROTOCOL FOR POSITIVE TEST

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

- The athlete is 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.

HOME ISOLATION RECOMMENDATIONS

If you find yourself ill with symptoms suggestive of COVID-19,

- Remain at home except to get urgent medical care.
- Do not go to work, school, pool, or other public places.
- Cancel non urgent appointments.
- Do not use public transport.
- Notify your doctor or local health department by phone, as testing may be required.
- Monitor your symptoms and seek medical attention if you are having difficulty breathing, are unable to drink fluids, or if your illness is significantly worsening.
- Wear a face mask when around others, particularly when physical distancing cannot be maintained.
- Separate from household members, at least 2 meters at all times.
- Do not have visitors.

USE OF EQUIPMENT

- 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 and 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.
- Sharing of water bottles is prohibited.

ARRIVING/DEPARTING PRACTICE

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



- Athletes should arrive ready to swim in their suits prior to arriving for practice.
- Changerooms are available but swimmers are asked to leave the facility as quickly as possible.
- Physical distancing must be maintained at all times in the changerooms and the rest of the facility.
- Parents should drop their swimmers off at the front doors of the Manluk Centre and remain in their vehicles for the duration of the practice.

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.

RECREATION SQUADS

- Recreation squads will not be offered for the 2020-2021 season.

COMPETITIVE SQUADS

For the 2020-2021 season competitive squads are going to look a little different. For all squads we will only be practicing 3 days a week. Practice times and program participants will be reduced in length and numbers to better allow for social distancing. The season will be broken into 2 sessions, the first session will commence in October and run to December, the second session will start in January and run till March. This will allow us to reach more swimmers as our participant numbers will be reduced. Competitions will not be running this season, however there is the potential to run a time trial at our home pool. Times from the time trial would then be uploaded to the lifesaving website and be compared to other teams across the province. During practice times the pool will be closed to the public and only those registered in an Orca Squad will be allowed access to the pool area.

Competitive squads offered for the 2020-2021 season:

Competitive 3 Day Group A

Introduction: The *Competitive 3 Day squad* swims three days per week and will focus on the development of proper swimming and Lifesaving Sport techniques.

Prerequisites:

- Ages 8-16
- Ability to swim 100m continuously
- Completed Red Cross Swim Kids 6 or equivalent skills
- Previously competed in Lifesaving Sport and approved by Head Coach



Session 1: October 5th, 2020 – December 18th, 2020

Session 2: January 4th, 2021 – March 19th, 2021

Practices: Monday, Wednesday, and Friday 4:00pm – 5:25pm
No School = No Practice (WRPS Calendar)

Cost: \$240.00
\$50.00 Lifesaving Activation fee
\$290.00 Total

Competitive 3 Day Group B

Prerequisites:

- Ages 9-16
- Ability to swim 100m continuously
- Completed Red Cross Swim Kids 6 or equivalent skills
- Previously competed in Lifesaving Sport and/or approved by Head Coach

Session 1: October 5th, 2020 – December 18th, 2020

Session 2: January 4th, 2021 – March 19th, 2021

Practices: Monday, Wednesday, and Friday 5:35pm – 6:30pm

Cost: \$190.00
\$50.00 Lifesaving Activation fee
\$240.00 Total

Focus Plus

Introduction: The *Focus Plus squad* was designed for Athletes who are at least 15 years of age and who enjoy the challenge that Lifesaving Sport offers. Athletes in this squad will train with more intensity for the purpose.

Prerequisites:

- Ages 15-21
- Ability to swim 400m continuously
- Previously competed in Lifesaving Sport and/or approved by Head Coach
- Completed the Lifesaving Society's Bronze Medallion certification (or plan to take it during the Orca season)

Note: Swimmers who are younger than the prerequisite age may participate in this squad if first approved by the Head Coach.

Session 1: October 5th, 2020 – December 18th, 2020



Session 2: January 4th, 2021 – March 19th, 2021

Practices: Monday, Wednesday, and Friday 5:35pm – 6:30pm (Pool)
Monday, Wednesday, and Friday 6:40pm – 7:00pm (Dryland)

No School = No Practice (WRPS Calendar)

Cost: \$240.00
\$50.00 Lifesaving Activation fee
\$290.00 Total

Masters

Introduction: The Masters squad is for those who are looking to improve their swimming ability and overall fitness in the water. Master swimmers’ range between those who are just starting out to swim and improve their strokes to those who may be more advanced and are looking for a tough workout. Lifesaving Sport skills will also be introduced and taught in this squad. If desired swimmers in this squad can choose to compete at competitions, the \$50.00 Lifesaving activation fee will be added to your account and will need to be paid in full before being signed up for a swim meet.

Prerequisites:

- Ages 20+
- Ability to swim 50m continuously

Session 1: October 5th, 2020 – December 18th, 2020

Session 2: January 4th, 2021 – March 19th, 2021

Practices: Monday, Wednesday, and Friday 5:35pm – 6:30pm

No School = No Practice (WRPS Calendar)

Cost: \$190.00

Contact Us

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@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 aquatic staff.