

**Competitions and Camps in Yellow
12 March – 30 April 2021
Version 5 - 12 March 2021**



**With a return to Yellow alert level,
SNB will be sanctioning competitions and organising training camps to enable:**

- **All swimmers to swim in a meet by 30th April.**
- **All competitive swimmers to race in the same pool as another club by 30th April.**
- **All Devo, NexGen and HP swimmers to attend a real/virtual camp by 15th May;**

These guidelines for sanctions and camps are based on our understanding of the conditions announced by the government for returning to Yellow alert on Monday 8 March 2021, and on guidelines issued by Sport and Recreation Branch. Please consult the latest version of the FAQ prepared by Sport and Recreation Branch for further information.

All clubs are requested to consider the level of training of their athletes and their interest in participating in meets with other clubs. All competitions and camps must respect limits set by pool managers.

Clubs are requested to advise the Executive Director of their interest in organising House Meets, Intra-Region Meets, Inter-Region Meets and Camps/Clinics until 30 April 2021. SNB will aim to have a province-wide schedule of meets from May onwards.

	Health Region						
	1 CNBO CVAC SSC	2 SSSA SWRD TIDE	3 FAST	4 NES	5 AQUA	6 BLAST CNS LES LOC	7 MWC
13-14 March							
20-21 March							
27-28 March							
3-4 April							
10-11 April							
17-18 April							
24-25 April							

Our goal is to enable all SNB swimmers to swim in a meet, if they wish, by 30th April

- **SNB will sanction one House Meet for each club until 30th April.** A House Meet can include up to 150 participants (subject to pool limits), including athletes, coaches, and officials. All athletes and coaches must be members of a single club, although officials may come from outside the club if necessary.
 - Additional sanctions will be considered if pool limits prevent a club from accommodating all swimmers in a single House Meet.
- **House Meets can be held in any pool in the province.** While clubs are encouraged to use their own pool, this is not compulsory.
- **Spectators are allowed, subject to the plan prepared by pool management.** Measures to control spectators must be included in the Operational Plan prepared by the club.
 - For pools where spectator seating is physically separated from the pool deck, the number of spectators allowed is 50 % of capacity venue.
 - For pools where spectator seating is not physically separated from the pool deck, the limit of 150 participants includes athletes, coaches, officials, and spectators.
- **Clubs are encouraged to minimize the number of officials.** SNB recommends reducing the number of lanes for Meets in order to minimise the number of officials, but this is at the discretion of the club.
- **Clubs must prepare an operational plan for their Meet.** This plan should reflect the pool and club situation and detail how you will ensure respect of all precautions, including minimising the number of officials, seating and marshalling of athletes, and control of spectators. Mask and physical distancing are required.
- **“Splash fees”.** SNB will collect and refund “Splash fees” for House Meets held before 30th April.

Intra-Regional Meets

Pool limit, up to 150 participants

Our goal is to allow all competitive swimmers to race in the same pool as another club by 30th April

- **SNB will sanction Intra-Regional Meets per club in a health zone until 30th April according to the number of clubs in the zone.** An Intra-Regional Meet may be open to all clubs within a single health zone or may be organised for two clubs. An Intra-Regional Meet can include up to 150 participants (subject to pool limits), including athletes, coaches, and officials.
 - Zones 1 and 2 are entitled to 3 meets and zone 6 is entitled to 4 meets until 30th April.
 - Additional sanctions will be considered if clubs in a zone prefer to hold distinct Development and Invitation meets in different pools.
 - Clubs in zones 3, 4, 5 and 7 (FAST, NES, AQUA and MWC) are not able to hold or participate in Intra-Regional meets.
- **Intra-Regional Meets may be one or several sessions on a single day or over two days.**
- **Intra-Regional Meets can be held in any pool in the health zone.** Clubs are requested to coordinate hosting of Intra-Regional Meets so that each club can host a meet in successive 4-week periods.
- **Spectators are allowed, subject to the plan prepared by pool management.** Measures to control spectators must be included in the Operational Plan prepared by the club.
 - For pools where spectator seating is physically separated from the pool deck, the number of spectators allowed is 50 % of capacity venue.
 - For pools where spectator seating is not physically separated from the pool deck, the limit of 150 participants includes athletes, coaches, officials, and spectators.
- **Clubs are encouraged to minimize the number of officials.** SNB recommends reducing the number of lanes for Meets in order to minimise the number of officials, but this is at the discretion of the club.
- **Clubs must prepare an operational plan for their Meet.** This plan should reflect the pool and club situation and detail how you will ensure respect of all precautions, including minimising the number of officials, seating and marshalling of athletes, and control of spectators. Mask and physical distancing are required.
- **Splash fees**". SNB will collect "Splash fees" for Intra-Regional Meets.

Inter-Regional Meets

Two clubs, pool limit, up to 150 Participants

Our goal is to enable all competitive swimmers in all Zones to race in the same pool as another club by 30th April

- **SNB will sanction Inter-Regional Meets.** An Inter-Regional Meet is open to a total of 150 participants (subject to pool limits), including athletes, coaches, and officials, but is limited to two clubs from different health zones.
 - Priority in scheduling Inter-Regional Meets will be given to clubs in Zones 3, 4, 5 and 7, that are not able to participate in Intra-Regional Meets.
 - Inter-Regional Meets for clubs from any two zones will be sanctioned if all clubs in the same zone are also able to swim in an Intra-Regional Meet (Zones 1, 2 and 6) or an Inter-Regional Meet.
 - Clubs are requested to coordinate hosting of Inter-Regional Meets so that each club can host a meet if they wish.
 - Additional sanctions will be considered with the goal of ensuring that swimmers from all clubs and all levels have equivalent opportunities to compete.
- **Inter-Regional Meets may be specialised at the discretion of the participating clubs.** Clubs may prefer to hold distinct Development and Invitation meets in different pools or in two distinct sessions at the same pool.
 - Additional sanctions will be considered if two clubs coordinate distinct Development and Invitational Meets in different pools.
- **Meets requiring overnight stays are not encouraged but are allowed.**
- **Spectators are not encouraged but are allowed, subject to the plan prepared by pool management.** Measures to control spectators must be included in the Operational Plan prepared by the club.
 - For pools where spectator seating is physically separated from the pool deck, the number of spectators allowed is 50 % of capacity venue.
 - For pools where spectator seating is not physically separated from the pool deck, the limit of 50 participants includes athletes, coaches, officials, and spectators.
- **Clubs are encouraged to minimize the number of officials.** SNB recommends reducing the number of lanes for Meets in order to minimise the number of officials, but this is at the discretion of the club.
- **Clubs must prepare an operational plan for their Meet.** This plan should reflect the pool and club situation and detail how you will ensure respect of all precautions, including minimising the number of officials, seating and marshalling of athletes, and control of spectators. Mask and physical distancing are required.
- **Splash fees**". SNB will collect "Splash fees" for Inter-Regional Meets.

Our goal is to enable all Devo, NexGen and HP swimmers to attend a real/virtual camp by 15th May

Government guidelines have changed during this week and SNB has had to change plans for camps.

Activities under consideration include:

- Virtual province -wide camps for Devo, NexGen and HP swimmers;
- Exchange of coaches for skills training for Devo, NexGen and HP swimmers;
- Real Intra-regional camps for Devo, NexGen and HP swimmers;
- Dual-club training days for NexGen and HP swimmers from two clubs;
- Travel support for clubs to enable NexGen and HP swimmers to undertake Long Course training at CGAC.

Planning of camps and clinics will aim to ensure that Devo, NexGen and HP swimmers from all clubs have equivalent opportunities to participate, regardless of their health zone.

SNB encourages coaches to propose camp and clinic options that:

- Respect pool limits, up to 150 participants;
- Are restricted to participants from a single zone, or two clubs from different zones;
- Allow swimmers to benefit from the skills of another coach;
- Provide equivalent opportunities for qualifying swimmers, regardless of their club.

Minimising numbers of Officials for Meets during Covid

Clubs should plan on doubling up roles of officials as much as possible, such as:

- Referee may act as stroke judge and Starter as start judge on one side;
- One timer per lane with two watches and two plungers for electronic. Timers may also act as turn judge;
- Assistant coach may act as Safety coordinator, swimmer marshal and collect masks.

SNB suggests using Timers even when electronic timing is available. Timers may be avoided with electronic timing, but any swim with a soft touch would have to be repeated.

Officials who are required to move around the pool should be able to do so while maintaining 2m distancing.

Meet scheduling should allow for several breaks of 10 minutes to allow officials to resolve any issues (eg DQ) and to provide a pause for officials and swimmers.

The following officials' rosters are acceptable minimums in the current context. Clubs are encouraged to have at least one extra official is who stroke/turn judge qualified.

<p>Three lanes, electronic timing</p> <p>1 x Referee / stroke judge off-side 1 x Starter / stroke judge near-side 3 x Timers/ Turn-judges near-end OR 1 Turn judge at near-end 1 x Turn judge far end 1 x Safety coordinator + masks and marshalling 1 x Electronics operator / Clerk</p>	<p>Six lanes, electronic timing</p> <p>1 x Referee / stroke judge off-side 1 x Starter / start judge near-side 1 Stroke judge far side 6 x Timers/ Turn-judges near-end OR 3 Turn judges at near-end 3 x Turn judges far end 2 x Safety coordinator + masks and marshalling 2 x Electronics operator / Clerk</p>
<p>Three lanes, no-electronic timing</p> <p>1 x Referee / stroke judge off-side 1 x Starter / stroke judge near-side 3 x Timers/ Turn-judges near-end 1 x Turn judge far end 1 x Safety coordinator + masks and marshalling</p>	<p>Six lanes, no-electronic timing</p> <p>1 x Referee / stroke judge off-side 1 x Starter / start judge near-side 1 Stroke judge far side 6 x Timers/ Turn-judges near-end 3 x Turn judges far end 2 x Safety coordinator + masks and marshalling 1 x Clerk</p>

Effective coaching at Meets during Covid

Meet managers need to make additional arrangements to ensure that coaches can provide feedback to athletes after their race while still maintaining physical distancing. Measures must be taken to prevent the traditional crowd around the coach after each race.

- Coaches should have a table, or lines marked on the pool deck, to indicate 2m distance when athletes come to consult them after the race.
- Establish a waiting line with marks at two metre intervals for swimmers waiting to talk with the coach.
- Coaches will probably be responsible for multiple swimmers in each race, and may:
 - prioritise swimmers or items that require immediate feedback and leave other discussions until later;
 - have several coaches, each of whom watches certain swimmers;
 - make notes on each swim to be able to give feedback later.
- Split times for races may be recorded by Timers, by spectators (if present) or by other swimmers. Times could be recorded on a phone and sent to the coach who give feedback later.
- Provide longer breaks between races so that coaches have time to provide feedback to multiple swimmers.
- Consider filming each race to enable analysis and discussion later.