



Regina, January 12, 2021

Subject: Covid-19 weekly information note #6

Hello all Water Polo Saskatchewan members,

Happy New Year 2021!

Saskatchewan Government has announced on Tuesday January 12 the extension of the measures applicable to Sports and applicable since Nov27. The following measures will be maintained until **January 29, 2021**.

Sport are allowed to practice respecting the following restrictions:

- Only for 18 years old and under (born in 2002 and after)
- Groups of 8 people maximum
- Only skills practices where physical distance of a minimum of 3m between participants (no contact)
- Coaches must wear face mask, and medical grade face mask if coaching more than 1 group.

ALL athletes aged of 19 years old or more are still in "pause" until **January 29, 2021**.

Each clubs will keep deciding of the continuity or not of their own programs during this period of **December 17, 2020 - January 29, 2021**.

Members can expect more specific information in regard of their child's program to be sent from their clubs.

Concerning its own training programs that are the Development Centre, High Performance Centre (HC) and High School Excellence Centre (HSE), **WPS has decided to resume training starting January 15, 2021**. WPS has been communicating with concerned athletes and families about the groups' reorganization.

In the meantime, here are the WPS guidelines to follow and please take time to review them especially the point 1. Daily Monitoring as the break was long and you might have forgotten important things:

1. Daily Monitoring

Daily monitoring of participants is under **the participants (for 18 and older) or parents (for 17 and under) responsibility**.



All members must answer 'NO' to all the following questions prior to attending any training session:

- Do I have any of the symptoms: cough, shortness of breath, chest pain, difficult breathing, fever, chills, repeated shaking with chills, abnormal muscle pain, headache, sore throat, painful swallowing, runny nose, new loss of taste or smell, gastrointestinal illness?
- Have I been in contact with or cared for someone with COVID-19?
- Have I returned from a trip outside the country within the last 2 weeks?

If a member has responded "yes" to any of the above question then he/she must not attend training and are advised to contact the Saskatchewan Health Authority Health line by calling 811 for further advisement.

Members **MUST** then contact their club to inform them of the situation and their protocol.

Clubs may decide to implement additional monitoring process if they wish to do so or if the facility is asking them to do so.

2. Daily Tracking

Daily tracking will be done by the club/program keeping attendance at each practice. This is a requirement from Sask Health Authority in order for them to do their contact tracing in case of a positive case found within our sport. Attendance records will be kept for a minimum of 30 days by the club.

3. School and High School Covid-19 positive case or outbreak

In the case that a positive COVID-19 person is identified at the same school as a student-athlete, **they will be asked to not attend training for 48 hours** (unless otherwise advised by their school or SHA authorities), which the estimated time is taken for SHA to contact persons exposed to a positive COVID-19 case. If after 48 hours the student-athlete has not been contacted and NO symptoms are present, they may return to training.

In this situation again members **MUST** inform their club of the situation and keep them updated of the situation.

4. Physical distancing and protective masks guidelines

Physical distancing of 3m is mandatory by Sask Health Authority and required within our WPS return to sport plan for all our members.

All members must respect physical distancing or wear face mask if the 3m physical distancing cannot be implemented at **all time**. It includes during carpooling of members,



the entry in the facility, the changing room, the deck space, and in the water if athletes are not within their Mini League occasional contact and hermetic group.

Protective masks are recommended when physical distancing cannot be ensure.

As well SHA has made mandatory the protective mask in all indoor facility open to public, including the swimming pool in the following water polo clubs' cities: Estevan, Regina, Saskatoon and Weyburn. In these cities all participant must wear protective mask at all time, except when they are in the water.

WPS is supporting clubs to add further requirements if they judge the necessity of it.

Cyril Dorgigné | Executive Director | Water Polo Sask

300 – 1734 Elphinston St, REGINA, SK, S4T 1K1 | Phone: (306) 780-9260 | Fax: (306) 780-9467
c.dorgigne@wpsask.ca | <http://wpsask.ca/>