



July 2, 2020

Hello Swim Ontario Master swimmers, coaches and member clubs,

The Swim Ontario Masters Committee has been inspired by the creativity and commitment of masters swimmers as they work to stay active and fit in the face of COVID-19 restrictions, including extended pool closures. With some pools beginning to reopen, we look forward to supporting members during the gradual transition back to the pool. With this in mind, our July newsletter is focused primarily on looking ahead to the 2020-21 season.

Registration updates for the 2020-21 season

- Swim Ontario’s new club application fee is suspended for the 2020-21 season.
- Individual masters swimmer registration fees remain the same as last year
- The individual registration fee for the 2020-21 season:

Category	Swimming Canada	Swim Ontario	HST	Total
Masters	\$10.00	\$22.12	\$2.88	\$35.00
Independent	\$10.00	\$44.25	\$5.75	\$60.00

The former non-competitive and competitive categories have been blended and packaged into a single registration category “Masters”.

Swim Ontario provides core services:

- Registration Swimmers, Coaches, Officials
- Club Affiliation
- Coach Certification Courses (NCCP)
- Competition Sanctioning
- Insurance Program
- Coach Compliance
- Provincial Competitions
- Officials Education
- Complaint Management/Issue/Advocacy

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Return to the pool

As we head into summer, pandemic-related restrictions in Ontario are gradually lifting and some pools are starting to reopen. Swimming Canada developed a [COVID-19 Return to Swimming Resource Document](#) to provide information and guidance on best practices and to ensure that the return to the pool is done in a safe manner.

The concepts laid out in the document are considered to be the minimum requirements for risk mitigation and a safe return to the pool. Swim Ontario has also published guidelines and requirements for safe return to club operations [HERE](#).

Swimming Canada is developing a new user-friendly electronic registration system. The new system will allow users to complete registration forms, as well as all declarations, acknowledgements and waivers online.

Open water swimming

With water temperatures warming, and access to pools and structured programs still limited, we know that many swimmers will continue to embrace open water swimming. While many swimmers are doing swimming informally/independently, we note that any coach-led open water training must comply with Swim Ontario's [Open Water Safety Guidelines](#).

Swim Ontario's Open Water Competition is currently scheduled for August 22, 2020 in Welland. This event is open to masters swimmers registered with Swim Ontario. Mark your calendars and use this opportunity to test your open water skills with other passionate open water swimmers!

Looking ahead to the 2020-21 swim season

While the masters swimming community welcomed news of pool re-openings, access to pool time and the ability to operate masters programs will continue to be limited for some period of time. Swim Ontario is working to support masters swimmers during this transitional period. Among other things, these efforts include:

- Promoting and encouraging participation in Swimming Canada's virtual monthly challenges.
- Adapting Swim Ontario's 2020-21 event calendar to ensure compliance with restrictions on group size and physical distancing requirements.
- Seeking stories from swimmers and coaches, beginning with July's #fishoutofwater contest (see below).

Calling all coaches

The role of coaches in masters swimming is critical. Dedicated and passionate coaches are the lifeblood of our sport. The role of coaches in engaging, supporting and encouraging swimmers is arguably more important than ever with the uncertainties surrounding COVID-19 restrictions and the evolving process of returning to the pool

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and masters programs. Swim Ontario is looking to masters coaches to promote participation in provincial and national initiatives and events, beginning with Swimming Canada's monthly challenges.

Swimming Canada Monthly Challenges

Last year Swimming Canada created a series of [monthly challenges](#). Swim Ontario is aligning with Swimming Canada to promote and encourage participation of Ontario masters swimmers in the monthly challenges in the 2020-21 season. Given the uncertain status of swim meets for the upcoming season, Swimming Canada's monthly challenges will provide an excellent opportunity for swimmers to test themselves, and for teams to galvanize around a common event with a virtual format. The flexibility of the monthly challenges, including the ability to do them on different days or independently, will also be helpful as the number of swimmers permitted in pools at one time may be limited for some time. So please get on board, participate, and submit your results each month. Swimmers can win sport prizes and age group bragging rights.

2020-21 Program: Arena/TAS Swim Series and other events

Swim Ontario is actively planning its event offerings for the 2020-21 season. In the upcoming season, Swim Ontario plans to run the Arena/TAS Swim Series, along with other events, such as the 100 x 100 holiday celebration swim. However, we have recognized the need to adjust event formats to ensure compliance with COVID-19 restrictions and requirements and are planning to run a number of events virtually, particularly at the beginning of the upcoming season.

The Arena/TAS Swim Series will begin with a Virtual EOMAC Semi-Serious meet in November, followed by the IM FAST meet, and additional events in 2021, to be announced. Coaches can submit swimmers' results for virtual events to Swim Ontario using the honour system. Results will be merged and posted on the website as complete meet results.

As restrictions ease, multi-team events may resume with the necessary modifications to ensure appropriate physical distancing and compliance with any limits on group size.

Share your story: #FishOutOfWater

Swim Ontario Masters wants to engage more actively and regularly with its members through Facebook.

Swim Ontario Masters is launching a monthly share beginning July 2020. July's theme is **#FishOutOfWater**. We are seeking stories and photos from masters swimmers and coaches on the following topic:

"What new activities and things are you doing to maintain health, fitness or wellness as a result of the COVID-19 pandemic?"

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Instructions:

- Follow/like us on Face Book: <https://www.facebook.com/swimontariomasters/>
- Tell us your story by creating a post with the hashtag **#FishOutOfWater**



MASTERS

JULY 2020 CONTEST

- Like us   swimontariomasters
- Tell us your lockout story using **#FishOutOfWater**
- Win prizes!

