



Different Strokes Calgary Masters Swim Club

Return to Swimming Plan

July 2020

Revision 0

Table of Contents

LEGAL DISCLAIMER	3
COMMITMENT TO SAFETY	3
ADHERENCE TO GUIDELINES AND REQUIREMENTS	4
Oversight	4
Registration	4
Waivers & Declarations	4
Gathering/Socials	4
Physical Distancing	5
Daily Health Screening	5
Hygiene	5
Contact Tracing	5
Participation in DSC Activities	5
COVID-19 Representative	6
Athletes with an Underlying Health Condition	6
First Aid	6
Personal Protective Equipment	6
Transportation	6
Spectators	6
Equipment	6
Food & Water	7
RETURN TO SWIMMING	7
DSC Declaration & Plan	7
Grouping, Cohorts and Phased Return:	7
Multi-Sport Athletes	7
Training Session Procedure	8
Travel	8
Return to Competition	8
APPENDICES	9

LEGAL DISCLAIMER

The Different Strokes Calgary Masters Swim Club (DSC) has prepared this document based on the latest information available to date from Swimming Canada, Swim Alberta, and Alberta Health Services (AHS). This document will be updated periodically as the situation around the COVID-19 pandemic evolves and additional direction becomes available from the Government of Alberta and AHS.

This document is meant to provide information and guidance as to best practices based on current information available. It also outlines requirements that the club must adhere to in order to have events and activities sanctioned by Swim Alberta.

The club is responsible for assessing the risks in our current environment and establishing the appropriate safety procedures to minimize those risks, while following the advice and instructions of public health, government authorities, and policies at facilities where practices occur.

Additionally, it is an individual's responsibility for assessing his or her personal risks in consultation with medical professionals and for the outcome of his or her decisions and actions. Before returning to sport, each individual will be required to answer questions about their personal health risks.

COMMITMENT TO SAFETY

DSC acknowledges that our membership is eager to safely return to normal routines and activities that were an important and large part of our daily lives prior to COVID-19. We look forward to supporting our membership in safely returning to the sport of swimming in our regular facilities.

The priority of DSC will always focus on the safety of our membership, specifically our athletes, as well as our coaches, volunteers, staff and families involved in the sport of swimming. It is vital that our effort to "return to sport" will need to be done in the safest way possible. DSC will continue to monitor and follow all guidelines and regulations that have been put in place through Swim Alberta and the local authorities. Returning to swimming will require your patience and support.

By working together, the DSC community can ensure the safety of our athletes and entire membership as we return to the sport of swimming, a sport that ignites the passion in all of us.

ADHERENCE TO GUIDELINES AND REQUIREMENTS

Our return to swimming will be a gradual and phased process. DSC must follow the lead of Swim Alberta, AHS and local authorities relating to permitted activities such as swimming and eventually competitions. DSC must fully understand any additional local municipal regulations that may be in place.

Conditions Return to Swimming will require the following conditions to be met:

- The Federal and Provincial Governments ease imposed relevant restrictions in Alberta;
- Municipal Governments allow organized sport to access swimming pools, gymnasiums, fields and fitness centres etc;
- Swim Alberta's Return to In-Person Training & Swimming Guideline (Resources) is adhered to and followed (including any additional protocols, restrictions and guidelines that may be updated);
- DSC agrees to adhere to Swim Alberta requirements and submit any required declarations or waivers;
- The DSC Return to Sport Plan will be developed in conjunction with our local facilities. This Plan is to be available upon request of Swim Alberta and may also be requested by partner sport facilities;
- DSC must ensure that all coaches, athletes, and volunteers understand and agree to follow regulations and guidelines governing the return to in-person training and swimming.

DSC must ensure that activities comply with basic safety requirements in addition to any Provincial guidelines or requirements as outlined by Swim Alberta, AHS or local authorities. DSC will ensure that members, coaches and staff are aware of requirements and guidelines and will include this information on the weekly newsletter and/or the DSC website.

Oversight

All DSC activities must be overseen by a responsible person who will ensure adherence with the DSC Return to Sport Plan and public health guidelines. Individuals exhibiting symptoms of Covid-19 will be sent home immediately but will be provided guidance for follow-up actions (see section on COVID-19 Representative).

Registration

All DSC coaches and swimmers must be fully registered with DSC, Swim Alberta and Swimming Canada. The summer season will continue as part of the preceding 2019/2020 season.

Waivers & Declarations

All DSC coaches and swimmers must sign a Waiver and Assumption of Risk Form (Appendix 6). DSC will provide a Declaration of Compliance to Swim Alberta prior to participating in activities.

Gathering/Socials

DSC activities must comply with local and facility gathering restrictions. Gathering restrictions in Alberta are changing from time to time. For now, groups will be limited to 50 people, which is

subject to change. Group size shall comply with public health orders and facility requirements at all times.

Physical Distancing

DSC activities will comply with physical distancing restrictions. Where possible, individuals must maintain physical distancing of at least 2 metres from others, unless they are from the same household or cohort family. Consideration will be given to the arrival and departure of swimmers/staff that supports physical distancing requirements; except for family members or persons in their **core cohort** (AHS defines this as a group of people you regularly spend the longest time and in closest contact with and currently limited to under 15 people).

Daily Health Screening

Individuals must answer the Daily Health Screening Checklist questions prior to participating in any organized activity. If an individual answers yes to any of the questions, they will not be allowed to participate. This Checklist (Appendix 1) will be sent to each participant by email prior to each workout. Participating athletes are encouraged to keep a record of daily health screening checklists for 6 weeks (July and August).

Hygiene

For all DSC activities, Coaches and/or DSC board members will communicate appropriate hygiene measures in advance to all participants. Coaches will ensure participant compliance with required hygiene measures. Athletes will be encouraged to have personal hand sanitizer at all workouts. Coaches will also be required to have hand sanitizer at all workouts. Athletes and coaches are encouraged to frequently wash or sanitize hands, including immediately before and after training.

Contact Tracing

Contact Tracing Logs (Appendix 2) for all coaches and swimmers will be completed for every training activity, and will be quickly accessible to ensure efficient contact tracing. Contact Tracing Logs will be completed online or onsite (in accordance with the Training Procedure) by the lead coach or their designate for each session and must be maintained for a minimum of two weeks.

Participation in DSC Activities

Swimmers must be able to understand and adhere to personal hygiene measures, physical distancing measures and recommendations, cohort measures and screening protocols recommendations issued by AHS. Supplementary Physical Distance Guidelines specific to swimming are outlined in the Swimming Canada Return to Swimming Resource Document (see link in Appendix). Health Monitoring Guidelines as outlined in the Swim Alberta Return to In-Person Training and Swimming Guideline (see link in Appendix).

COVID-19 Representative

DSC will designate a COVID-19 Representative (Appendix 9). If any athlete that arrives at training displays any of the symptoms listed in Health Screening checklist, they will be immediately sent home by the coach/COVID Rep. If an athlete or staff tests positive for COVID-19, the training group protocol for a positive test as outlined in the Swimming Canada Return to Swimming Resource Document (see link in Appendix) as well as the requirements of AHS must be followed. Only when a negative COVID-19 test result can be produced after symptoms subsided can the athlete be re-admitted.

Athletes with an Underlying Health Condition

DSC recommends that any athlete with an underlying health condition which places the athlete at an increased risk from Covid-19 should discuss their return to training plan with a primary health provider prior to return to in-person training. The Swim Alberta Acknowledgment and Assumption of Risk Form (Appendix 6) is a mandatory waiver and MUST be signed by every athlete returning to in-person training.

First Aid

DSC will ensure personal protective equipment is immediately available IF first aid treatment is required. DSC coaches will have masks and gloves available for use if physical distancing cannot be maintained due to circumstances such as administering first aid.

Personal Protective Equipment

DSC coaches will have individual personal protective items (including masks and gloves) at each workout. Personal protective equipment must be used if physical distancing cannot be maintained. Each coach will wash and/or sanitize their hands regularly in accordance with established guidelines or expectations. Coaches will have hand sanitizer, masks and gloves available for use particularly if physical distancing cannot be maintained due to circumstances such as administering first aid.

Transportation

Carpooling or transportation outside of the family unit or in-person training cohort is not currently permitted by Swim Alberta. To comply with guidelines regarding sport cohorts, athletes in separate training cohorts cannot travel together in the same vehicle at this time.

Spectators

Spectators are not permitted at this time. Any person entering a training facility must follow the requirements as outlined by the facility.

Equipment

Personal training equipment cannot be shared. Use of Equipment Guidelines as outlined in the Swimming Canada Return to Swimming Resource Document (see link in Appendix) will be followed.

Food & Water

Sharing of water bottles is not permitted. Communal water coolers are not permitted. Swimmers must bring their own water bottle cleaned and filled at home prior to any training activity. Public water filling stations will not be used at this time.

RETURN TO SWIMMING

DSC Declaration & Plan

DSC will submit a Return to Swimming Club Declaration Form to Swim Alberta. DSC must have a written plan available upon request of Swim Alberta. This written plan should follow the recommended return to swimming process for clubs and the return to swimming key considerations as outlined in the Swim Alberta Return to In-Person Training and Swimming Guideline (see link in Appendix). DSC will ensure that all members, coaches and staff are aware of the return to swimming guidelines and will make access available through links in the DSC Return to Sport Plan posted on the DSC website and/or the weekly newsletters.

Grouping, Cohorts and Phased Return:

DSC will resume training in a phased approach as recommended by Swim Alberta. This phased approach will be reviewed with each respective facility. Training Groups will be divided into Cohorts. Because of the relative small membership, DSC will subdivide our cohorts to having swimmers in the same lane stay consistently in the same lane for every training session (maximum of 5 swimmers per lane). Cohorts must comply with AHS Stage 2 Return to Sport Guidelines (see link in Appendix). Cohorts may not interact between cohorts and members of a training group (cohort) must remain the same for all training sessions in order to limit cross group interaction and protect all groups. Attendance will be taken as part of the Contact Tracing requirements (see preceding section on Contact Tracing). Each swimmer in the cohort may not train with another cohort or participate in another sports cohort. Members of a cohort may only participate in another activity if physical distancing is able to be maintained. If the coaches are able to maintain physical distancing from the group at all times the coaches would not be considered part of the cohort and could coach multiple groups. An example of not maintaining physical distancing would include teaching stroke mechanics on the pool deck, such as physically manipulating a swimmer's arm (Appendix 8).

Multi-Sport Athletes

Athletes returning to swimming with DSC will belong to a training group (swimming cohort). Cohorts may not interact. Each swimmer in the cohort may not train with another swimming cohort or participate in another sports cohort. Members of a cohort may only participate in another activity if physical distancing is able to be maintained. Athletes training with any other sport cohort where physical distancing cannot be maintained (any contact sport) are not permitted to return to swimming at this time (Appendix 8).

Training Session Procedure

A DSC training session procedure will be documented for all coaches and swimmers. The training session procedure may include:

- Athletes will be notified in advance of their cohort training group and swim time by DSC.
- Athletes will arrive at workout and leave workout as directed by their coach, in accordance with facility requirements. Contact tracing may be required.
- Athletes must complete the Health Screening Checklist upon arrival at the facility.
- Athletes should arrive at workout no more than 5 minutes prior to training and must follow the guidelines for entrance established by the facility. This may include hand sanitization and additional health screening upon entering the facility.
- Athletes must always use facility hand sanitizing stations upon entering the facility.
- Athletes must adhere to all physical distancing requirements, including locations for personal item on deck. Athletes must ensure that physical distancing is followed at all times during in-person training. Where possible, athletes are advised to attempt physical distancing while swimming, in accordance with the Training Session Procedure.
- Upon completion of workout, athletes will exit the pool and adhere to all physical distancing regulations. Athletes must use hand sanitizer following workout, and again following facility exit.
- Athletes must limit use of facility change rooms and washrooms. Where possible, athletes should come to workout ready to swim and avoid facility change rooms. Use of facility washrooms is not recommended and should only happen in the case of a personal emergency. If athletes use the facility change room or washroom, they must adhere to all facility regulations including hand washing and sanitization.

Travel

Swimming activities will initially be restricted to local facilities. No swim travel will take place during initial Return to Swimming phases.

Return to Competition

DSC return to competition requirements will be published at a later date. Swim Alberta is not sanctioning any competitions or time trials at this time.

APPENDICES

See: [Swim Alberta Return to Sport Requirements & Guidelines](#)

See [Swimming Canada Return to Swimming Resource Document](#)

APPENDIX 1: [Screening Checklist Swim Alberta Covid-19 Daily Health Screening Checklist.pdf](#)

APPENDIX 2: [Contact Tracing Log Swim Alberta Contact Tracing Log.pdf](#)

APPENDIX 3: [Swimmer Checklist to Prepare for Practice Swim Alberta Swimmer Checklist.pdf](#)

APPENDIX 4: [Coach Checklist Swim Alberta Staff/Coach/Volunteer Checklist.pdf](#)

APPENDIX 5: [Swim Club Requirements for In-Person Training and Swimming.pdf](#)

APPENDIX 6: [Waivers Swim Alberta Acknowledgement and Assumption of Risk Form](#)

APPENDIX 7: [Swim Club Declaration Forms Swim Alberta Club Declaration Form.pdf](#)

APPENDIX 8: [Swimming Cohorts Swim Alberta Cohorts for Swimming.pdf](#)

APPENDIX 9: [Covid-19 Representative Swim Alberta Covid-19 Response Coordinator Role and Responsibilities.pdf](#)

APPENDIX 10: Repsol Centre Sport Partner COVID-19 Guidelines