



## Stage 2: Swimming Requirements

### **Swim Alberta Requirements & Guidelines For Stage 2 Restrictions**

**Effective June 10, 2021**

**(Subject to Change once Alberta Health has published documents on Stage 2)**

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## LEGAL DISCLAIMER

Swim Alberta has prepared this document based on the latest information available to date from third-party sources, including Alberta Health. The document will be updated periodically as the situation around the COVID-19 pandemic evolves and more information comes available.

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

Each club is responsible for assessing the risks in their particular environment and establishing the appropriate safety procedures to minimize those risks, while following the advice and instructions of public health and government authorities, including facilities.

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.

## CURRENT REVISIONS

*A list of all prior revisions to this document is available in Appendix 7.*

Effective June 10

- Changed document title to Stage 2
- Added Participants (Page 5)
- Removed Indoor (18U and 19+), Outdoor and Cohorts (Page 5)
- Revised Competitions and Updated Physical Distancing (Page 5)
- Training Environment and Masks (Page 6)
- Removed Dryland Training and Updated Isolation Requirements (Page 7)
- Travel & Spectators (Page 8)
- Removed Appendix 6: Options to Maintain Three Meters of Distancing

## SPECIAL NOTE ABOUT THIS VERSION

In order to provide clubs and facilities with information to properly plan for a return to swimming in Stage 2 of Alberta's Open for Summer Plan, Swim Alberta has published this version of the Return to Swimming Requirements Documents with the best information through collaborations with Alberta Health at the present time. As Alberta Health publishes and makes available to the public the guidance documents for stage 2 and the Chief Medical Officer of Health's Health Order, this current version may be updated to reflect all current requirements of Alberta Health that may not be contained within this version. Swim Alberta will continue to work with clubs and facilities to provide guidance through the Swim Alberta Return to Swimming Requirements documents with protocols and guidance for each transition from one stage to the next. We remain committed to helping guide and support clubs in offering their programs and services with safety a key priority.

## INTRODUCTION

Swim Alberta appreciates that the membership of Swim Alberta and the swimming community is anxious to return to some of our normal routines and activities that were both an important and large part of our daily lives prior to COVID-19. Swim Alberta looks forward to supporting our membership in many of the routines and activities that involve the sport of swimming as we re-launch once again to a return to training.

***The priority of Swim Alberta has always been and will always be the safety of our membership, specifically our athletes, as well as our coaches, volunteers, staff and families involved in the sport.***

Swim Alberta recognizes this is the priority of our clubs as well. As a collective group and community, this was demonstrated through how we significantly adapted and changed our routines and how we worked together during the first wave to flatten the curve of the COVID-19 pandemic. As a swimming community, we also demonstrated this with our return to swimming from both June 2020 – November 2020 as well as February 2021 – May 2021 where we exemplified a safe return by following diligently all protocols and requirements to ensure not only the safety of our membership, but of Albertans in general. As important as our actions were over these periods in supporting the health and safety of not only the swimming community but the community as a whole, our actions over the upcoming several months will be equally important. With the important third relaunch of our economy through the leadership of our provincial government, it will remain vital that a continued effort to “return to sport” will need to be done in the safest way possible and to continue to follow all guidelines and restrictions that have been put in place through Alberta Health, the provincial government and your local municipality.

***Returning to sport will require your patience and support.***

As the swimming community begins to relaunch once again under Stage 2 of Alberta’s new path forward, the return to training will once again require both the patience and support of the Swim Alberta membership and swimming community to ensure collectively our actions are in line with Alberta Health and other provincial and municipal regulations and orders. By working together, the swimming 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.

***Commitment to the ongoing safety and updating of relevant and important information.***

The situation and information around COVID-19 continues to be quite fluid. The information in this document is based on the best information available at the time of publication. Swim Alberta will continue to monitor the situation very closely and will update this document accordingly.

Please don’t hesitate to reach out to Swim Alberta staff with any questions you may have or any guidance you may need.

## REQUIREMENTS FOR RISK MITIGATION OF COVID-19

Swimmers and Coaches must ensure that all of the following requirements are adhered to as well as any additional requirements as outlined by the designated facilities.

Requirement	Description / Application	Link to Resource
<b>Oversight</b>	<p>The activity must be overseen by a responsible person who must ensure public health guidelines are adhered to including the most recent Chief Medical Officer of Health Order(s).            Each club must appoint a COVID-19 Response Coordinator.            Each training group will have a registered and certified coach who will ensure oversight of all requirements.</p>	<p><a href="#">Current Health Orders</a></p> <p><a href="#">Stage 2 Restrictions</a></p> <p><a href="#">Guidance for Sport, Fitness and Recreation</a> (June 2021)</p>
<b>Participants</b>	<p>Participants of any age are permitted. The total number of participants permitted is based on 1/3 of fire code occupancy for the facility. Facilities will determine occupancy numbers in accordance with occupancy standards. There is no maximum group size or maximum number per lane.</p> <p>Due to vaccine eligibility, activities with children 0-11 years of age are <b>strongly recommended</b> to cohort play in groups of no more than <b>50 children</b> (including all teams who play games with each other). Staff and coaches are not included in the count. Children are recommended to participate in only one cohort at a time, and to not cross cohorts. This is particularly important if sports play is indoors. If a child changes cohorts, they should wait for one week (7 days) between interactions to minimize the risk of disease transmission.</p>	
<b>Competitions</b>	<p>Competitions are permitted, competition sanctioning information will be published at a later date. Clubs may begin the process of planning competitions based on information in this document.</p>	
<b>Physical Distancing</b>	<p>All training must comply with current Physical Distancing restrictions issued by Alberta Health.</p> <ol style="list-style-type: none"> <li>All individuals, including coaches, trainers and participants, must maintain two (2) meters of distancing when possible, including during entry, exit and on deck before and after pool training. Once pool training begins, swimmers are not required to maintain distancing.</li> <li>Facilities may permit dryland training on the pool deck when part of normal swim team training. Although not required, distancing should be maintained when possible.</li> <li>Coaches may enter physical distancing space for brief interactions with participants (for example to correct form or technique).</li> <li>Athletes and coaches will enter and exit the facility as instructed by the facility.</li> </ol>	<p><a href="#">Practice Physical Distancing</a></p>

Requirement	Description / Application	Link to Resource
	5. All requirements as outlined by the facility for changeroom use must be followed, using designated separate change rooms were available.	
<b>Gatherings</b>	Gatherings of persons and individuals will not be permitted before, during or after a training session.	
<b>Daily Health Screening</b>	Individuals must answer the Alberta Health Daily Checklist prior to participating in any organized activity. If an individual answers yes to any of the questions, they must not be allowed to participate.	<a href="#">Alberta Health Daily Checklist (updated May 2021)</a>
<b>Training Environment / Facility</b>	All requirements of the designated facility must be adhered to. <b>Physical activities can occur in any indoor or outdoor facility.</b>	
<b>COVID-19 Response Coordinator</b>	The COVID-19 Response Coordinator or equivalent position is a required role for all clubs. In addition to the roles and responsibilities outlined in Appendix 5. The coordinator will advise Swim Alberta of any positive cases or exposure to COVID-19 reported to the Swim Club by Alberta Health Services, by the participant or by the participants family. Swim Alberta does not require the participant's name.	
<b>Contact Tracing</b>	Contact tracing logs for all swimmers and coaches must be completed for every training activity and be available to be accessed quickly to ensure efficient contact tracing. Contact Tracing logs must be completed for each training session and provided to Swim Alberta upon request.	
<b>Masks</b>	Coaches are required to wear masks at all times during indoor training sessions. Coaches who are unable to wear a mask (e.g. medical reasons) must not be on the pool deck. Aquatics instructors must mask at all times, except when having to temporarily get in the pool to assist or demonstrate a skill. <b>Outdoors, people participating in physical activities are not required to mask.</b>  <b>Indoors, masking is required for sports that are primarily low-intensity physical activities (e.g. bowling).</b>  <i>Masking is not required for individuals doing low-intensity aquatic activities in swimming pools, whirlpools or hot tubs.</i>  <b>Indoors, masking is not required for high-intensity physical activity during sports play/practice.</b>  <b>Masking is required in all other areas of the facility (e.g., change rooms, washrooms, entries and exits, etc.) including at all times immediately before and after activity.</b>	<a href="#">Guidance for Wearing Non-Medical Face Mask</a>  <a href="#">Guidance for Sport, Fitness and Recreation (June 2021)</a>
<b>Hygiene</b>	Athletes and coaches will adhere to all appropriate hygiene measures.	<a href="#">Infection Prevention and Control</a>

Requirement	Description / Application	Link to Resource
<b>Equipment</b>	Athletes and coaches must bring their own equipment. Sharing of equipment is not permitted. No sharing of water bottles, communal water coolers are not permitted. Individual must bring their own water bottle filled at home prior to any training activity.	
<b>Response for Sick Athletes or Coaches</b>	If an athlete or coach becomes sick while participating: <ul style="list-style-type: none"> <li>- Perform proper hand hygiene, put on a non-medical mask and maintain 2m distance from all others.</li> <li>- Arrange immediate transportation home, avoiding public transportation, to begin isolation</li> </ul> Once the sick individual has left, all surfaces the individual may have come into contact with should be cleaned and disinfected.	
<b>Isolation Requirements</b>	Albertans are legally required to isolate* for: <ul style="list-style-type: none"> <li>- 14 days if they have returned to or entered Alberta from outside Canada or are a close contact of someone with COVID-19</li> <li>- 10 days if they have any core symptoms that are not related to a pre-existing illness or health condition.</li> </ul> <i>* There are <b>different</b> isolation requirements for <b>vaccinated individuals and for close contacts of COVID-19 variant cases.</b></i>	<a href="#">Isolation Requirements</a> <a href="#">Core Symptoms</a> <a href="#">Online Self-Assessment</a>
<b>Cleaning and Disinfecting</b>	Follow the Infection Prevention and Control recommendations provided by Alberta Health. Recommendations includes information regarding appropriate cleaning measures and disinfectants. This function will be performed by the Facilities.	<a href="#">General Relaunch Guidance</a> <a href="#">Hard-Surface Disinfectants and Hand Sanitizers</a>
<b>Registration</b>	All swimmers and coaches must be fully registered with the club, Swim Alberta and Swimming Canada.	
<b>Safe Sport</b>	All efforts should be made to ensure that <b>Open and Observable</b> environments are maintained at all times. Open and observable environments mean making meaningful and concerted efforts to avoid situations where a coach, official or other representative might be alone with an athlete and/or vulnerable individual. All interactions between an athlete and an individual who is in a position of trust should normally, and wherever possible, be in an environment or space that is both “open” and “observable” to others.  Open and Observable environments also apply to online communication. All forms of electronic communication (email, text, Zoom, Skype, etc.) should never be in the form of a one-on-one interaction and should always be done in a group setting. Training sessions should include a minimum of 3 people.	
<b>First Aid</b>	Activity organizers must ensure personal protective equipment is immediately available if first aid treatment is required.	

Requirement	Description / Application	Link to Resource
<b>Personal Protective Equipment</b>	Coaches must have access to protective items required by the health authorities and ensure that they wash and/or sanitize their hands regularly in accordance with established guidelines or expectations.	
<b>Club Lockers</b>	Clubs that have storage space, reserved for club members only, may consider permitting swimmers to store their individual swim equipment in order to limit outside exposure and contamination. Clubs that are using storage space at the facility would be expected to have a process to clean and disinfect equipment before and after each practice.	
<b>Travel</b>	There are no travel restrictions within the province of Alberta. Clubs should be aware of travel restrictions and any requirements of other provincial jurisdictions if travelling to competitions. Travel out of the country for training or competition is currently not supported by Swim Alberta with the exception of Canadian National team activities organized by Swimming Canada.	
<b>Spectators</b>	Spectators may be permitted by the facility however facilities may choose to limit or not permit spectators at this time. Indoor facilities must not exceed 1/3 the fire code occupancy. Outdoor facilities must not exceed 1/3 seated capacity for fixed seating (grandstands).	



## APPENDIX 1: COVID-19 ALBERTA HEALTH DAILY CHECKLIST

Download the current version of the checklist: [COVID-19 Alberta Health Daily Health Checklist](#)

## APPENDIX 2: CONTACT TRACING LOG

### Contact Tracing Log

All players, coaches, volunteers and staff who attend training must be included in this log. The log can be electronic or completed on site by a responsible person.

The information collected on this document is being collected to assist in the management of the COVID-19 pandemic. This information will be kept in a safe and secure location and will be provided to Alberta Health Services if it is requested for contact tracing services. This log must be provided to Swim Alberta upon request.

Under Privacy Regulations you have a right to access and correct any information that is held about you.

NOTE: Swim Alberta has full contact information for all registered coaches and athletes within the national registration system.

<b>Date:</b>			
<b>Full Name</b>	<b>Daily Health Monitoring Confirmation</b> <i>Did you answer 'no' to all Health Monitoring questions prior to coming to practice?</i>	<b>Time-in</b>	<b>Time-out</b>

## APPENDIX 3: ATHLETE CHECKLIST

### Before you Leave Home

- Complete the Alberta Health Daily Checklist (Appendix 1)
- Eat before you come – no food on premises.
- Thoroughly wash your hands with soap and warm water for a minimum of 20 seconds.
- Thoroughly wash water bottles with soap and warm water.
- Bring filled water bottle(s).
- Bring thoroughly washed training equipment.
- Use the washroom at home.
- Bring a mask and personal hand sanitizer.
- Receive workout in advance from coach.

### Arrival

- Respect physical distancing guidelines at all times.
- Register your attendance for contact tracing and provide confirmation of Daily Health Monitoring with your coach.
- Wash hands at provided handwashing stations.
- DO NOT share water bottles.
- Follow all guidelines and requirements of your training facility.
- Follow traffic flow signs at your facility location.

### After activity is Complete

- No gathering is permitted. Leave the facility adhering to physically distancing and masking.
- Dry off, dress and Exit through established exits.
- Wash at provided handwashing stations.
- Follow traffic flow signs out of your location.
- Respect physical distancing guidelines.
- Thoroughly wash water bottles with soap and warm water when you arrive home
- Thoroughly wash clothing, masks and sanitize equipment when you arrive home.

## APPENDIX 4: COACH CHECKLIST

### Before you Leave Home

- Complete the Alberta Health Daily Checklist (Appendix 1)
  - Eat before you arrive.
  - Thoroughly wash your hands with soap and warm water for a minimum of 20 seconds.
  - Thoroughly wash water bottles with soap and warm water.
  - Provide workout in advance to athletes.
  - Bring thoroughly washed / sanitized equipment (pilons, markings, etc.)
  - Bring a mask and personal hand sanitizer.
  - Bring personal Whiteboard Kit if facility permits use. (markers, eraser and wipes to disinfect board)
- Use the washroom at home.

### Arrival

- Must wear a mask at all times.
- Set- up established entrances & exits with traffic flow considerations.
- Set-up traffic flow signs to your location.
- Set-up physical distancing 'grids' for participants.
- Respect physical distancing guidelines at all times.
- Wash at provided handwashing stations.
- Take attendance for all swimmers, including confirmation of daily health monitoring.
- DO NOT share water bottles.
- DO NOT share personal coaching items. (e.g. stopwatches)
- Sanitize all shared equipment between sessions. (pylons, cones, etc.)

### After activity is Complete

- Wash at provided handwashing stations, between group arrivals if applicable and at end of day.
- Respect physical distancing and masking guidelines.
- Thoroughly wash water bottles with soap and warm water.
- Thoroughly wash equipment (clothing and masks) each day.

## APPENDIX 5: COVID-19 RESPONSE COORDINATOR ROLES & RESPONSIBILITIES

The roles and responsibilities of the COVID-19 Response Coordinator include:

- Keeping updated on policies and procedures outlined by provincial and municipal governments and public health agencies, and monitoring local daily situation reports.
- Keeping updated on policies and procedures outlined by Swim Alberta.
- Working with local facilities to comply with all public health and facility requirements. Ensuring an Emergency Action Plan is current and complete for each training location.
- Ensuring a Health & Safety Kit that includes alcohol-based hand sanitizer and Personal Protective Equipment (PPE) is available at each training location.
- Communicating with club managers and coaches on any training restrictions or recommendations. Implementing an attendance process at every practice to help with communication if a suspected or confirmed case of COVID-19 is reported.
- Ensuring training groups comply with public health agency requirements. Ensuring signage is in place so that all risk mitigation measures are easy to follow.
- Being responsible for responding to COVID-19 concerns. Everyone in the club should know who this person is and how to contact them.
- Be the primary contact for participants who choose to self-report COVID-19 symptoms or exposure, or a confirmed case of COVID-19, while maintaining a high level of confidentiality and privacy.
  - Contact Alberta Health Link at 811 to inquire whether any action is required on the club's behalf when notified of a potential exposure, potential case or confirmed case of COVID-19 that was voluntarily disclosed. DO NOT disclose any personal information of the participant.
  - Take any action as outlined by Alberta Health.
  - It is recommended that the COVID-19 Response Coordinator document any communication or action outlined by Alberta Health, ensuring the privacy of all individuals.
- Collaborate and Coordinate, as requested by Alberta Health Services, if contacted about an investigated case of COVID-19.
- Modify, restrict, postpone or cancel training if advised by Alberta Health Services, the facility or Swim Alberta, due to an evolving COVID-19 related outbreak or emergency.
- Advise the Swim Alberta COVID-19 Response Coordinator if:
  - you have been contacted by Alberta Health Services about a COVID-19 case or exposure in the club.
  - a confirmed case of COVID-19 has been voluntarily self-reported to the club. Swim Alberta does not require disclosure of the participant's name.

The Swim Alberta COVID-19 Response Coordinator is Kevin Dennis. [kevin@swimalberta.ca](mailto:kevin@swimalberta.ca)

## APPENDIX 6: RESOURCES

### Swim Alberta COVID-19 Resources

- <https://swimalberta.ca/COVID-19/>

### COVID-19 Information for Albertans

- <https://www.alberta.ca/coronavirus-info-for-albertans.aspx>

### Alberta Health Daily Checklist

- <https://www.alberta.ca/assets/documents/covid-19-relaunch-daily-checklist.pdf>

### Hard-Surface Disinfectants and Hand Sanitizers

- <https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.html>

### Isolation Requirements

- <https://www.alberta.ca/isolation.aspx>

### Restricted and Non-Restricted Services

- <https://www.alberta.ca/restricted-and-non-restricted-services.aspx>

### Help Prevent the Spread

- <https://www.alberta.ca/prevent-the-spread.aspx>

### Alberta Health Online Assessment Tool

- <https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx>

### Swimming Canada's Return to Swimming Resource

- <https://www.swimming.ca/en/resource-hub/>

### Training Videos

#### Proper use of Masks

<https://www.youtube.com/watch?v=PwYapiQUVmo>

#### Washing Hands Efficiently

<https://www.canada.ca/en/public-health/services/video/COVID-19-hand-washing.html>

#### Physical Distancing: Staying 2m apart

[https://www.youtube.com/watch?v=TwVoG\\_Oefcg&feature=emb\\_logo](https://www.youtube.com/watch?v=TwVoG_Oefcg&feature=emb_logo)

<https://www.canada.ca/en/public-health/services/video/COVID-19-physical-distancing.html>

#### Safe Removal of Used Gloves

<https://www.youtube.com/watch?v=ATU383lIfT8>

## APPENDIX 7: PAST REVISIONS

June 3

- Removed Expanded Restrictions for High Case Regions (Page 5)
- Updated mask requirements (Page 6)

May 3

- Updated indoor and outdoor group sizes (Page 5)

April 30

- Added Expanded Restrictions for Hot Spot Regions (Page 5)
- Link to updated guidance for Sport, Physical Activity and Recreation (Pages 5)
- Updated requirements for outdoor participation to include all ages (Page 5)
- Updated physical distancing requirements (Page 6)
- Updated mask requirements for Aquatic Instructors (Page 7)
- Updated outdoor spectator requirements (Page 8)

April 9

- Updated groups statement and clarification for varsity requirements (Page 5)
- Added COVID-19 Response Coordinator to requirements (Page 6)
- Added Out of Country travel statement (Page 9)

March 9

- Added varsity swimmers (Page 5)

March 8

- Updated equipment requirements (Page 6)

February 24/25

- Updated mask requirements (Page 6)

February 19

- Added link to updates Guidance for Sport, Physical Activity and Recreation (Page 5)
- Updated requirements to groups of 10 (Page 5)
- ~~Updated mask requirements (Page 6)~~
- Added spectators (Page 8)

February 12

- Added additional pool training option (Page 13)