

Requirements and Recommendations for Training and Competition

Table of Contents

| | |
|---|----------|
| INTRODUCTION | 2 |
| NOTICE OF SUSPENSION OF INVITATIONAL COMPETITION SANCTIONS | 2 |
| REQUIREMENTS | 3 |
| RECOMMENDATIONS | 5 |
| RESOURCES | 6 |
| APPENDIX A – BEST PRACTICES FOR PROOF OF VACCINATION / TESTING | 7 |
| LEGAL DISCLAIMER | 8 |

INTRODUCTION

In Alberta, a state of public health emergency was declared on September 15, 2021. The safety of the membership remains the number one priority of Swim Alberta and clubs have told us that it is their priority as well.

Swim Alberta, from the start of the pandemic, has been committed to following and aligning with the guidance and recommendations of Alberta Health. Clubs through their affiliation with Swim Alberta are required to follow all Health Orders, as well as all Swim Alberta Requirements as outlined in this document. Clubs should look to build into their programming the Recommendations as needed.

Swim Alberta is committed to reviewing all requirements and recommendations on a regular basis.

Programming for 11 and under:

Programming for those 11 and under and those that interact with this age group through programs and services, will likely need some additional precautions and guidance. Each club, knowing their structure, programming and in support of these younger athletes, is in the best place to ensure additional best practices are put in place using the guidance provided by Alberta Health.

NOTICE OF SUSPENSION OF INVITATIONAL COMPETITION SANCTIONS

As another measure of membership safety, Swim Alberta will be temporarily suspending all inter-club or invitational competitions until Monday, October 18th. Sanctions will be granted for in-club competitions only where enhanced protocols can be demonstrated and all other sanctioning policies and requirements are met. Any competitions scheduled after October 18th, will remain pending until a determination on sanctioning beyond October 18th has been made. Clubs should plan accordingly, and have plans in place that allow for adaptability and flexibility.

The suspension of all invitational competitions will remain in effect at this time. Swim Alberta is currently reviewing this decision and how the current Health Order announced on September 15th may impact how competitions are run, officiating, spectators etc. Any changes to the decision, as well as any additional enhanced protocols around competitions will be communicated out in a timely basis, once a full review has been undertaken.

FURTHER ADDITIONS OR ADJUSTMENTS TO PROTOCOLS AND OR POLICIES MAY BE FORTHCOMING

Swim Alberta is working towards such in timely basis, when and as needed.

Please vaccinate, please follow the protocols, be safe and #weareready.

REQUIREMENTS

To support a safe training and competition environment, the following are **requirements** that clubs must follow:

| Item | Description / Application | Link to Resource |
|--|---|---|
| Public Health Orders | All activities must adhere to the most recent Chief Medical Officer of Health Order(s). | Current Health Orders |
| Children 11 & Under | The Government of Alberta has published guidance for activities for children age 11 & under. Clubs must follow this guidance for both training and competitions. | Stage 3: Guidance for activities with children 11 & under |
| Restrictions Exemption Program* | <p>Starting September 20, discretionary events and businesses must follow one of these 2 options:</p> <ol style="list-style-type: none"> 1. Implement the Restrictions Exemption Program requiring proof of vaccination or negative rapid test result to continue operating as usual, or 2. Follow capacity and operating restrictions as outlined on the page below. <p>See Appendix A for best practices to implement a proof of vaccination / testing program.</p> <p>* The Restrictions Exemption Program, while it applies to businesses serving people ages 12 & over does not apply to youth (under age 18) sport, fitness, recreation and performance activities. Swim clubs with participating youth must follow all requirements as outlined in this document, as well as any and all Health Orders and facility requirements.</p> | Public Health Actions Public Health Measures for Youth Sport |
| Facility Requirements | All clubs must follow any facility requirements. Facility requirements may include the Restrictions Exemption Program or limiting spectator seating. | |
| Swimmers Age 18 & Over | <p>The following restrictions apply, unless the facility or program (club) implements the Restrictions Exemption Program:</p> <ul style="list-style-type: none"> • Indoor group classes and activities are not permitted • Indoor competitions are paused except where vaccine exemptions have been granted. • Indoor one-on-one training and solo activities are allowed with 3 meter physical distancing. • Outdoor activities can continue with no restrictions. | Public Health Actions |
| Swimmers Age 17 & Under | Indoor training and competitions are permitted while following all requirements as outlined by Swim Alberta as well as any additional requirements of Alberta Health. | |
| Competitions | <p>As outlined earlier in this document, all inter-club and invitational competitions are suspended until Monday October 18, 2021.</p> <p>The following are required in order for competitions to be permitted.</p> | Competition Tools |

| Item | Description / Application | Link to Resource |
|--|--|---|
| | <ul style="list-style-type: none"> All requirements as outlined by Swim Alberta as well as any additional requirements of Alberta Health including 11 & under guidance, screening, distancing and wearing a mask while not swimming. A competition safety plan and facility diagram must be included in the meet information package. Clubs are expected to use a minimum officials roster. <p>Spectator attendance is limited to 1/3 fire code capacity.</p> | |
| Screening | Individuals must answer the Alberta Health Daily Checklist prior to participating in any organized activity, clubs can make this a requirement. Individuals experiencing COVID-19 symptoms must isolate at home and are not permitted to access or attend any activities. | Alberta Health Daily Checklist (updated August 2021) |
| Masking | <p>All participants must follow all provincial, municipal and facility masking requirements.</p> <p>All participants and individuals must be masked at all times, including coaches, I Can Swim Instructors, athletes, officials and volunteers. Coaches, Instructors, officials and volunteers who are unable to wear a mask (e.g. medical reasons) must not be on the pool deck or in any club activity area.</p> <p>Masks are not needed when:</p> <ul style="list-style-type: none"> Athletes are in the water training or during vigorous dryland activities. Instructors/coaches need to temporarily get in the pool to assist or demonstrate a skill Activities are taking place outdoors. Consuming food or beverages. | |
| Attendance Records | Clubs must retain attendance logs for all swimmers, coaches, officials, volunteers and spectators for all organized activities. | |
| Physical Distancing | Physical distancing of 2 meters between individuals must be maintained indoors, except youth when engaged in physical activity. | |
| Reporting | <p>All clubs must report any positive cases of COVID-19 to Swim Alberta's COVID-19 Response Coordinator. The Swim Alberta COVID-19 Response Coordinator is Kevin Dennis. kevin@swimalberta.ca</p> <p>Clubs must appoint a COVID-19 Response Coordinator and clubs running competitions must appoint a COVID-19 Competition Safety Coordinator. Roles & Responsibilities are available on the Swim Alberta website.</p> | COVID-19 Coordinator Roles & Responsibilities |
| Isolation & Quarantine Requirements | <p>Albertans are legally required to:</p> <ul style="list-style-type: none"> Isolate for 10 days if they have tested positive or have any core symptoms that are not related to a pre-existing illness or health condition. Quarantine for 14 days* if are a close contact of someone with COVID-19, and you are not fully vaccinated. <p><i>*Duration of quarantine may be reduced based on vaccination status</i></p> | Isolation Requirements Core Symptoms Online Self-Assessment |

| Item | Description / Application | Link to Resource |
|--------------------------------------|---|--|
| Response for Sick Individuals | <p>If an athlete, coach, volunteer or official becomes sick while participating:</p> <ul style="list-style-type: none"> - Perform proper hand hygiene, put on a non-medical mask and maintain 2m distance from all others. - Arrange immediate transportation home, avoiding public transportation, to begin isolation <p>Once the sick individual has left, all surfaces the individual may have come into contact with should be cleaned and disinfected.</p> | |
| Travel – Out of Country | <p>Travel out of the country to locations where there is an ‘Avoid all travel’ or ‘Avoid non essential travel’ advisory for training or competition is currently not supported by Swim Alberta with the exception of Canadian National team activities organized by Swimming Canada.</p> <p>While mandatory quarantine is no longer required for fully vaccinated travelers, all clubs and individuals should be aware that the Government of Canada still has emergency measures in place for those returning from out of country travel, including masking for 14 days.</p> | <p>Official Global Travel Advisories</p> <p>Traveler Resources</p> |

RECOMMENDATIONS

The following recommendations are items for clubs to consider and build into their programming to support the safety of athletes, coaches, officials and other volunteers.

| Item | Description / Application | Link to Resource |
|--------------------------|--|--|
| Group Size | Clubs can consider options to reduce the number of possible interactions during scheduled practices including lane assignments, small group sizes and/or cohorts. | |
| Hygiene Measures | All individuals should follow all hygiene measures to assist with the prevention of infection. | Infection Prevention and Control |
| Shared Equipment | All shared equipment used during training or competition should be cleaned on a regular basis in consultation with the facility. Athletes should be encouraged to use their own equipment and avoid sharing water bottles. | Hard-Surface Disinfectants and Hand Sanitizers |
| Travel – Domestic | 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 outside of the province. | |
| Spectators | Spectators are discouraged from attending training sessions. | |

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>

Alberta Health Online Assessment Tool

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

Alberta Restrictions Exemption Program

- <https://www.alberta.ca/covid-19-public-health-actions.aspx#Step1>

APPENDIX A – BEST PRACTICES FOR PROOF OF VACCINATION / TESTING

Clubs who train in facilities that implement the [Restrictions Exemption Program](#) (REP) must adhere to the requirements of the facility. Facilities may require clubs to implement the REP.

Clubs who do not wish to participate in the REP must follow the restrictions as outlined by Alberta Health and the Swim Alberta Requirements and Recommendations for Training and Competition.

The following are best practices for clubs who wish to follow the REP.

1. Ensure the club has and follows a current Privacy Policy. The Swim Alberta Privacy Policy can be found on the [Swim Alberta Website](#) (policy currently under review). This privacy policy can be used as a starting point; however, each club should tailor their policy to be consistent with their individual data processing requirements and processes while complying with the applicable privacy legislation.
2. The processing of personal information as part of the REP or any other form of policy you implement should comply with your privacy policy and applicable privacy legislation. Swimmers should be aware of the REP or other policy and advised of the personal information that is being collected pursuant to such program/policy. Clubs should ensure that the personal information is then only used and/or disclosed for the purposes as outlined to the swimmers at the time of collection of their personal information.
3. Appoint a designated individual(s) to have oversight of the process to ensure members have proof of vaccination or are providing a proof of a negative test. This process simply involves the designated individual(s) seeing and recording proof of vaccination or proof of a negative test while retaining a copy of the record.
4. Records should be maintained as a checklist of those who have provided proof of vaccination or those who choose to provide proof of a negative test, samples below.
5. Actual or copies of Vaccination/Immunization Documents should not be retained or stored by the club.

An excel template to record proof of vaccination and proof of negative COVID-19 test results is available on the [Swim Alberta website](#). A sample of each is available on the following page.

Proof of Vaccination Sample Recording:

| Swimmer Name | Proof of Vaccination Seen | Verified by: | Date of Verification: |
|--------------|---------------------------|---------------------------------------|----------------------------------|
| John Doe | Yes | [Name of individual who has verified] | [Date proof of vaccination seen] |

Proof of a Negative COVID-19 Test for those not wishing to provide proof of vaccination:

| Swimmer Name | Proof of Negative COVID-19 Test Seen | Type of Test | Date & Time of Test | Verified by: | Date of Verification:* |
|--------------|--------------------------------------|------------------------|---------------------|---------------------------------------|------------------------------------|
| John Doe | Yes | Rapid Test or PCR Test | | [Name of individual who has verified] | [Date proof of negative test seen] |

* Test must be completed within 72 hours prior to verification

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.