

## APPENDIX 7: SWIM CLUB REQUIREMENTS FOR RETURN TO IN-PERSON TRAINING AND SWIMMING

(Source: Swim Alberta's Return to In-Person Training and Swimming)

**Use this checklist to ensure the club has met all requirements for return to in-person training and swimming.**

### Government Requirements

- Federal / Provincial restrictions have been lifted to permit for training to occur.

### Municipal / Regional Requirements

- Municipal restrictions have been lifted to permit for training to occur.

### Swim Alberta Requirements

- Submitted Club Declaration form for Outdoor Activities / Return to Swimming
- Completed a Return to Training Plan and is available (outdoor / return to swimming)

### Activity Requirements as Outlined by AHS

- Only responsible individuals may oversee activities.
- Physical distancing measures of a minimum 2 metres between individuals not in the same household or cohort are implemented.
- Clubs may choose to form a training cohort of no more than 50 individuals who participate in the same sport or activity, and remain together for the duration of Stage 2. Members of a cohort cannot mix with another cohort.
- Group sizes for training do not exceed 100 people in one outdoor location. Maximum number for a pool is 100 people.
- Process for completion of the Alberta Health Daily Checklist (Appendix 1) for all swimmers, coaches and staff.
- Personal hygiene measures are in place for all activities (training and administration)
  - Frequent hand washing / sanitizing
  - Cough / sneeze etiquette
  - Do not attend if feeling any COVID-19 symptoms
- Process for Contact Tracing has been implemented including secure storage/retention of information.
- Personal Protective Equipment is readily available if activity organizers are required to provide First Aid.

### General Requirements of Swim Alberta

- Training only available to current and fully registered participants.
- Signed Acknowledgement and Assumption of Risk Forms have been received and are on file for all registered participants.
- All interactions between coaches and participants will be in an environment that is both **'open and observable'**. Training sessions to include a minimum of three participants.
- All participants will understand and adhere to physical distancing measures as outlined by AHS.
- Consider designating a COVID-19 representative, a role description is available in appendix 10.
- Activities must be scheduled with a buffer to limit overlap of participants.
- Carpooling outside the cohort is not permitted.
- Parents must drop-off / pick-up swimmers at a designated location.
- No shared equipment. Safe use of equipment measures in place, including cleaning & sanitization of equipment before and after every session.
- No sharing of water bottles, participants must bring bottles filled from home.
- Staff is provided with appropriate Personal Protective Equipment.

### Outdoor Training Health & Safety Requirements

- Submit an outdoor training club declaration to Swim Alberta.
- The club must have a written plan available upon request of Swim Alberta.
- Ensure all members, coaches and staff are aware of all requirements and guidelines.
- Group size is limited to 100 coaches and swimmers in one outdoor location with a physical distancing measures put in place.
- Outdoor activities to be cancelled due to inclement weather.
- Ensure the space is available and is booked with any required permits as per local municipality requirements.
- Outdoor training activities should be limited to local opportunities.

### Return to Swimming Health and Safety Requirements

- Submit a return to swimming club declaration to Swim Alberta.
- Ensure all members, coaches and staff are aware of all requirements and guidelines.
- Have a written plan including all of the following items based on all activity requirements and guidance outlined by AHS and the General Requirements of Swim Alberta.
- Local municipality and facility requirements met

- Swimming activities restricted to regional facilities
- Open water training follows Swimming Canada's Open Water Swimming Safety Guidelines – Coaching a Training Group and has been approved by Swim Alberta.

### **Return to Competition Requirements**

*These requirements will be published at a later date.*

### **Club Office Guidelines**

- Verified with provincial / municipal restrictions that office space is permitted to open.
- Implemented applicable requirements outlined in Workplace Guidelines for Business Owners.
  - Conducted Hazard Assessment and identified risks associated with COVID-19
  - Compliant with communication requirements
  - Compliant with prevention requirements
  - Implemented controls to ensure the safety of staff, volunteers and patrons.