



Excellence, Integrity, Innovation, Collaboration

11759 Groat Road, Edmonton Alberta, Canada T5M 3K6

Phone: 780 415-1780 Fax: 780 415-1788

November 30, 2020

Coaches,

Given the continued disruption to what we have known in previous seasons, we (the Swim Alberta Technical staff) wished to reinforce a number of items with you.

1. We (Steve, Kevin, & Jackie) are here to support you in whatever way we can.
2. Nothing that is happening currently is anything new for us all; we have dealt with this previously and came through strongly despite the obvious challenges.
3. It was expected that the Fall/Winter/Spring (2020/21) would likely be characterized by periods of positive and negative change (steps forwards/steps backwards).
4. The silver lining to the current state of affairs is that facilities remain open. Swimmers can access lane swim, as long as they respect facility rules and are of an appropriate age and responsibility.
5. This is not to make light of things, but rather that 'we' (the swimming community) have shown remarkable resilience and ingenuity over the past few months and we must continue to keep our programs vibrant and meaningful.
6. We need to maintain activities that have high visibility (i.e., constant communication) within each of our local areas and spheres of influence and with each other.
7. Restore vibrant dryland programs that focus upon the following:
 - a. Overall aerobic conditioning (large muscle groups) at moderate intensities.
 - b. Higher aerobic activity (large and small muscle groups) at HRmax and above intensities (intervals of 20s to 3 mins).
 - c. Ensure that some work stresses upper body/arms in terms of muscular endurance.
 - d. Suppleness/Yoga/Breathing activities.
 - e. Indoors via online (group sessions as in the Spring/Summer) and outdoor activities performed individually.
 - f. Encourage other activities (e.g., walking/hiking with poles, running (with poles), cross-country skiing, snow shoeing, biking (if weather permits ... or fat-biking), etc.).
 - g. Remember the FINA video series from the Spring.
8. Engage with your groups by issuing 'challenges' (weekly?) around various activities. Use music online, hold your own TEDtalks on topics the swimmers



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- want to chat about, build your COVID-era team brand T-shirts, hats, gloves, socks ... whatever you think. Name this season something ... (I've been calling the entire COVID period "The Year of Living Dangerously").
9. Share your ideas with the entire Swim AB community via normal channels to us and our social media platforms.
 10. We (Swim AB) will be hosting specially focused 'Wellbeing/Mental Health' online fireside chats and discussions in the very near future for certain groups (younger swimmers, older swimmers, club coaches, and perhaps others (parents etc.)).

Swim Alberta has posted a number of resources to the [Swim Alberta COVID-19 Info](#) webpage. There is a coach resource section that includes ideas for out of water and dryland training. **These resources are ideas for coaches to implement into their program based on the age, stage, needs and experience of the swimmers. Careful consideration by coaches as what is appropriate for athletes is important.** This section is not intended for parents or athletes to use without the guidance or supervision of a registered coach.

It is required that any online program delivery be offered under the supervision of a coach who meets the requirements of [Swim Alberta's Coach Membership and Minimum Requirements Policy](#). It is important to remember that any virtual dryland programming should be done as a group and not in a one-on-one scenario to ensure that training occurs in an 'open and observable' environment.

[Swim Alberta's March 26 Update](#) includes information with respect to insurance, FAQ's regarding supported dryland activities as well as activities that would not be supported.

If you have questions or require support, please reach out to the Swim Alberta technical staff.

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