

Stage 3 Requirements and Recommendations for Training and Competition

INTRODUCTION

Swim Alberta, from the start of the pandemic, has been committed to following and aligning with the guidance and recommendations of Alberta Health. This philosophy will guide us through Stage 3 and any remaining plans outlined by the Government of Alberta as it relates to the COVID-19 Pandemic.

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. Clubs should look to structure their programs and activities with this in mind, paying particular attention to the needs of the 11 and under athlete who is currently not eligible for vaccination. Programming for those 11 and under and those that interact with them through programs and services, will likely need some additional precautions and guidance. Each club, knowing their structure and programming is in the best place to ensure additional best practices are put in place to support these athletes using the guidance provided by Alberta Health.

REQUIREMENTS

To support a safe training and competition environment, the following is required:

Item	Description / Application	Link to Resource
Children 11 & Under	The Government of Alberta has published guidance for activities for children age 11 & under. It is strongly recommended that all clubs follow this guidance for both training and competitions.	Stage 3: Guidance for activities with children 11 & under
Local & Facility Requirements	All clubs must follow any local and or facility requirements. Local or facility requirements may include the use of masks or limiting spectator seating.	
Screening	Individuals should answer the Alberta Health Daily Checklist prior to participating in any organized activity. Individuals experiencing COVID-19 symptoms must isolate at home and are not permitted to access or attend any activities.	Alberta Health Daily Checklist (updated July 2021)
Isolation & Quarantine Requirements	Albertans are legally required to: <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. <i>*Duration of quarantine may be reduced based on vaccination status</i>	Isolation Requirements Core Symptoms Online Self-Assessment
Response for Sick Individuals	If an athlete, coach, volunteer or official becomes sick while participating: <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 Once the sick individual has left, all surfaces the individual may have come into contact with should be cleaned and disinfected.	
Reporting	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	
Competition Types, Deadlines & Requirements	Swim Alberta has published competition types (listed below), deadlines and requirements for competitions running up to August 31, 2021. <ul style="list-style-type: none"> • Class I Time Trial (record attempt) • Single Club Competition • Closed Invitational • Open Invitational • Virtual Competition • Summer (ASSA Swimmers Only) • Masters (Masters Swimmers Only) 	Competitions Types, Deadlines and Requirements up to August 31, 2021
Travel – Out of Country	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.	

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
Attendance Records	It is recommended that clubs retain attendance logs for all swimmers, coaches, officials, volunteers and spectators for all organized activities.	
Hygiene Measures	All individuals should follow all hygiene measures to assist with the prevention of infection.	Infection Prevention and Control
COVID-19 Coordinators	It is recommended that clubs appoint a COVID-19 Response Coordinator and that clubs running competitions appoint a COVID-19 Competition Safety Coordinator. Roles & Responsibilities are available on the Swim Alberta website.	Roles & Responsibilities
Competition Tools	Swim Alberta has developed tools to help clubs plan and implement competitions with a focus on providing a safe environment for individuals in attendance. These tools are published on the Swim Alberta website for clubs to consider for use.	Competition Tools
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 to competitions.	

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>

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.