

February 2, 2021

Swim Alberta Update – Step 1 Changes implemented by the Government - COVID-19

Dear Club President and Head Coaches,

Swim Alberta will provide a formal update on permitted activities for all Swim Alberta clubs in the coming days. Questions have been coming into the Swim Alberta staff as it relates to the recent announcements on Friday, January 29th and what is permitted by clubs as it relates to resuming some training activities.

A reminder first to all clubs that the **Government of Alberta has declared a Public Health Emergency** on November 24, 2020 that remains in effect to protect the health care system from COVID-19. Also, as previously shared in other updates, rather than rushing to quick decisions or interpretations from press conferences and information shared on websites, Swim Alberta has a duty and obligation to ensure that we fully understand the full intent of all Health Orders before publishing any requirements or restrictions as it relates to training and return to swimming for affiliated clubs. **We anticipate later this week that the Health Order related to the announcement on January 29th will be published and Swim Alberta is committed to providing a full update and official response to permitted activities at that time.**

The current understanding of the intended restrictions that may come into place on February 8th, 2021 include the following:

Group or team sports not permitted

- No sports games, competitions, team practice, league play or group exercise of any kind is allowed.

One-on-one training is permitted*

- Only one-on-one or one-on-one household training is permitted for indoor fitness activities (e.g. fitness in dance studios, training figure skating on ice, one-on-one lessons).
- Sessions have to be scheduled or by appointment. No drop-in or groups allowed.

Safety requirements:

- One-on-one sessions cannot interact with others and there must be a minimum of 3 metres distance between sessions in the same facility.
- Trainers must be professional, certified and/or paid trainers who are providing active instruction and correction. Passive supervision of a physical activity is not considered training.
- Trainers should remain masked during the session; clients are not required to wear a mask while exercising
- More than one trainer and client 'pair' are allowed into the facility, studio, rink, court, pool, ice surface, etc. so long as:
 - Each trainer and client stay 3 metres away from all other trainers and clients at all times, including in entryways and exits.
 - Each trainer can only interact with their assigned client, and each client can only interact with their assigned trainer.
 - No interaction between clients or between trainers is allowed.
 - No 'cycling through' multiple trainers as in circuit training.

Source: [Government of Alberta website – Public Health Measures](#)

As in the past, facilities may choose or may not choose to open under the proposed restrictions and pending Health Orders. Clubs should work closely with their facilities, once facilities also have a better understanding of the restrictions as it relates to new Health Orders.

The Swim Alberta Return to Swimming and Competitions Requirements Documents (Version 8) remains suspended at this time, and updated information will be published as soon as we are able.

If you have any questions please reach out directly to either:

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Stay well and be safe,

Cheryl Humphrey
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