

## APPENDIX 8: 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 over the age of 18 may oversee activities.
- Physical distancing measures of a minimum 2 metres between individuals not in the same household are implemented.
- Group sizes for training do not exceed 50 people in one outdoor location or 15 people in one indoor location.
- Process for completion of the Screening 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 waivers and assumption of risk 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 and outlined Swimming Canada's Return to Swimming Resource document.
- Activities must be scheduled with a buffer to limit overlap of participants.
- Carpooling outside the family cohort is not permitted.
- No spectators are 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 50 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 Swimming Canada's Return to Swimming Resource document in addition to any activity requirements outlined by AHS and the General Requirements of Swim Alberta.
  - Key Considerations of Swimming Canada's Return to Swimming Resource document
  - Phased approach to return based on the clubs demographics
  - Training Groups may not interact and training group members to remain the same
  - Training session procedure outlined, dryland training at the pool not permitted
- Local municipality and facility requirements met
- Swimming activities restricted to local 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.