


EVERYONE WINS WHEN EVERYONE SWIMS

SWIMMING ACTIVITY CONTRIBUTES TO:
MENTAL, PHYSICAL & COMMUNITY HEALTH

**READY TO RETURN TO SWIMMING AND
HERE'S WHY**



1. A RECENT STUDY IN THE SWIMMING ENVIRONMENT FOUND THAT THERE WAS 0 TRANSMISSION OF COVID-19.

- From June to November, 2020; 73 different Swim Alberta registered club programs supporting 5,446 registered swimmers, forming 332 cohorts from 32 communities across Alberta participated in 31,635 hours of group training or 223,324 hours of individual training. During that period there were only 14 cases of COVID-19 reported with ZERO transmissions within the cohort swimming model.
- Visit: www.cmaj.ca/content/193/8/E291 to read the study.



2. CHLORINE IS A PART OF OUR DAILY TRAINING ENVIRONMENT

- The Centre for Disease Control (CDC Atlanta) has indicated that "evidence suggests that COVID-19 cannot be spread to humans through most recreational water. Additionally, proper operation of these aquatic venues and disinfection of the water (with chlorine or bromine) should inactivate the virus that causes COVID-19".
- The CDC is not aware of any scientific reports of the virus that causes COVID-19 spreading to people through the water in pools, hot tubs, water playgrounds or other treated aquatic venues".

3. SWIM CLUBS ARE READY TO RETURN TO THE POOL. HERE'S WHY:

- The safety of swimmers is our most important priority.
- Swim Alberta has developed stringent return to swim protocols, in accordance with Alberta Health requirements.
- Over 50 engagements with clubs since last March to ensure a safe and coordinated return to the pool.
- Swim Alberta clubs have successfully adopted all Swim Alberta and Public Health requirements.
- Almost 80% of swimmers feel safe in returning to the pool when surveyed last August.



4. POOL FACILITIES SUPPORT THE RETURN TO SWIMMING. HERE'S WHY:

- They have strong risk management protocols in place for individuals and groups.
- Swim Clubs have been supported by Swim Alberta throughout and have the support they need to return to the pool.

