

# Requirements and Recommendations for Training and Competition

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## REVISIONS\*

### February 10, 2022

- This is a significant update therefore it is recommended to read as a new document. Revisions to requirements and recommendations are listed in **red text**. Where the entire requirement or recommendation includes new or moved content, the item will be listed in **red text**.

\* A list of Past Revisions is available in Appendix A.

## INTRODUCTION

Swim Alberta, from the start of the pandemic, has been committed to following and aligning with the guidance and recommendations of Alberta Health. Clubs through their affiliation with Swim Alberta are required to follow all Health Orders, as well as all Swim Alberta Requirements as outlined in this document. Clubs should look to build into their programming the Recommendations as needed.

## REQUIREMENTS

To support a safe training and competition environment, the following are **requirements** that clubs must follow. The Government of Alberta has identified steps to phase out public health measures and are referenced in the requirements below. There may be municipal or facility requirements in effect.

Item	Description / Application	Link to Resource
<b>Public Health Orders</b>	All activities must adhere to the most recent Chief Medical Officer of Health Order(s).	<a href="#">Current Health Orders</a>
<b>Public Health Actions</b>	All individuals, including swimmers, coaches, officials and volunteers, must follow the public health actions as outlined by the Government of Alberta, in addition to any municipal or facility requirements.	<a href="#">Public Health Actions</a>
<b>Facility Requirements</b>	All clubs must follow any facility requirements. Facility requirements may include masking, limiting spectator seating or other requirements the facility may have in place.	
<b>Competitions</b>	<p>Competitions may be approved for swimmers of all ages.</p> <p>Clubs must follow all provincial, municipal and facility requirements as well as all competition requirements as outlined by Swim Alberta. Specific municipal or facility requirements should be outlined in the meet information package and communicated to attending clubs prior to the competition.</p> <p>Competition Recommendations</p> <ul style="list-style-type: none"> <li>• Clubs should continue use of a minimum official’s roster as outlined in the Competition Focus per Level document.</li> <li>• Clubs may consider lane assignments during warm-up, designated seating or team areas to encourage distancing between clubs.</li> <li>• Clubs may consider including a competition safety plan or facility diagram with their competition information.</li> </ul>	<a href="#">Meet Manager Information</a>  <a href="#">Competition Focus Per Level</a>
<b>Screening Government of Alberta - Step 2</b>	Individuals must answer the Alberta Health Daily Checklist prior to participating in any organized activity, clubs can make this a requirement. Individuals experiencing COVID-19 symptoms must isolate at home and are not permitted to access or attend any activities.	<a href="#">Alberta Health Daily Checklist (updated February 2022)</a>

Item	Description / Application	Link to Resource
<p><b>Masking</b></p> <p><b>Government of Alberta - Step 2</b></p>	<p>All participants must follow all provincial, municipal and facility masking requirements.</p> <p>Masks are not needed when:</p> <ul style="list-style-type: none"> <li>• Athletes are in the water training or during vigorous dryland activities.</li> <li>• Instructors/coaches need to temporarily get in the pool to assist or demonstrate a skill</li> <li>• Activities are taking place outdoors.</li> <li>• Consuming food or beverages.</li> </ul>	
<p><b>Isolation &amp; Quarantine Requirements</b></p> <p><b>Government of Alberta - Step 3</b></p>	<p>Isolation helps prevent the spread of COVID-19 by reducing the number of people you could infect if you have symptoms or test positive by staying home and avoiding others. Effective January 3, Albertans are legally required to isolate as outlined below:</p> <ul style="list-style-type: none"> <li>- Fully vaccinated (2 doses or 1 dose Janssen): Isolate for 5 days from the start of symptoms or until they resolve, whichever is longer, if symptoms are not related to a pre-existing condition. For 5 days following isolation, wear a mask at all times when around others outside of home.</li> <li>- Not fully vaccinated (1 dose or less): Isolate for 10 days from the start of symptoms or until they resolve, whichever is longer, if symptoms are not related to a pre-existing condition.</li> <li>- If you test negative and have symptoms, you should still stay home and away from others until symptoms resolve.</li> </ul> <p>Quarantine limits potential spread from people who have been exposed to COVID-19 but have not yet developed symptoms or tested positive.</p> <ul style="list-style-type: none"> <li>- Close contacts of positive cases are no longer required to quarantine for 14 days.</li> <li>- Federal border measures still apply for all international travelers entering Canada.</li> </ul>	<p><a href="#">Isolation Requirements</a></p> <p><a href="#">Core Symptoms</a></p> <p><a href="#">Online Self-Assessment</a></p> <p><a href="#">Travel, Testing and Borders</a></p>
<p><b>Response for Sick Individuals</b></p>	<p>If an athlete, coach, volunteer or official becomes sick while participating:</p> <ul style="list-style-type: none"> <li>- Perform proper hand hygiene, put on a mask and maintain 2m distance from all others.</li> <li>- Arrange immediate transportation home, avoiding public transportation, to begin isolation</li> </ul> <p>Once the sick individual has left, all surfaces the individual may have come into contact with should be cleaned and disinfected.</p>	
<p><b>Travel – Out of Country</b></p>	<p>Travel out of the country to locations where there is an ‘Avoid all travel’ or ‘Avoid non-essential travel’ advisory for training or competition is currently not supported by Swim Alberta.</p>	<p><a href="#">Official Global Travel Advisories</a></p> <p><a href="#">Traveler Resources</a></p>

## 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
<b>Children 11 &amp; Under</b>	The Government of Alberta has published guidance for activities for children aged 11 & under. <b>Swim Alberta recommends</b> that all clubs follow this guidance for both training and competitions. The key considerations for this age group include limiting numbers per group, fixed groups and ensuring the same staff interact with the group.	<a href="#">Guidance for activities with children 11 &amp; under</a>
<b>Group Size</b>	Clubs can consider options to reduce the number of possible interactions during scheduled practices including lane assignments, small group sizes and/or cohorts.	
<b>Physical Distancing</b>	Physical distancing of 2 meters between individuals should be maintained indoors, except youth when engaged in physical activity.	
<b>Attendance Records</b>	Clubs should retain attendance logs for all swimmers, coaches, officials, volunteers, and spectators for all organized activities.	
<b>Hygiene Measures</b>	All individuals should follow all hygiene measures to assist with the prevention of infection.	<a href="#">Infection Prevention and Control</a>
<b>Shared Equipment</b>	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.	<a href="#">Hard-Surface Disinfectants and Hand Sanitizers</a>
<b>Club COVID-19 Coordinators</b>	Clubs <b>may</b> appoint a COVID-19 Response Coordinator and clubs running competitions <b>may</b> appoint a COVID-19 Competition Safety Coordinator. Roles & Responsibilities are available on the Swim Alberta website.	<a href="#">COVID-19 Coordinator Roles &amp; Responsibilities</a>
<b>Travel – Domestic</b>	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 outside of the province.	

## RESOURCES

Swim Alberta COVID-19 Resources

- <https://swimalberta.ca/COVID-19/>

Isolation Requirements

- <https://www.alberta.ca/isolation.aspx>

Alberta Health Daily Checklist

- <https://www.alberta.ca/assets/documents/covid-19-relaunch-daily-checklist.pdf>

Alberta Public Health Actions

- <https://www.alberta.ca/covid-19-public-health-actions.aspx#Step1>

COVID-19 Information for Albertans

- <https://www.alberta.ca/coronavirus-info-for-albertans.aspx>

## APPENDIX A – PAST REVISIONS

### January 14, 2022

- Updated Isolation & Quarantine Requirements (Page 5)
- Added Appendix C – Past Revisions (Page 11)

### December 22, 2021

- Clarified Age 12 & Over (Page 2, 4 & 9)
- Removed 11 & under multi-club requirements for 2021 (Page 2 & 4)
- Updated Travel – Out of Country (Page 6)

### December 2, 2021

- Updated Introduction (Page 2)
- Updated Dual Meet and Multi-Club Competition Requirements (Page 4)
- Updated Out of Country travel (Page 6)
- Updated Resources (Page 7)
- Updated Appendix B (Page 9)

### October 8, 2021

- Updated multi-club requirements (Page 4)
- Updated proof of vaccination (Page 9)

### October 5, 2021

- Added Future phases of requirements for training and competition (Page 2)
- Updated Children 11 & Under (Page 3)
- Added Single Club, Dual Meet and Multi-Club Competition Requirements (Page 3-4)
- Updated Screening Link (Page 4)
- Added Appendix B – Proof of Vaccination, Negative Test or Medical Exemption for Multi-Club Competitions (Page 9)

## 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.