

Canadian Badlands

Aquatic Club

RETURN TO SWIM

PLAN

September 2020



CBAC Return to Swim Plan

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1. Disclaimer

The Canadian Badlands Aquatic Club (CBAC) has prepared this Return to Swim Plan based on information from Swim Alberta, Swimming Canada, and Alberta Health Services (AHS). This Plan will be updated as the COVID-19 pandemic evolves and more information is available.

This Plan is meant to reflect information and guidance as to best practices based on current information. It outlines requirements that CBAC must adhere to in order for activities to be sanctioned by Swim Alberta. CBAC is responsible for assessing the risks for our particular environment(s) and establishing appropriate safety procedures to minimize those risks, while following the advice and instructions of regulatory bodies, public health and government authorities, including facilities.

Family/Everyone is responsible to assess his or her personal risks in consultation with medical professionals and for the outcome of his or her decisions and actions. Before returning to sport, each athlete will be required to answer questions about their personal health risks.

2. Commitment to Safety

CBAC appreciates that our Family/members are anxious to safely return to normal routines and activities that were an important part of our daily lives prior to COVID-19. We look forward to supporting our membership in safely returning to the sport of swimming, as we transition to opportunities to train outdoors in small groups and return to the water. The priority of CBAC has always been and will always be the safety of our swimmers and families, as well as our coaches, volunteers and staff involved in the sport of competitive swimming. It is vital that our return to swimming is done in the safest way possible. CBAC will continue to monitor and follow all guidelines and regulations that have been put in place through Swim Alberta and local authorities.

Returning to swimming will require your patience and support. By working together, the CBAC family can ensure the safety of our athletes and entire membership as we return to the sport of swimming, a sport that ignites the fire and determination in all of us. CBAC will continue to monitor the situation very closely and will

update our Return to swim plan accordingly. For the benefit of our members, the most current version of CBAC Return to Swim Plan will be available on the CBAC Club website.

3. Adherence to Guidelines and Requirements

Our return to swimming will be a gradual and phased process. CBAC must follow the lead of Swim Alberta, AHS and local authorities relating to permitted activities including dryland training, swimming and eventually competitions. CBAC must fully understand any additional local municipal regulations that may be in place. These regulations can change at any time but will be updated to the club.

Conditions for In-Person Training and Return to Swimming (including outdoor training) will require the following conditions to be met:

- The Federal and Provincial Governments ease imposed relevant restrictions in Alberta;
- Municipal Governments allow organized sport to access swimming pools, gymnasiums, fields and fitness centres etc;
- Swim Alberta's Return to In-Person Training & Swimming Guideline (Resources) is adhered to and followed (including any additional protocols, restrictions and guidelines that may be updated);
- CBAC agrees to adhere to Swim Alberta requirements and submit any required declarations or waivers;
- The CBAC Return to swim plan will be developed in conjunction with our local facilities. This Plan must be available upon request of Swim Alberta and may also be requested by partner sport facilities;
- CBAC must ensure that all coaches, athletes, officials, volunteers and parents understand and agree to follow regulations and guidelines governing the return to in-person training and swimming.

CBAC must ensure that activities comply with basic safety requirements in addition to any Provincial guidelines or requirements as outlined by Swim Alberta, AHS or local authorities. CBAC will ensure that members, family, coaches and staff are aware of requirements and guidelines and will include this information on the CBAC website.

Oversight:

All CBAC activities must be overseen by a responsible person who will ensure adherence with the CBAC Return to Swim Plan and public health guidelines. Individuals exhibiting symptoms of Covid-19 will be sent home immediately and may be required to isolate.

Registration:

All CBAC coaches and swimmers must be fully registered with CBAC, Swim Alberta and Swimming Canada. Waivers & Declarations:

All CBAC coaches and swimmers (or parents/guardians if under 18 years of age) must sign a Waiver and Assumption of Risk Form (Appendix 8). CBAC will provide a Declaration of Compliance to Swim Alberta prior to participating in activities.

Gathering:

CBAC activities must comply with local and facility gathering restrictions. Gathering restrictions in Alberta are changing from time to time. For now, groups will be limited to 50 people, which is subject to change. Group size shall comply with public health orders and facility requirements at all times.

Physical Distancing:

CBAC activities will comply with physical distancing restrictions. Where possible, individuals must maintain physical distancing of at least 2 metres from others, unless they are from the same household or cohort family. Consideration will be given to the arrival and departure of swimmers/staff that supports physical distancing requirements; except for family members or persons residing in the same household.

Daily Health Screening:

Athletes, coaches, volunteers/families and staff must complete the Daily Health Screening Checklist (see link) questions prior to participating in any organized activity. Stay home when sick, even with mild symptoms. If an individual answers yes to any of the questions, they will not be allowed to participate. Athletes/coaches are encouraged to keep a personal record of daily health screening checklists for 4 weeks. These questions will be asked on a daily basis.

Isolation Requirements:

Individuals must isolate for 14 days if they have returned to or entered Alberta from outside Canada or are a close contact of someone with COVID-19. Individuals must isolate for 10 days if they have any symptoms that are not related to a documented pre-existing illness or health condition: cough, fever, shortness of breath, runny nose or sore throat. If you have symptoms, please arrange testing.

Hygiene:

For all CBAC activities, CBAC coaches will communicate appropriate hygiene measures in advance to all participants. CBAC coaches will ensure participant compliance with required hygiene measures. Athletes will be required to have personal hand sanitizer at all workouts. CBAC coaches will also be required to have hand sanitizer at all workouts. Athletes and coaches are encouraged to frequently wash or sanitize hands, including immediately before and after training.

Masks:

All individuals, including coaches, swimmers, parents and volunteers, must wear a mask. Swimmers must arrive at the pool wearing a mask, without exception. Swimmers are not expected to wear a mask during physical activity and should be fully dry before donning the mask after training.

Contact Tracing:

Contact Tracing Logs (see link Appendix) for all coaches and swimmers will be completed for every training activity, and will be quickly accessible to ensure efficient contact tracing. Contact Tracing Logs will be completed online or onsite (in accordance with the Training Procedure) by the lead coach or their designate for each session and must be maintained for a minimum of two weeks.

Participation in CBAC Activities:

Swimmers must be able to understand and adhere to personal hygiene measures, physical distancing measures and recommendations, cohort measures and screening protocols recommendations issued by AHS. Supplementary Physical Distance Guidelines specific to swimming are outlined in the Swimming Canada Return to Swimming Resource Document (Resources). Health Monitoring Guidelines as outlined in the Swim Alberta Return to In-Person Training and Swimming Guideline (Resources) will be followed.

Covid-19 Representative:

CBAC will designate a Covid-19 Representative (see link Appendix). Any athlete that arrives at training displaying any of the symptoms listed in Health Screening Checklist will be immediately sent home by the coach. If an athlete or staff tests positive for COVID-19, the training group protocol for a positive test as outlined in the Swimming Canada Return to Swimming Resource Document (Resources) as well as the requirements of AHS must be followed.

Athletes with an Underlying Health Condition:

CBAC recommends that any athlete with an underlying health condition which places the athlete at an increased risk from Covid-19 should notify the CBAC Office and discuss their return to training plan with a primary health provider prior to return to in-person training. The Swim Alberta Acknowledgment and Assumption of Risk Form (Appendix 8) is a mandatory waiver and MUST be signed by every athlete returning to in-person training.

A swimmer with documented allergies or another pre-existing health condition that causes demonstrable symptoms similar to Covid-19 (cough, fever, shortness of breath, runny nose) may be asked to leave the pool. If this happens, the swimmer should obtain a negative Covid-19 test before returning to the pool.

First Aid:

CBAC will ensure personal protective equipment is immediately available IF first aid treatment is required. CBAC coaches will have masks and gloves available for use if physical distancing cannot be maintained due to circumstances such as administering first aid.

Personal Protective Equipment:

CBAC coaches will have individual personal protective items (including masks and gloves) at each workout. Personal protective equipment must be used if physical distancing cannot be maintained. Each CBAC coach will wash and/or sanitize their hands regularly in accordance with established guidelines or expectations. CBAC coaches will have hand sanitizer, masks and gloves available for use particularly if physical distancing cannot be maintained due to circumstances such as administering first aid.

Scheduling:

CBAC activities will be scheduled to allow a buffer between sessions to avoid an overlap of participants in the activity space as well as during pick-up / drop-off. Physical distancing measures must be adhered to at all times, including pick-up / drop-off.

Transportation:

Carpooling or transportation outside of the family unit or in-person training cohort is not currently permitted by Swim Alberta. To comply with guidelines regarding sport cohorts, athletes in separate training cohorts cannot travel together in the same vehicle at this time.

Spectators:

Spectators are not permitted at this time. Any person entering a training facility must follow the requirements as outlined by the facility.

Parents:

Parents must drop off and pick-up swimmers at a designated location. Parents are not presently permitted to observe practice, except for swimmers with a documented condition or impairment requiring special assistance. Parents should follow the Parent/Guardian Checklist (Appendix 6).

Equipment:

Personal training equipment cannot be shared. Use of Equipment Guidelines as outlined in the Swimming Canada Return to Swimming Resource Document (see Resources) will be followed.

Food & Water:

Sharing of water bottles is not permitted. Communal water coolers are not permitted. Swimmers must bring their own water bottle cleaned and filled at home prior to any training activity. Public water filling stations will not be used at this time.

4. Safe Sport

Efforts will be made to ensure that open and observable environments are maintained at all times. This means making meaningful and concerted efforts to avoid situations where a coach, official or other representative might be alone with an athlete and/or vulnerable individual. All interactions between an athlete and an individual who is in a position of trust should normally, and wherever possible, be in an environment or space that is both “open” and “observable” to others. This also applies to online communication. All forms of electronic communication should always be done in a group setting. Training sessions should include a minimum of 3 people.

5. Outdoor Training Activities

CBAC Declaration & Plan:

CBAC will submit an outdoor training club declaration form to Swim Alberta. CBAC must have a written plan available upon request of Swim Alberta. CBAC will ensure that all members, coaches and staff are aware of requirements and guidelines and will post these on the CBAC website.

Group Size and Physical Distancing During Outdoor Training:

While Provincial regulations now allow outdoor groups of up to 100 people and changing on a timely manner, CBAC training groups will be limited to a maximum of 50 people per cohort, with a minimum distance of 2 metres between participants. Groups that share a single space, for example a playing field, will be separated by at least 2 metres with a clear demarcation between groups (such as a rope, chalk-line) to restrict mixing. CBAC

coaches will educate athletes regarding appropriate physical distancing and require that athletes maintain physical distancing at all times. Where possible one-way flow patterns will be used to avoid multiple groups from inadvertently interacting. Physical markers such as cones may be used to ensure physical distancing.

Hand sanitizer and/ or a handwashing station will be provided by the Coach and athletes must hand-sanitize immediately before and immediately after each training session. After the activity/training session, individuals should minimize time spent in parking lots and maintain distancing when returning to vehicles. Spectators are not permitted. Distancing requirements will be maintained by all individuals including coaches, athletes and parents/guardians. It is recommended that, where possible, only one parent drop-off and pick-up their athlete.

Inclement Weather:

CBAC coaches will monitor weather conditions to ensure that swimmers are not training outdoors during weather that may impact the health and safety of any individuals. CBAC will have a cancellation plan should the weather not be suitable or safe for activity.

Travel:

At this time, all CBAC training activities will be restricted to local opportunities.

6. Return to Swimming

CBAC Declaration & Plan:

CBAC will submit a Return to Swimming Club Declaration Form to Swim Alberta. CBAC must have a written plan available upon request of Swim Alberta. This written plan should follow the recommended return to swimming process for clubs and the return to swimming key considerations as outlined in the Swim Alberta Return to In-Person Training and Swimming Guideline (Resources). CBAC will ensure that all members, coaches and staff are aware of the return to swimming guidelines and will make access available through links in the CBAC Return to swim plan posted on the CBAC website.

Return to Swimming Framework:

CBAC will initiate a return to swimming with a step by step approach. The principles included in the Swim Alberta Return to In-Person Training and Swimming Guideline (Resources) will be applied when implementing the CBAC Return to swim plan.

Grouping, Cohorts and Phased Return:

CBAC will resume training in a phased approach as recommended by Swim Alberta. This phased approach will be reviewed with each respective facility. All athletes must have the maturity to understand and adhere to physical distancing and health guidelines.

Training Groups will be divided into Cohorts. A swimmer must only belong to one sport cohort. Cohorts must comply with AHS Stage 2 Return to Sport Guidelines (Resources). Cohorts may not interact and members of a training group (cohort) must remain the same for all training sessions in order to limit cross group interaction and protect all groups. Swimmers must only have one sport or performance

cohort. In order to change cohorts, there must be a minimum of 14 days between training with either cohort.

Each swimmer in the cohort may not train with another cohort or participate in another sports cohort. Members of a cohort may only participate in another activity if physical distancing is able to be maintained. If the coaches are able to maintain physical distancing from the group at all times the coaches would not be considered part of the cohort and could coach multiple groups. An example of not maintaining physical distancing would include teaching stroke mechanics on the pool deck, such as physically manipulating a swimmer's arm (Appendix 10).

Multi-Sport Athletes:

Athletes returning to swimming with CBAC will belong to a training group (swimming cohort). Cohorts may not interact. Each swimmer in the cohort may not train with another swimming cohort or participate in another sports cohort. Members of a cohort may only participate in another activity if physical distancing is able to be maintained. Athletes training with any other sport cohort where physical distancing cannot be maintained (any contact sport) are not permitted to return to swimming at this time (See link Appendix). These are guidelines set out from Swim Alberta.

Athletes at Increased Risk of Covid-19 Due to an Underlying Health Condition:

Athletes with an underlying health condition placing them at increased risk from Covid-19 should consult their primary health provider prior to recommencing swimming. Any athlete that is not able to complete a workout without physical manipulation or support should not participate. It is recommended that any athlete with an underlying health condition placing them at increased risk from Covid-19 discuss the CBAC Return to swim plan with their primary health provider prior to signing the Swim Alberta Acknowledgement and Assumption of Risk Form (Appendix 8).

Equipment:

Personal swimming equipment cannot be shared. Where required, swimmers may use a personal snorkel within their cohort. It is not recommended to use snorkels if other groups or public are in the pool.

Training Session Procedure:

A CBAC training session procedure will be documented for all coaches and swimmers. The training session procedure may include:

- Athletes will be notified in advance of their cohort training group and swim time by their coach.
- Athletes will arrive at workout and leave workout as directed by their coach, in accordance with facility requirements. Contact tracing may be required.
- Athletes must complete the Health Screening Checklist upon arrival at the facility.
- Athletes should arrive at workout no more than 5 minutes prior to training and must follow the guidelines for entrance established by the facility. This may include hand sanitization and additional health screening upon entering the facility.
- Athletes must carry personal hand sanitizer, and must always use facility hand sanitizing stations upon entering the facility.

- Athletes must adhere to all physical distancing requirements, including locations for personal item on deck. Athletes must ensure that physical distancing is followed at all times during in-person training. Where possible, athletes are advised to attempt physical distancing while swimming, in accordance with the Training Session Procedure.
- Upon completion of workout, athletes will exit the pool and adhere to all physical distancing regulations. Athletes must use hand sanitizer following workout, and again following facility exit.
- Athletes must limit use of facility change rooms and washrooms. Where possible, athletes should come to workout ready to swim and avoid facility change rooms. Use of facility washrooms is not recommended and should only happen in the case of a personal emergency. If athletes use the facility change room or washroom, they must adhere to all facility regulations including hand washing and sanitization.
- Athletes must clean all equipment and water bottles immediately following each training session.

Training Content and Program Design:

The CBAC return to swimming plan will take into consideration training disruption to swimmers' annual training plans, and ensure appropriate program design and development. Where appropriate, coaches will communicate the training plan to swimmers in advance, including lane assignments and required equipment.

Dryland Training:

Dryland training at the pool will be limited to designated areas. Cross-training within different pool facility areas is presently not permitted. Some dryland training may take place outdoors, as described in Outdoor Training Activities (above).

Local Facility Requirements:

Local facilities (Aquaplex TOD) have requirements which must be adhered to in order to return to swimming. Swimmers are not permitted to 'deck change.' Access to facility change rooms is not currently permitted except in the case of personal emergency. Swimmers should arrive and depart wearing their swimsuit under their clothing. Swim Alberta is currently reviewing the feasibility of allowing change room access and will provide an update in the coming weeks.

Travel:

Swimming activities will initially be restricted to local facilities. No swim travel will take place during initial Return to Swimming phases.

Open Water Training:

For any open water training, CBAC will follow the information available in Swimming Canada's Open Water Swimming Safety Guidelines – Coaching a Training Group. Approval of Swim Alberta is required.

Return to Competition:

CBAC return to competition requirements will be published at a later date. Swim Alberta is not sanctioning any competitions or time trials at this time. Swim Alberta is developing virtual competitions

as well as exploring how in-house racing can be officiated and sanctioned within the guidelines provided by Alberta Health.

7. Resources

[Swim Alberta Covid-19 Resources](#)

[Swim Alberta Return to In-Person Training and Swimming Guideline.pdf](#)

[Alberta Health Services Stage 2 Return to Sport Guideline.pdf](#)

[Alberta Health Services Stage 2 Guidance for Swimming Pools.pdf](#)

[Swimming Canada Resource Hub](#)

[Swimming Canada Return to Swimming Resource Document.pdf](#)

[Drumheller-Valley-Return-to-Recreation-Handbook.pdf](#)

8. Appendices

APPENDIX 1: Screening Checklist

[Covid-19 Daily Health Screening Checklist.pdf](#)

APPENDIX 2: Contact Tracing Log

[Swim Alberta Contact Tracing Log.pdf](#)

APPENDIX 3: Physical Distancing Guidelines for Training Environments

[Swimming Canada Return to Swimming Resource Document: Page 9 Physical Distancing.pdf](#)

APPENDIX 4: Swimmer Checklist to Prepare for Practice

[Swim Alberta Swimmer Checklist.pdf](#)

APPENDIX 5: Coach Checklist

[Swim Alberta Staff/Coach/Volunteer Checklist.pdf](#)

APPENDIX 6: Parent Checklist to Help Swimmers Prepare for Practice

[Swim Alberta Parent/Guardian Checklist.pdf](#)

APPENDIX 7: Swim Club Requirements for In-Person Training and Swimming

[Swim Alberta Return to In-Person Training and Swimming Guidelines.pdf](#)

[Swim Club Requirements for In-Person Training.pdf](#)

APPENDIX 8: Waivers

[Swim Alberta Acknowledgment and Assumption of Risk Form.pdf](#)

APPENDIX 9: Swim Club Declaration Forms

[Swim Alberta Club Declaration Form: Return to Outdoor Activities.pdf](#)

[Swim Alberta Club Declaration Form: Return to Swimming.pdf](#)

APPENDIX 10: Swimming Cohorts

[Swim Alberta Cohorts for Swimming.pdf](#)

APPENDIX 11: Covid-19 Representative

[Swim Alberta Covid-19 Response Coordinator Role and Responsibilities.pdf](#)