

Cascade Swim Club FAQ's COVID-19:

We appreciate your patience and understanding as we continue to navigate this fluid world environment. Please see attached list of FAQ's.

1) What are daily health screening forms?

Daily screening has been identified by Alberta Health Services as an important tool in significantly reducing the chances of COVID-19 virus transmission and an outbreak. Each swim roster is provided a link that can be found [here](#). It must be filled in before **each** practice. Please only use the link for your swimmer's designated group.

2) What if the form is not completed?

The swimmer will not be permitted to swim without a daily completed form. Coaches, pool supervisors and our Cascade COVID screeners (Canyon Meadows & Seton) will all have copies of who has completed their screening form for each day.

3) What if I answer "yes" to any of the questions on the screening tool?

A "yes" to any of the questions means that the swimmer will be unable to attend practice until they get a negative COVID-19 test result. Please contact our COVID officer, cascade.covid19@gmail.com, if you answer yes and have any questions.

4) What if a swimmer has a Pre-Existing condition with symptomology similar to COVID -19?

Parents or the swimmer must communicate with coaches if they have a pre-existing condition that could be confused with COVID-19 symptoms ie asthma, seasonal allergies etc.

5) What is the communication protocol for all COVID -19 related questions and issues?

Please communicate all questions regarding COVID -19, testing, symptoms etc to Cascade COVID Officer, Ella Wilson, at cascade.covid19@gmail.com along with your swimmer's coach.

6) What if a swimmer tests positive for COVID-19?

Parents or the swimmer must communicate immediately with the Cascade COVID Officer, Ella Wilson, at cascade.covid19@gmail.com if they receive a positive result. All individuals who test positive for COVID-19 will be contacted by a member of the AHS Public Health team for follow-up and case management. Next steps will be provided on a case by case scenario under the direction of Alberta Health Services.

7) If a member in my child's cohort tests positive, does my child have to isolate?

No, not necessarily. We have precautions in place, such as wearing masks and distancing prior to entering the facility and activation to reduce exposure for swimmers within the cohort. Alberta Health Services (AHS) leads case investigation and contact tracing. AHS will look at each scenario on a case by case basis and determine the best public health actions. Close contacts will be notified of the need to quarantine (14-day isolation for the last contact with the case when infectious). Contacts may be asked to get tested for COVID-19.

8) Will the affected lane of a positive COVID-19 Test be required to isolate?

Based on exposure level, we will proceed with a response under the direction of Alberta Health Services.

9) My swimmer may just have a cold but has COVID-19 symptoms, should I get them tested?

Swimmers who have any cold or flu symptoms will not be permitted to come to the pool. If they arrive with cold or flu symptoms, they will be asked by their coach to leave immediately. We strongly recommend that all our swimmers this season get a seasonal flu shot.

You should get tested if you have any COVID - 19 symptom. If you have any these symptoms you are [legally required to isolate for at least 10 days](#) from the start of your symptoms or until they resolve, whichever is longer: Fever, Cough (new cough or worsening chronic cough), Shortness of breath or difficulty breathing (new or worsening), Runny Nose, Sore Throat. The swimmer is able to return to swimming with a negative COVID -19 test (if they have no known exposure to the virus) and they are recovered from all symptoms.

Via Alberta Health Services use this self-assessment tool to help determine whether you need to be tested for COVID-19 <https://myhealth.alberta.ca/Journey/COVID-19/Pages/Assessment.aspx>

10) What if I have one swimmer awaiting COVID test results – will any additional swimmers within the family need to miss practice while waiting?

We request if you have one symptomatic (or asymptomatic) child who is going to be tested and a sibling that is also in the club that you have both (or more) children tested at the same time. All swimmers awaiting test results will not be able to attend practice until a negative test result is received. Turnaround for test results are fairly quick. Albertans 14 years-old or older can access test results online through [MyHealth Records](#), a secure Alberta government service that helps keep track of your health information. You will need to [sign up for a MyAlberta Digital ID](#) to use this service.

In the event that only one of the siblings is being tested (even though the other is also a part of our club) both swimmers will need to remain out of the pool until one (or both) of the test results are back and are negative. The intention of the request to keep all siblings out of the pool awaiting test results is simply to maintain the highest level of safety standards possible. Our main concern is the overall health and wellness of our participants and coaches, as well as preventative measures to avoid any long term closures.

Please note, if you are asymptomatic and getting a test as a baseline (ie. required for school, prior to travel etc.) you are not required to miss practice awaiting a test result.

11) If I have a swimmer that tests positive for COVID-19 do any additional swimmers in the family need to isolate?

Yes, since one swimmer is a confirmed case all swimmers and members of the family are required to isolate. Please follow AHS guidelines regarding isolation [here](#).

12) What if my swimmer tests negative but had exposure to a COVID-19 case?

According to Alberta Health Services - if you tested negative but have known exposure to COVID-19, you are legally required to [isolate](#) for **14 days**.

If you tested negative and have no known exposure to the virus swimmers are able to return to practice after they are completely **symptom free**.

13) If the facility is required to shut down, will credits be provided? What alternate programs will be provided?

A scenario of a pool being shut down is unlikely, although not impossible. In the event **all of our** facilities were shut down, like they were this past spring, and we had nowhere to train or move training to, we would first revert back to what we provided during that spring period - online dryland training. Like in the spring, that online training would be of similar duration and frequency to what your swimmers normally experience on a week to week basis - notwithstanding that as it would be a significant departure from regular training that there would potentially need to be a short build up period. If that shutdown was going to be an extended period of time (ie greater than 30 days) we would have to re-evaluate at that time in what capacity the club would be able to continue.

14) Will credits be provided if a swimmer tests positive for COVID-19? What if this continues for an extended period of time?

No, if an athlete gets ill that is not something that you receive a credit for. This scenario is no different than if you have a regular cold or the flu and cannot come to practice or if you twist your ankle at the playground and are then out of the water for two weeks.

However, any Cascade athlete who is ill for an extended period of time (beyond 30 days) can make use of the club's critical illness policy that deals with such cases.

15) What if a swimmer in my child's lane tests positive and my child is required to isolate- will credits be provided for missed practices?

No, credits will not be provided for missed practices under these circumstances. We are unable to provide credits for situations that are beyond our control.

16) Is it possible to provide an alternate fee system such as a monthly plan that can be cancelled due to COVID-19?

No, our fee structure has not changed for the upcoming year. It is not possible for the club to book facilities and contract staff on a month to month basis. Members still have the option to either pay all up front or they can avail themselves of the payment plan (50% up front then the rest on a monthly basis up until April 1st).

17) Do I have to register my swimmer when registration opens or can I wait to register my swimmer at a later date?

You are free to register your swimmer at anytime prior to the beginning of training; but, please understand that due to Swim Canada, Swim Alberta, and our own Cascade requirements - delayed registration on a member's part potentially means a delay to the start of their swimmer's training season (ie. registering on the night of the 13th after the week of Town Hall meetings will not likely give everyone enough time to have all the necessary additional steps signed off on to meet SC/SA/CASC requirements to be able to have the swimmer come to the pool on the 14th start date).

18) Will my swimmer be permitted to join any other sport/performance cohorts?

All Swim Alberta registered athletes (all Cascade swimmers – including those in our LTCS Programs) may only participate in one single sporting or performance cohort group unless that other cohort group will be able to always maintain a physical distance of 2m or greater when participating. This does mean that athletes swimming in any Cascade program are not allowed to participate in any other sport or performance designated cohort. This restriction does not apply to school cohort. In the even that an athlete needs to change cohorts, they must wait a minimum 14 days to do so.

19) What additional safety measures will be taken as distancing is not possible within the Swim School programs?

Coaches in the Swim School program, while in the water, will wear face shields during all sessions. Cascade has also invested in other face covering technology that will protect both the swimmers, coaches and staff while in the water with our LTCS program athletes.

20) Are parents permitted to spectate during sessions?

Parents are not permitted to spectate with the exception of our LTCS programs (Swim School/ JOW at the **Canyon Meadows** location **only**) where **one** parent/guardian spectator from each family will be permitted to watch in the designated viewing area at the pool. Parents in the designated viewing area must be masked at all times.

No spectators are allowed at Repsol or Seton. At Seton parents cannot be in any public areas (stands, hallways) but they can use the building amenities (gym, weight room, library etc.). Please note that weight room access at Seton requires booking a time slot in advance with the facility.

21) What if a situation arises at my child's school in which they have been asked to isolate as a precautionary measure?

In the effort of keeping all swimmers at our club safe and healthy, if your child is requested to isolate under any circumstance we would request you do the same for swim practice. All situations should be communicated to our COVID Officer and Coaches.