

Killarney Swim Club FAQ's COVID-19:

1) What is the Alberta Health Daily Checklist ?

Daily screening has been identified by Alberta Health Services as an important tool in significantly reducing the chances of COVID-19 virus transmission.

The updated screening assessment can be found on our COVID-19 page and should be reviewed with your swimmer before each practice.

2) What if my swimmer answers “yes” to any of the questions on the Alberta Health Daily Checklist for Children Under 18 ?

The swimmer is NOT able to attend practice if they answer “yes” to any of the screening questions. Please do the AHS Online Assessment with your child to determine next steps:

<https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx>

3) What if my swimmer tests positive for COVID-19?

Parents of a swimmer that tests positive are asked to communicate immediately with the KSC COVID-19 Coordinators, Mike Meldrum and Dr Lori Gohill at mike@killarneyswimming.com

Direct communication with KSC COVID-19 Coordinators will allow us to act quickly to ensure the safety of other swimmers and coaches and their families. All information is strictly confidential and is for the sole purpose of determining close contacts of the positive swimmer.

4) What is the communication protocol for possible COVID -19 exposure within a training group ?

Notifications of any possible COVID -19 exposures within a training session will be sent via email. Please be certain to check your email daily.

5) If a member in my swimmer's training group tests positive, does my swimmer have to isolate?

Close contacts will be notified of the need to quarantine (14-day isolation from the last contact with the case when infectious) as soon as we are notified of a potential exposure.

KSC has developed protocols intended to limit transmission and keep our swimmers safe. The level of exposure within the training group will be assessed and those determined to be close contacts will be notified.

6) What if a member of our household tests positive for COVID-19, but my swimmer tests negative ?

Your swimmer must NOT attend practice if a member of the household tests positive for COVID-19.

They will not be permitted to return to swimming until AHS advises they no longer need to isolate. As per AHS, this could be up to 24 days due to concerns about COVID-19 variants.

7) What if my swimmer is asked to isolate as a close contact due to an exposure at school or another event ?

Your swimmer must NOT attend practice if they have been advised to isolate or quarantine under any circumstance.

All situations of close contact exposure should be communicated to your group coach.

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

In accordance with Alberta Health Services, if your swimmer tested negative and has had known exposure to COVID-19, they are legally required to quarantine for at least 14 days.

Your swimmer is **NOT** permitted to attend training until their quarantine is completed.

9) What if my swimmer tests negative and does NOT have known exposure to a COVID-19 case ?

If your child tested negative and has no known exposure to COVID-19, swimmers may only return to practice by the following the advice listed here:

[how long to stay home with symptoms](#)

10) What if my swimmer or a household member is awaiting COVID-19 test results – should my swimmer attend practice ?

We kindly request that if your swimmer or a household member is awaiting COVID-19 test results, that you keep your swimmer home from practice until a negative result is obtained. This will help us keep all of our athletes and coaches and their families healthy and safe.

11) We have travelled out of Canada and are part of the Alberta COVID-19 Border Testing Pilot Program. When can my swimmer return to training ?

In accordance with AHS, any person that has travelled out of Canada may NOT return to training until 14 days after your return to Canada.

Participants of the Alberta COVID-19 Border Testing Pilot Program are NOT permitted to return to school or activities until 14 days after return to Canada. In accordance with AHS, even if their second test result is negative, participants must wait until they have been in Canada for 14 days before they may attend training.