

# 2021-22 COMPETITION EVENT PROTOCOLS

## COMPETITION EVENT SPECIFIC PROTOCOLS

*Note: these protocols are a fluid and may be subject to change over the coming months to align with the latest learnings, information, provincial guidelines, or restrictions.*

*Where there is a discrepancy between a provincial, federal, or municipal restriction/health order and these protocols, the stricter of the two will be the protocol required.*

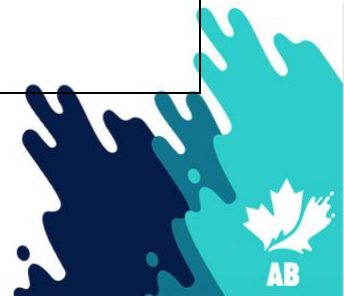
Item	Description / Application	Link to Resource
<b>Public Health Orders</b>	All activities must adhere to the most recent Chief Medical Officer of Health Order(s).	<a href="#">Current Health Orders</a>
<b>Restrictions Exemption Program</b>	<p>Competition Events will only be sanctioned at facilities that have implemented the Restrictions Exemption Program (REP). As such, events will only take place at facilities that require a proof of vaccination, a negative test result or medical exemption.</p> <p>Events must also follow capacity and operating restrictions as outlined by the facilities REP in each facility.</p>	<a href="#">Requirements for the Restrictions Exemption Program</a>  <a href="#">Public Health Actions</a>  <a href="#">Public Health Measures for Youth Sport</a>
<b>Facility Requirements</b>	<p>All participants and spectators must follow any facility requirements that may include but not be limited to the following:</p> <ul style="list-style-type: none"> <li>• Stricter guidelines than the REP whereby only fully vaccinated people granted entry.</li> <li>• Limiting or no spectator seating.</li> <li>• Limited or required entry access points to the facility.</li> </ul>	
<b>Physical Distancing</b>	Physical distancing of 2 meters between individuals must be maintained indoors, except youth when engaged in physical activity of their event.	
<b>Daily Screening</b>	<p>All individuals must have completed the current daily screening checklist just prior to their arrival</p> <ul style="list-style-type: none"> <li>• Participating clubs should ensure this is done for their participant coaches and athletes</li> <li>• Host clubs are responsible to ensure this is done for officials and event volunteers</li> </ul>	<a href="#">Alberta Health Daily Checklist</a> (updated September 2021)
<b>Cleaning/ Sanitizing</b>	<p>All shared equipment, including but not limited to computers, pens/pencils, sound equipment, video equipment, must be wiped down and sanitized after use by any individual</p> <p>Host clubs should ensure that there are hand sanitizing stations if not provided throughout by the facility to include but not limited to:</p> <ul style="list-style-type: none"> <li>• Scorer/announcer table</li> </ul> <p>Figure scoring and timer table(s)</p>	

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<p><b>Get In Compete, Get Out</b></p>	<p>Clubs are to minimize the numbers of their members at the pool by adopting a “Get in, compete and get out” approach</p> <ul style="list-style-type: none"> <li>• Athletes leave the facility as soon as their events have been completed. Athletes not in events or scheduled for warm-up are not to stay around the deck or club zone after their event is complete.</li> </ul>	
<p><b>Isolation &amp; Quarantine Requirements</b></p>	<p>Albertans are legally required to:</p> <ul style="list-style-type: none"> <li>• Isolate for 10 days if they have tested positive or have any core symptoms that are not related to a pre-existing illness or health condition.</li> <li>• The mandatory isolation period is 10 days from the start of symptoms, or until symptoms resolve, whichever takes longer.</li> </ul> <p>As of July 29, you are no longer legally required to quarantine if you are a close contact of someone who has tested positive for COVID-19.</p> <ul style="list-style-type: none"> <li>• If you are not fully immunized and have been exposed to COVID-19, it is recommended you avoid high-risk locations such as continuing care facilities and crowded indoor spaces. If you develop symptoms, you must isolate and should get tested.</li> <li>• If you are a household contact of a case of COVID-19 and you are not fully vaccinated, you should stay home for 14 days (i.e. not attend work, school or other activities).</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><b>Reporting</b></p>	<p>Advise the AAS COVID-19 Response Coordinator if:</p> <ul style="list-style-type: none"> <li>• you have been contacted by Alberta Health or had a voluntary disclosure by a member about a COVID-19 case or exposure at any AAS sanctioned competition event OR</li> <li>• you have witnessed or received reports of behavior that may compromise the health and safety other individuals during the competition, by athletes, coaches, officials, or volunteers</li> <li>• Jennifer Flowers is the AAS COVID-19 Response Coordinator, please contact <a href="mailto:jflowers@albertaartisticswimming.ca">jflowers@albertaartisticswimming.ca</a></li> <li>• When reporting please follow the guidelines as outlined in the Alberta Artistic Swimming “2021-22 Season Requirements &amp; Guidelines” that requires anonymity. Specifically, this information can be found on page 3 of the document.</li> </ul>	<p><a href="https://albertaartisticswimming.ca/wp-content/uploads/2021/09/2021-22-Season-Requirements-and-Guidelines.pdf">https://albertaartisticswimming.ca/wp-content/uploads/2021/09/2021-22-Season-Requirements-and-Guidelines.pdf</a></p>
<p><b>Attendance Records</b></p>	<p>Clubs must retain attendance logs for all swimmers, coaches, volunteers and spectators for all organized activities.</p> <p>Host Clubs are to keep record of officials and event volunteers each day.</p>	<p><a href="https://albertaartisticswimming.ca/wp-content/uploads/2020/06/final-aas-contact-tracing-log.pdf">https://albertaartisticswimming.ca/wp-content/uploads/2020/06/final-aas-contact-tracing-log.pdf</a></p>
<p><b>Rapid Response to Sick Participant</b></p>	<p>If an athlete, coach, volunteer or official becomes sick while participating in an event please refer to APPENDIX 3 of the Alberta Artistic Swimming “2021-22 Season Requirements &amp; Guidelines.”</p>	<p><a href="https://albertaartisticswimming.ca/wp-content/uploads/2021/09/2021-22-Season-Requirements-and-Guidelines.pdf">https://albertaartisticswimming.ca/wp-content/uploads/2021/09/2021-22-Season-Requirements-and-Guidelines.pdf</a></p>

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<b>(Related to COVID-19)</b>		<a href="#">Requirements-and-Guidelines.pdf</a>
<b>Communication</b>	It is the responsibility of participating clubs and coaches to ensure that the information contained within this document is shared with their participants to ensure the smooth running of an event.	
<b>Pool &amp; Deck Requirements</b>	<p>Specific zones/areas are to be clearly mapped out for the following:</p> <ul style="list-style-type: none"> <li>• Each participating club will have a specific zone/area in the stands/deck to stretch, leave gear and bags etc.</li> <li>• This is where all club meetings etc. will take place.</li> </ul> <p>Specific zones/areas to be set for a coach to be watching the competition pool.</p> <ul style="list-style-type: none"> <li>• This must be away from officials and distancing of any other individuals, mask is required.</li> <li>• Coaches also have the option to stay in their designated zone to provide feedback to the athletes. When athletes are not in the pool or next to compete, they should be in their zone.</li> </ul> <p>Markers are to be placed to identify the space for the scorer and announcer</p> <ul style="list-style-type: none"> <li>• Coaches and volunteers are not to be approach this area, if they have scratches or questions they are to speak with the Chief Referee or Technical Director.</li> </ul> <p>See Appendix 1 – Coach Zone Diagram</p>	
<b>Event Scheduling</b>	<p>Introduce age/event group spacing</p> <ul style="list-style-type: none"> <li>• Where possible, have 9-10 events participate and leave prior to other events starting and or run at the end to reduce the amount of exposure</li> <li>• Introduce spacing or gaps that align with the get in get out</li> <li>• Gap the warm-up times and end times. Example 11-12 warm up does not start until the previous event has ended.</li> </ul> <p>For invitationals, clubs MUST send the schedule to the Technical Director for approval to ensure gaps between each age group.</p> <p>Invitational schedules can be submitted to <a href="mailto:jthompson@albertaartisticswimming.ca">jthompson@albertaartisticswimming.ca</a></p> <p>AAS will not be offering spacing opportunities at our events</p>	
<b>Officials Panels</b>	<p>Reduced number of officials per panel unless there is the ability to physically distance appropriately</p> <ul style="list-style-type: none"> <li>• Subject to availability</li> <li>• Option may be to stream to other officials</li> </ul>	



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	<p>Panel meetings will be happening by Zoom in advance of event days</p>	
<p><b>Hospitality (Officials and Volunteers)</b></p>	<p>The provision of hospitality will be minimized to reduce transmission and clearly communicated to officials and volunteers to manage expectations</p> <p>All food must be individual, pre-packaged portions or meals purchased through a grocery store, restaurant or caterer</p> <ul style="list-style-type: none"> <li>• There are to be NO buffet items or home baked goods or foods</li> <li>• Host club will provide 1 meal per day to the officials along with some individual snacks, coffee and beverages</li> </ul> <p>Hospitality room should be set up to provide as much distance between officials as possible</p> <ul style="list-style-type: none"> <li>• Judges are to be co-horted within the room with an assigned table for the day or entire weekend</li> <li>• Breaks for meals and snacks should be scheduled throughout the day to have smaller numbers in the room at a time during these periods</li> </ul> <p>Officials will be asked to bring some of their own items such as:</p> <ul style="list-style-type: none"> <li>• reusable coffee cups and water bottles</li> <li>• snacks and potentially one meal per day, as such fridge space will need to be available to officials</li> </ul>	
<p><b>Hospitality (Organized by Club for Athletes and Coaches)</b></p>	<p>The provision of hospitality by host clubs and organized by participating clubs for athletes and coaches is to be minimized to reduce transmission and be clearly communicated to club members to manage expectations</p> <p>All food must be individual, pre-packaged portions or meals purchased through a grocery store, restaurant, or caterer</p> <ul style="list-style-type: none"> <li>• There are to be no buffet items or home baked goods, or foods arranged for groups of coaches or athletes <ul style="list-style-type: none"> <li>▪ <i>Note: individual athletes or coaches may bring home prepared snacks or meals for themselves</i></li> </ul> </li> </ul> <p>Any mealtimes should be organized to reduce the number of individuals and time without masks in their club designated zone/area for such</p> <ul style="list-style-type: none"> <li>• This is not to be on the pool deck zone/area for a club as meals are not to be brought on pool deck</li> </ul>	



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<p><b>Masking at Events</b></p>	<p>Masks must be worn at all times by all coaches, athletes, spectators, volunteers, and officials, except as outlined below for athletes or while eating in designated spaces and times.</p> <p>Figures/Transitions</p> <ul style="list-style-type: none"> <li>• When athletes are in the pool swimming or in the pool in their line to swim, they do not need to be wearing their mask</li> <li>• Each athlete needs a container, identified with their name to place their mask prior to entering the pool</li> <li>• Pylon markers need to be placed to space those athletes in the pool for figures spaced 2M apart</li> <li>• Numbers of athletes in the pool lining up for figures is to be reduced. Likely maximum of 4-5 in the pool so distancing can be maintained when they do not have masks on.</li> <li>• Line for figures is out of the pool, athletes to be masked in line, spaced 2M apart. A table to be placed for athletes to place their mask container when they remove their masks.</li> <li>• Identify volunteers needed to assist if any</li> </ul> <p>Routines</p> <ul style="list-style-type: none"> <li>• When athletes are in the pool swimming or while they are waiting for walk on provided the other routine is already in the water</li> <li>• Each athlete needs a container, identified with their name to place their mask prior to entering the pool</li> </ul> <p>Recommended Types of Masks</p> <ul style="list-style-type: none"> <li>• Surgical</li> <li>• KN-95</li> <li>• Cloth masks with filter</li> </ul> <p>Individuals are recommended to bring 3-4 masks per day and some sort of storage container.</p> <p>Hosts of events should ensure that they have some spare masks on site should an event volunteer or official has a mishap on the pool deck.</p> <p>See Appendix 2 – Figure Event Diagram</p> <p>See Appendix 3 - Competition checklist</p>	



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<p><b>Spectators</b></p>	<p>Spectators must adhere to the facility guidelines and understand that restrictions such as reduced capacity and or no spectators may be implemented in the facilities.</p> <p>Spectators should also follow the <b>Get In Compete, Get Out</b> guidelines of competitors meaning they should come watch their child and then leave to allow room for other parents to watch especially in facilities that capacity has been reduced.</p>	





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## ADDITIONAL requirements and information

The following requirements and information are items used by AAS in determining our protocols for events in Alberta and are shared for clubs to consider and build into their competition and travel plans to support the safety of athletes, coaches, officials, and other volunteers.

Item	Description / Application	Link to Resource
<b>Events and Programing</b>	Indoor training and competitions are currently permitted while following all requirements as outlined by Alberta Artistic Swimming as well as any additional requirements of Alberta Health.	
<b>Children 11 &amp; Under</b>	The Government of Alberta has published guidance for activities for children aged 11 & under. Clubs must 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>Swimmers Aged 17 &amp; Under</b>	Indoor training and competitions are permitted while following all requirements as outlined by Alberta Artistic Swimming as well as any additional requirements of Alberta Health.	<a href="#">Public Health Measures for Youth Sport</a>
<b>Swimmers Aged 18 &amp; Over</b>	The following restrictions apply, unless the facility or program (club) implements the Restrictions Exemption Program: <ul style="list-style-type: none"> <li>• Indoor group classes and activities are not permitted</li> <li>• Indoor competitions are paused except where vaccine exemptions have been granted.</li> <li>• Indoor one-on-one training and solo activities are allowed with 3-meter physical distancing.</li> </ul> <p>Outdoor activities can continue with no restrictions.</p>	<a href="#">Public Health Actions</a>
<b>Travel – Out of Country</b>	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 sanctioned by Alberta Artistic Swimming except for Canadian National team activities organized by Canada Artistic Swimming.	<a href="#">Official Global Travel Advisories</a>
	While mandatory quarantine is no longer required for fully vaccinated travelers, all clubs and individuals should be aware that the Government of Canada still has emergency measures in place for those returning from out of country travel, including masking for 14 days in public spaces with no exemption for participating in athletic training.	<a href="#">Traveler Resources</a>
	Clubs should be aware of the above as athletes travelling be it for sport or personal reasons will have to follow these above-mentioned guidelines which could affect their ability to participate in a competition event.	<a href="https://travel.gc.ca/travel-covid/travel-restrictions/covid-vaccinated-travellers-entering-canada">https://travel.gc.ca/travel-covid/travel-restrictions/covid-vaccinated-travellers-entering-canada</a>



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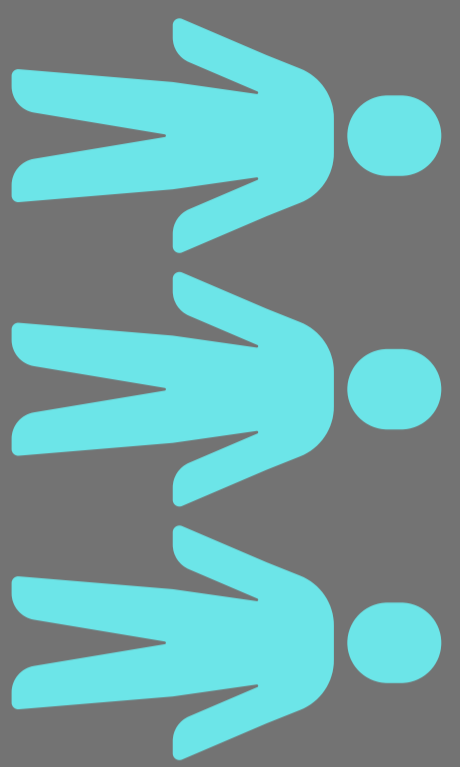
Item	Description / Application	Link to Resource
<p><b>Travel - Domestic</b></p>	<p>There are no travel restrictions within the province of Alberta. Clubs should be aware of travel restrictions and any requirements of other provincial jurisdictions if travelling outside of the province.</p> <p>Alberta Artistic Swimming requires clubs to implement appropriate protocols to reduce the spread of COVID-19 during any club travel. More information about this requirement can be found on page 5 of the “2021-22 Season Requirements &amp; Guidelines.”</p> <p>Vaccination requirements to board a flight or train came into effect on October 30, 2021.</p>	<p><a href="https://albertaartisticswimming.ca/wp-content/uploads/2021/09/2021-22-Season-Requirements-and-Guidelines.pdf">https://albertaartisticswimming.ca/wp-content/uploads/2021/09/2021-22-Season-Requirements-and-Guidelines.pdf</a></p> <p><a href="#">COVID-19 Board Flights &amp; Trains in Canada</a></p>
<p><b>Group Size</b></p>	<p>Clubs can consider options to reduce the number of possible interactions during events including lane assignments, small group sizes and/or cohorts.</p>	
<p><b>Hygiene Measures</b></p>	<p>All individuals should follow all hygiene measures to assist with the prevention of infection.</p>	<p><a href="#">Infection Prevention and Control</a></p>
<p><b>Shared Equipment</b></p>	<p>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.</p>	<p><a href="#">Hard-Surface Disinfectants and Hand Sanitizers</a></p>

## ACKNOWLEDGMENTS

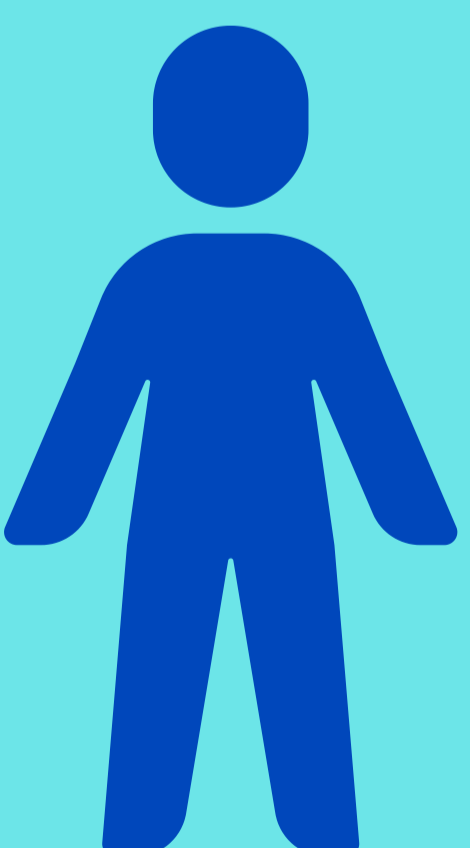
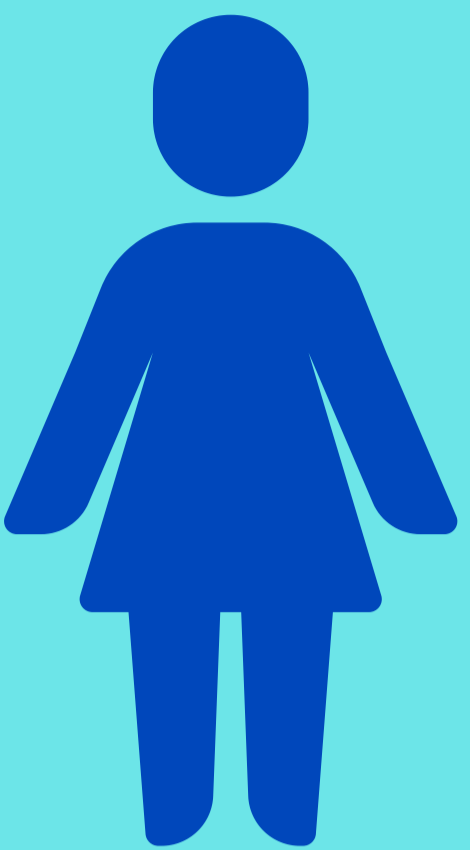
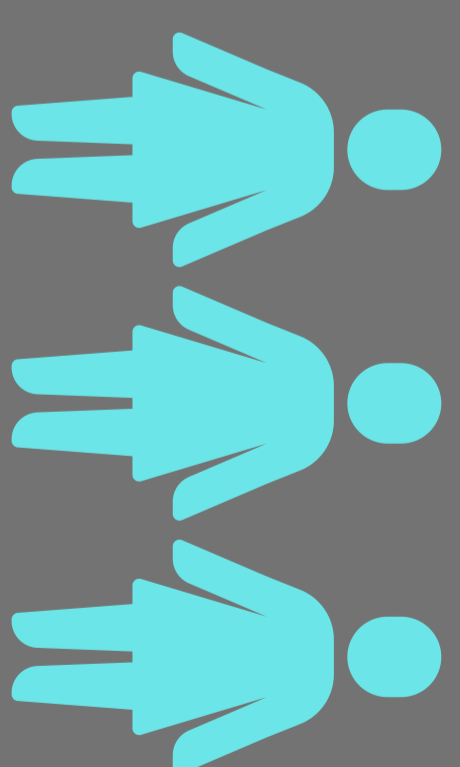
Alberta Artistic Swimming would like to thank Swim Alberta for sharing their template with us.







**Judge Panel**



**Coach Zone**





**X**

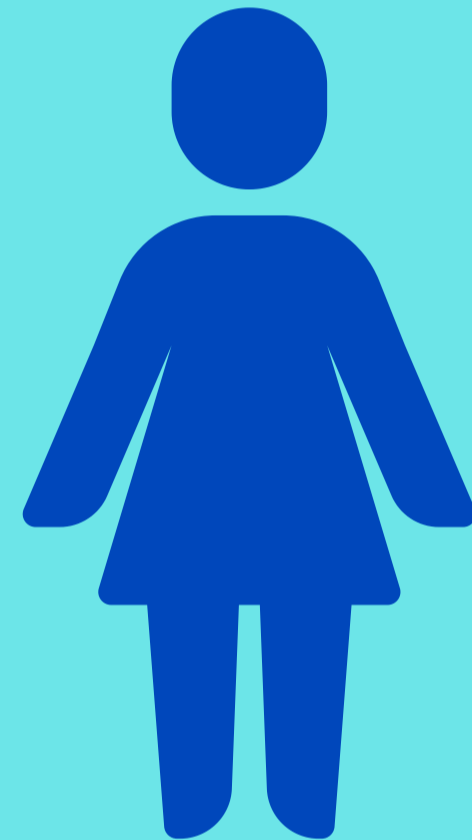
**X**

**X**

**X**

**No masks required max of 4-5  
waiting in pool spaced 2M apart**

**Performing  
Athlete**



**Judge Panel**

**This diagram highlights one  
panel. We will support host  
clubs with panel set up for each  
facility**



**AB**

# AAS EVENT CHECKLIST

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**PROOF OF VACCINATION, NEGATIVE COVID TEST OR MEDICAL EXEMPTION LETTER, AS APPLICABLE (NOTE: SOME FACILITIES MAY ONLY ACCEPT PROOF OF VACCINATION)**

**MASKS – 3-4/DAY**

**PLASTIC CONTAINER LABELLED WITH NAME, FOR STORAGE OF MASKS**

**HAND SANITIZER**

**REUSABLE COFFEE MUG AND/OR WATER BOTTLE**