



Athletics Alberta Covid-19 ACTIVE to TRAIN Living Guideline

Introduction:

Athletics Alberta is currently working on specific guidelines and protocols for a formal return to activity when the Government of Alberta, Alberta Health Services and municipalities **allow us**.

These guidelines are essential in providing safe protocols. Once these documents are compiled, they will be reviewed by our legal team of advisors, the Athletics Alberta Board of Directors, and our insurance provider. Once approved and adopted a mass digital communication will be sent to our members and clubs, and **two** virtual town hall sessions will be hosted by Athletics Alberta. **Mandatory** attendance by a minimum of one club representative, but more are welcome. Our social media and digital platforms will aid everyone in understanding, and outlining the requirements needed to resume activity.

Please understand. Due to profoundly serious liability of people's actions for health and insurance. ALL members will not be able to resume training until they submit signed documents. Please be prepared to print, sign by multiple people, and upload a copy when requested.

*All points made in this document are subject to change based on AHS guidelines, and can change without notice.



Purpose:

To inform and prepare our members of the measures needed to be taken to resume training and activity while adhering to health guidelines.

Overview:

The Athletics Alberta guidelines will align with **Government of Alberta's 3 Relaunch Stages**. Currently, the launch strategy depends on public health indicators that can change daily or weekly, so these AA guidelines will evolve with those indicators and approval from Alberta Health Services and the Government of Alberta, and the Alberta Sport Governing Body.

This document will give our members the understanding of which train to compete activities are permitted in the alignment of the Alberta Relaunch Strategy.

To view the Alberta Government Relaunch Strategy please go here: <https://www.alberta.ca/alberta-relaunch-strategy.aspx>

Current Alberta Health precautions and guidelines for individuals:

All Albertans have a responsibility to help prevent the spread. Take steps to protect yourself and others:

- Practice physical distancing.
- **Practice good hygiene:** wash hands often for at least 20 seconds, cover coughs and sneezes, and avoid touching face.
- Monitor for symptoms: cough, fever, shortness of breath, runny nose or sore throat.
- Self-isolate for the legally-required 10 days if you have any symptoms that are not related to a pre-existing illness or medical condition.
- Take the COVID-19 self-assessment if you're concerned about your health.

Safety (below is a synopsis of safety items, additional safety can be found in future supporting documents):

- A cohort is a group of coaches, children, athletes and or staff members assigned to them who stay together throughout the day.
- Staff members, coaches, parents or guardians and children **must not attend the program** if they are sick, even if symptoms resemble a mild cold. Symptoms to look for include: fever, cough, shortness of breath, sore throat, runny nose, nasal congestion, headache, and a general feeling of being unwell.
- Staff or coaches **must ask parents and guardians to check the temperatures** of their children daily before coming to the program. Parents and guardians should be reminded of this requirement when children are first registered for the program and through visible signage at entrances and drop off areas. Anyone presenting with 37(98.9) degrees or higher is not allowed to train.
- Staff or coaches **must conduct active symptom** screening of each child every day with the parent or guardian as they drop off their children.
- **Programs must keep daily records** of anyone entering attending the day camp who stays for **15 minutes or longer** (e.g. staff working each day, children, etc.). **Records of name, arrival time and body temperature must be kept** up-to-date and available to facilitate contact tracing in the event of an outbreak.
- All visitors or special guests should **also be documented**.
- Any program connected to a confirmed or probable case of COVID-19 will be required to close for a **minimum of 72 hours to allow contact tracing**, and then adhere to recommendations from Alberta Health.
- Programs should engage in frequent, thorough cleaning and disinfecting each day.
- **Clean and disinfect frequently** touched objects and surfaces as per [AHS' Public Health Guidelines for Environmental Cleaning of Public Facilities during Respiratory Illnesses in the Community](#).

On the next page will show the alignment of Athletics Alberta permitted actions to Alberta Health Relaunch Stages.



Active and Non-active Health Measures Non-Facility, Alberta

Public health measure	Current	AB Stage 1 (to start as early as May 14)	AB Stage 2	AB Stage 3
Physical distancing	Maintain distance of 2m	Maintain distance of 2m	Maintain distance of 2m	Maintain distance of 2m
AA ACTIVE Physical Distancing	No Group	Maintain active distance 3m(behind/chase)	Maintain active distance 3m(behind/chase)	Maintain active distance 3m(behind/chase)
NON-ACTIVE Gatherings	Gatherings > 15 prohibited	Gatherings > 15 prohibited	Size of permitted gatherings will increase	Size of permitted gatherings will increase
AA ACTIVE Gatherings (non-facility)	Train/Active at Home	Active/Training groups of > 15 prohibited	Size of permitted gathering may increase	Size of permitted gathering may increase
Active gathering (facility)	Not prohibited	Not prohibited	Permitted based on AHS recommendations	Permitted based on AHS recommendations
Public masks	Encourage wearing a mask where unable to physically distance	Encourage wearing a mask where unable to physically distance	Encourage wearing a mask where unable to physically distance	Unnecessary
Shared Equipment (ACTIVE)	NO shared equipment permitted	NO shared equipment permitted	NO shared equipment permitted	Restricted shared equipment permitted
Vulnerable Albertans (outside facility)	Remain home unless medically necessary	Stay at home as much as possible	Resume normal activities and interactions	Resume normal activities and interactions
Vulnerable Albertans (facility-based)	Visitor, staff, and operational restrictions	Visitor, staff, and operational restrictions	Visitor, staff, and operational restrictions	Lifted
Non-essential domestic travel	Non-essential travel not recommended	Non-essential travel not recommended	Non-essential travel not recommended	Lifted
Isolation and quarantine	14 days for cases, close contacts, and returning travelers 10 days if symptomatic but don't fit above categories			Lifted

This document is not inclusive of facility or sanctioned event guidelines or permissible actions. The facility guidelines will be available separately.

Clubs will be required to acknowledge and sign off on the return to sport protocol to resume club activity.