

COVID-19 INFORMATION

TSUNAMI RELAUNCH PLAN

Our governing body, Alberta Water Polo Association AND WPC, have recently released their return to play guidelines. It is a great resource with “best practice” guidelines. That being said, it must be noted that these guidelines and phases do NOT supersede the stages and regulations put forth by AHS. The AWPA return to Play package is intended to be used in conjunction with AHS and government regulations.

CONTENT DISCLAIMER

The COVID-19 (Coronavirus) outbreak is an ongoing, rapidly developing situation. The Tsunami Water Polo Board encourages its membership to monitor publicly available information and to always follow federal, provincial and local health organization guidance and government mandates. This information is intended to assist Tsunami members with guidance when dealing with return to play guidelines related to COVID-19.

In this document the term “phase” will identify with water polo specific content. The term “stage” will refer to the Government of Alberta Relaunch Strategy.

The information provided here in part is obtained from publicly available sources, including federal and provincial government entities and other leading trade associations and consultants. This information may vary and will be updated depending upon current situations.

Should any individual members within the organization wish to add stricter guidelines, measures and/or precautions please message Kelly Thorne at vp@tsunamiwaterpolo.com.

Further, the information contained herein are guidelines only and should not be construed as legal advice on any subject matter.

RESPONDING TO CHANGING CONDITIONS

Due to the nature of the COVID-19 pandemic, we must be prepared to respond to changing conditions provincially, regionally and within our club. If health situations change, we may be required to return to a previous stage of the Government of Alberta Guidelines, which could result in the ceasing of water activities. As Alberta Health Services (AHS) monitors the provincial progression through Alberta’s Relaunch Strategy, we expect that they will continue to advise sport organizations on how they can lead their sport through the stages of relaunch. AWPA will provide the applicable health and safety guidelines that should be implemented in order to safely move from one phase of the Return to Play Guidelines to the next.

If public health restrictions should be reinstated and water polo is no longer permissible or we must return to a previous phase, AWPA will communicate with the dedicated club COVID-19 Response Coordinator to message with the members of Tsunami. Changes will also be posted on the AWPA website and Tsunami social media.

COVID-19 INFORMATION

TSUNAMI RELAUNCH PLAN

INTRODUCTION

In Alberta we are fortunate to have organized sport during these times. We all have a shared responsibility to ensure the safety of all participants, it is essential that all of the “Return to Play Guidelines” are followed. The water polo community has the responsibility to protect ourselves and our participants from COVID-19 by promoting the practice of good hygiene, physical distancing and monitoring for symptoms throughout our programming and activities.

The AWPA Return to Play Guidelines are developed in accordance with the Government of Alberta guidelines to support the safe return of water polo activities as permitted through the Stages of Alberta’s Relaunch Strategy. This document is meant to assist in providing a reasonable standard of care while facilitating water polo programming to our members, coaches and volunteers.

Compliance

In order to comply with AWPA Return to Play requirements please complete the following steps:

Step 1: Register your online TeamSnap account.

Step 2: Read and understand the Tsunami COVID Plan thoroughly.

Step 3: At each of your training/cohort sessions, complete the following items in the attendance portion of TeamSnap:

1. Attendance
2. COVID-19 Questionnaire – to be completed 2-8 hours prior to event ***to be completed once prior to every program/event**
3. Ensure all contact information is current.

PLANNING FOR RAPID RESPONSE

An individual participant is under no obligation to inform sport organizations or other participants, coaches, instructors, officials or volunteers of:

- the reason for missing a practice or game
- if they are pursuing COVID-19 testing, or
- the results of a COVID-19 test.

If an attendee becomes sick ([see Symptoms](#)) while participating, the following requirements apply:

- While preparing to immediately leave the facility or event, symptomatic individuals should perform proper hand hygiene, put on a non-medical face mask, and maintain at least 2 metres distance from all others.
- The individual should arrange, with assistance from team officials or the facility as necessary, for immediate transportation to their home/residence to begin isolation. Public transportation like buses, taxis or ride sharing should be avoided. Refer to the [Guidance for Taxis, Limos and Rideshares and Commuting](#).

COVID-19 INFORMATION

TSUNAMI RELAUNCH PLAN

- Once a sick individual has left the facility or event, facility staff should clean and disinfect all surfaces and areas that the individual may have come into contact with. Provided that the guidance in this document is being followed, there is no need to cancel an activity, or postpone the undertaking of a cohort group, in the event that an individual becomes sick. Team coaches should immediately consider and record the names of all participants in which the sick individual has been in contact. This information may be necessary to assist public health officials if the sick individual later tests positive for COVID-19.
- Provided that the guidance in this document is being followed, there is no need to cancel an activity, or postpone the undertaking of a cohort group, in the event that an individual becomes sick.

Athletes, coaches, officials or anyone attending a Tsunami event who becomes symptomatic for COVID-19 will be isolated from others immediately. Coaches/instructors/officials who are feeling symptomatic must leave and return home immediately. Coaches will have parent phone numbers available at each event, so they may immediately contact a parent. Parents will be required to be able to pick up their child immediately should the need arise during an event.

Tsunami will rely on Alberta Health Services to advise them of positive cases and any potential measures that will need to be taken.

For more information see the [Government of Alberta's: Guidance for Sport, Physical Activity and Recreation - Stage 2 COVID-19 Information](#)

COHORT TRAINING ENVIRONMENT

When playing a sport or engaging in a physical activity that involves or requires multiple participants/players and where it is not possible to maintain a physical distance of 2 metres from the other participants/players, the individuals in the group should form a cohort.

- Cohorts should always include only the same people
- Cohorts limit the risk of disease transmission because they reduce the number of people with whom players/participants have close contact.
- 50 person maximum
- Coaches and volunteers do not need to be in the cohort if they can physically distance
- An individual can only be a part of one sport cohort
- If an individual is changing from 1 cohort to another, they should not participate in any cohort activity for 14 days

SCREENING

Tsunami will use the TeamSnap attendance and completed health check on the app to track attendance to be used for the contact tracing list. Parents will be expected to download the TeamSnap app and complete the daily health check before any practice. Athletes will not be able to attend if the health check is not completed. The TeamSnap health check is an

COVID-19 INFORMATION

TSUNAMI RELAUNCH PLAN

abbreviated form of the Alberta Health Suggested List found here: [screening checklist](#). Please make sure you monitor your families for all of these symptoms on a daily basis.

Athlete families, coaches and staff are expected to monitor their health daily to watch for signs and symptoms of COVID -19. Any athlete or coach who is feeling sick should not attend any practice, game or Riptides event. Individuals who feel sick should stay home, even with mild symptoms. Below are the isolation requirements mandated by Alberta Health:

Anyone with Symptoms

- You are legally required to [isolate](#) for a minimum of **10 days** if you have a cough, fever, shortness of breath, runny nose, or sore throat that is not related to a pre-existing illness or health condition.
- The mandatory isolation period is 10 days from the start of symptoms, or until symptoms resolve, whichever takes longer.

Tested positive for COVID-19

- You are legally required to [isolate](#) for a minimum of **10 days** if you have tested positive for COVID-19.
- Isolation period is for 10 days from the start of symptoms, or until symptoms resolve, whichever takes longer.

Have symptoms but tested negative for COVID-19

- If you tested negative and 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, you are not legally required to isolate. However, it is important to stay home until your symptoms resolve so that you do not infect others.

Close contacts of confirmed cases

- You are legally required to [isolate](#) for **14 days** and monitor for symptoms if you are a close contact of a person who tested positive for COVID-19 (provides care, lives with or has close physical contact without appropriate use of personal protective equipment, or comes into direct contact with infectious body fluids)
- If you become sick with cough, fever, shortness of breath, runny nose or sore throat during this time, you must isolate for an additional **10 days** from the beginning of symptoms or until you are feeling well, whichever takes longer.

Travellers

- You are legally required to [isolate](#) for **14 days** if you return to or enter Alberta from outside Canada.
- If you become sick with cough, fever, shortness of breath, runny nose or sore throat during this time, you must isolate for an additional **10 days** from the beginning of symptoms or until you are feeling well, whichever takes longer.

CLEANING/DISINFECTING

All equipment will be cleaned before and after all practices.

COVID-19 INFORMATION

TSUNAMI RELAUNCH PLAN

PERSONAL PROTECTIVE EQUIPMENT (PPE)

Everyone within the facility not within a designated exercise area, or swimming in the pools will need to wear a mask or face covering. This means athletes & coaches will need to wear them upon entering the facility, while in the staging areas, in change rooms, and up until they are ready to enter the pool. They will also need to wear them after they exit the pool at the conclusion of their training session and as they exit the facility. Coaches will also need to wear a mask or face covering while on the pool deck, so please ensure your coaches are aware prior to arrival. We will provide your coaches with hand sanitizer and ensure that each member washes and/or sanitizes their hands regularly.

COVID-19 RESPONSE COORDINATOR

Tsunami has a designated COVID-19 response coordinator. The Response Coordinator is the individual responsible for communicating any COVID-19 concerns among the membership (families, coaches, athletes). All members can contact Kelly at 780-991-4908 or via email at vp@tsunamewaterpolo.com. This will also be on the Tsunami website. The coordinator will create, implement and maintain contact tracing logs for every club practice or event for all athlete, coaches, volunteers or spectators for your club.

The coordinator will notify participants of possible exposure to COVID 19 in the instance that the athlete had attended a group practice. They will be in charge of cancelling any practices as advised by Alberta Health and will determine and notify participants when it is safe to return to practice.

FACILITY GUIDELINES

KINSMEN SPORTS CENTRE (Edmonton)

No Spectators are Allowed

Masks Must be Worn at all Times Except when in the Water

Arrival:

Athletes and coaches should arrive no more than **15 minutes** before their scheduled training time or transition time. We will have one coach at the door directing athletes wear to go and another coach in the staging area. **Arrive Ready to Train** as best as possible, athletes should arrive pre-showered and with their required equipment on. Once inside the facility athletes must head towards the Aquatic Centre through the cafeteria and stage on the mezzanine level. Staging Athletes can gather in their cohorts or with their training group in the bleachers on the North mezzanine before their transition time. This will also be an opportunity for athletes to

TSUNAMI RELAUNCH PLAN

remove winter clothes and outdoor footwear. Wipes have been provided and athletes are expected to clean off their sitting area before sitting down.

Footwear:

Outdoor footwear must be removed before coming down onto the pool deck. Footwear on deck should be stored in the cleanest manner possible. This staging area is not to be used as dryland training. Facility staff will be cleaning the staging area multiple times a day. Coaches and sport group staff will bring their athletes down onto the pool deck from the mezzanine. During the transition time and once the group before has fully cleared the Aquatic Centre, coaches will be required to lead or instruct their group of athletes from the staging area, down through the VIP entrance, and then onto the pool deck.

Change Room:

Sport Groups must limit the number of athletes in the change rooms at one time to 10. This is to assist with maintaining physical distancing as the change rooms are also being utilized by the public. If there are more than 10 athletes needing to use the change room, they need to wait in the hallway until athletes exit. After practice change rooms will be available for a quick shower and change. Athletes will then exit into the lower hallway and will exit the facility through door 3 in the Field House. Athletes arriving late during the facility's operating hours can enter through the front desk and should check with their coaches to ensure they can come on to the pool deck through the VIP entrance.

Departure:

Athletes can do a quick rinse in the change rooms after their practice. We will have our coaches stationed outside the locker room and part way to the field house to direct athletes out of the building.

Flow on the Pool Deck:

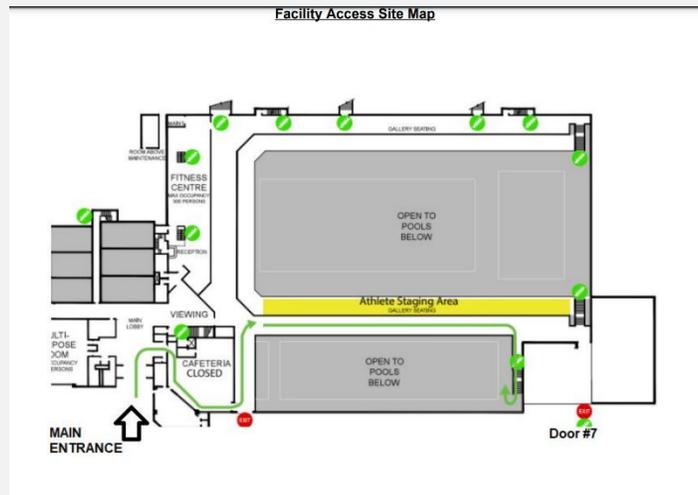
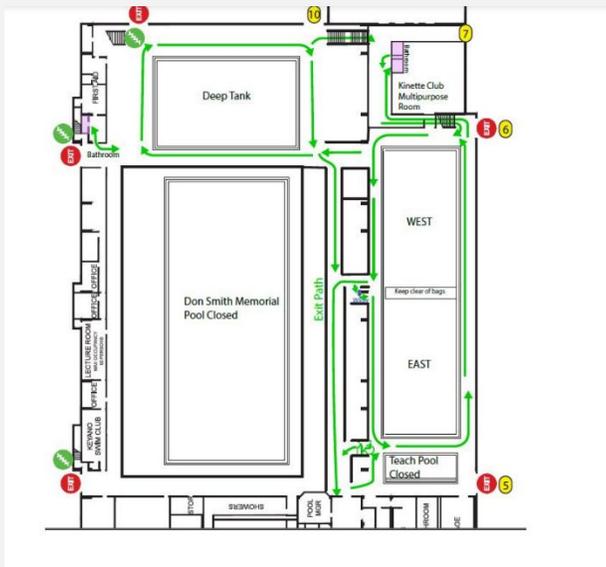
There will be one-way flows around the Aquatic Centre that all groups will need to follow when entering and exiting. Once all athletes are in the water, coaches will be permitted to walk around the pool as required, so long as they stay around the areas they have booked and provide space for lifeguards, other coaches, and other athletes. Everyone must provide 2-meter physical distancing between themselves and a lifeguard. Pathway maps can be found at the end of this section.

COVID-19 INFORMATION

TSUNAMI RELAUNCH PLAN

Washrooms:

Aquatic Centre washrooms are located next to the Kinette Room for when athletes arrive. Once on the pool deck athletes can access the washrooms in the change room or the individual washroom near the Deep Tank.



UNIVERSITY OF ALBERTA POOLS

No Spectators are Allowed

Masks Must be Worn at all Times Except when in the Water

Arrival:

Athletes can arrive 10 minutes before practice starts and parents can accompany them into the universal change rooms and to the pool deck doors. Athletes can access the pool deck no more than **5 minutes** before practice starts. You will need to tell the staff you are with Tsunami in order to access the change rooms.

Departure:

East Pool:

The building closes at 8:00 so the lifeguard will escort athletes and coaches to the West pool universal changerooms. Athletes and coaches will then exit through the West pool glass deck door. A coach will wait in the West pool change rooms until all athletes have left.

TSUNAMI RELAUNCH PLAN

FOOD, WATER AND PERSONAL ITEMS

- No sharing of water bottles or communal water coolers; Individual participants must bring their own water.
- Snacks should be discouraged, however if allowed, participants may only consume food brought from their own household.
- Personal items should not be shared.

HYGIENE

- We encourage participants to bring their own hand sanitizer containing >60% alcohol to training.
 - All participants should follow proper respiratory etiquette (sneezing/coughing into crook of elbow; no spitting, no clearing of nasal passages; cough or sneeze into tissue)
 - Participants should refrain from touching eyes, nose, mouth, or face with hands.
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