



Re-Activating Aquatics in Alberta

Guidelines For Aquatic Operations and Programs

Released June 9, 2020

Up-dated September 11, 2020

RE-ACTIVATING AQUATICS IN ALBERTA

Guidelines For Aquatic Operations and Programs



Published by the Lifesaving Society. Second Printing, August 2020.

Copyright 2020 by the Royal Life Saving Society Canada. Reproduction, by any means, of materials contained in this book is prohibited unless authorized by the publisher. Requests should be directed to the Alberta and Northwest Territories Branch (see back cover for address).

The Lifesaving Society is Canada's lifeguarding expert. The Society works to prevent drowning and water related injury through its training programs, Water Smart® public education initiatives, water-incident research, aquatic safety management services, and lifesaving sport.

Annually, well over 1,200,000 Canadians participate in the Society's swimming, lifesaving, lifeguard, and leadership training programs. The Society sets the standard for aquatic safety in Canada and certifies Canada's National Lifeguards.

The Society is an independent, charitable organization educating Canadian lifesavers since the first Lifesaving Society Bronze Medallion Award was earned in 1896.

The Society represents Canada internationally as an active member of the Royal Life Saving Society and the International Life Saving Federation. The Society is the Canadian governing body for lifesaving sport - a sport recognized by the International Olympic Committee and the Commonwealth Games Federation.

Water Smart®, Swim for Life®, Swim to Survive®, and Lifesaving Society are registered trademarks of the Royal Life Saving Society Canada. Trademarks other than those owned by the Lifesaving Society used in this document belong to their registered owners.



LIFESAVING SOCIETY®

The Lifeguarding Experts

Canada's Lifeguarding Experts

Saving Lives for More Than 100 Years

The Lifesaving Society is a full service provider of programs, products, and services designed to prevent drowning. The Society saves lives and prevents water-related injuries through its training programs, Water Smart® public education, drowning research, aquatic safety management and lifesaving sport. The Society is a national volunteer organization and registered charity composed of ten provincial/territorial branches, tens of thousands of individual members, and over 4,000 affiliated swimming pools, waterfronts, schools, and clubs. The Lifesaving Society has a long and proud history of teaching swimming and lifesaving to Canadians.

The Society has been teaching swimming, water safety and water rescue in Canada since 1896. Established in England (1891) as the Swimmers' Lifesaving Society, it became The Royal Lifesaving Society in 1904. Today, it is known simply as the Lifesaving Society. The Lifesaving Society is a leader and partner in the delivery of water safety education throughout Canada and around the world.

Teaching Canadians to Save Themselves and Rescue Others

Annually 1,200,000 Canadians participate in the Lifesaving Society's swimming, lifesaving, lifeguard, first aid, and leadership programs. Each year, the Society certifies thousands of instructors who provide the leadership for its training programs. Over 30,000 Canadians earn the Society's Bronze Medallion each year. As Canada's lifeguarding experts, the Lifesaving Society sets the standard for lifeguard training and certifies Canada's National Lifeguards.

Making Canadians Water Smart

The Lifesaving Society focuses Water Smart® drowning prevention efforts on people most at risk — like men fishing in small boats — or on those who can make a significant difference, such as parents of young children. The Society delivers Water Smart® messages through its swim program, through the media and community action. The Society's Swim to Survive® Program provides the essential minimum skills required to survive an unexpected fall into deep water.

Drowning Research

The Lifesaving Society conducts research into fatal and non-fatal drowning, aquatic injury and rescue interventions. Ongoing research and analysis supports the Society's evidence-based water rescue training and Water Smart® drowning prevention education.

Setting the Standard

The Lifesaving Society establishes aquatic safety standards and consults on aquatic safety issues for the aquatic industry, government and the judiciary. The Society offers a suite of services to help aquatic facility operators maintain and improve safe pool and waterfront operations. The Society performs aquatic safety audits and serves as experts in legal cases involving aquatic safety.

Contents

Introduction	1
Foreword	2
Background	3
Risk Management	4
Definitions	5
Recommendations	
Section 1 - Policies and Procedures	7
Section 2 - Access to Facility	8
Section 3 - Admissions	9
Section 4 - Change Rooms	10
Section 5 - Pool	11
Section 6 - Personnel	12
Phase 1 - Training	
Section 7 - Programming	14
Phase 2 - High Performance Swimmers and Leadership Programs	
Phase 3 - Organized Swims	
Phase 4 - Open Swims and Learn to Swim Lessons	
Appendix A - Phases	19
Appendix B - First Aid and Resuscitation and In-water Rescue Recommendations	20
Appendix C - Rescue Ready Assessment	22
Appendix D - PPE Recommendations	23
Appendix E - Cleaning and Disinfection	27
Appendix F - Signage Message Recommendations	29
Appendix G - Lane Swim Set-up	37
Appendix H - Owner's/Owner's Agent Checklist	38
Lifesaving Society Resources	39
References	40
Branch Contacts	41

Introduction

Every owner/owner's agent of a public aquatic facility has an obligation to provide a safe environment for all user's. As the lifeguarding experts, the Lifesaving Society is the authority in aquatic standards and safety. Our guidance has been developed following recommendations from the World Health Organization (WHO), Health Canada, and Alberta Health and at the time of publication were in accordance with existing legislation, regulations, and standards. Our expertise is based on extensive research, legal cases, industry standards, best practices and more than 100 years of public safety education and service.

Purpose: The Society developed and published this guidance for the Re-Launch of Aquatics in Alberta to assist owners and owner's agents in developing a return to work plan for staff in anticipation of the resumption of services as a result of the COVID-19 pandemic. The Lifesaving Society advises owners, operators, lifeguards, aquatic instructors and coaches to follow the existing guidance outlined by the Government of Alberta, Alberta Health, Alberta Health Services, Public Health Agency

of Canada, Centres for Disease Control (CDC), and World Health Organization (WHO). These resources provide the most up to date information on basic protective measures against COVID-19.

Application: The information in Re-Activating Aquatics in Alberta applies to all supervised facilities that contain as least one swimming pool that is generally available to the public.

Contact the Lifesaving Society for assistance to understand, interpret and implement the guidance in this document.

Forward

Re-Activating Aquatics in Alberta is a compilation of aquatic safety guidance on COVID-19 protocols from around the world. We would like to thank the Lifesaving Society Canada, the Safety Management Commission and our Alberta Task Force for participation in the development of this document. This publication is the first edition. The scope of Society research into public safety and risk management practices includes research and real operational experience from across Canada and around the world. In turn, the Society's expertise is shared internationally with the Royal Life Saving Society Branches throughout the Commonwealth and with the International Life Saving Federation (ILS).

Re-Activating Aquatics in Alberta outlines the Lifesaving Society's guidance for re-opening public aquatic facilities. All facility personnel are encouraged to go beyond the minimum guidance while working to achieve their mandate to provide a safe environment. The Lifesaving Society recognizes that the guidance and recommendations provided in this publication are not the only solutions that a public aquatic facility may use to provide a safe environment. The Lifesaving Society also recognizes that each aquatic facility has unique features. No single document can address every situation and need. In situations where owners/owner's agents implement alternative safety measures, the Society recommends that they thoroughly evaluate and document these measures along with rationale.

Background

COVID-19 Pandemic

The COVID-19 pandemic has generated questions and concerns from owners and owner's agents about recommended operating practices when Aquatic Facilities reopen. The purpose of this guide is to assist owners and owner's agents in implementing strategies that will reduce the spread of the virus to employees and the public. This guidance is based on expert opinion and should be adapted to meet community needs and conditions. These recommendations provide guidance for indoor and outdoor supervised aquatic facilities and waterfronts.

The Lifesaving Society continues to reassess the public health risk based on the best available evidence as the situation evolves. These recommendations will be up-dated as additional information becomes available.

Drowning Risk

Swimming is the second most popular activity (after bicycling) in Canada among school-age children between 5 and 12 years of age, thus contributing to the adoption and maintenance of healthy lifestyle habits. To take full advantage of its many benefits, it is imperative that the population be able to participate in these aquatic activities in a safe manner and minimize potential health risks.

Under 1% of all fatal drownings in Canada occur in lifeguard supervised swimming locations. Aquatic facilities always provide an essential public service and especially in the summer months; opening them is part of many public health injury prevention plans. Therefore, as COVID-19 poses a public health threat, it is essential to address operational concerns for aquatic facilities while maintaining the prevention measures recommended by provincial/territorial public health authorities.

Owner/Owner's Agents Responsibilities

Owner and owner's agents should have a detailed plan to manage the return to work and resumption of services. Employers have a responsibility to provide appropriate education and training to all facility employees.

Can COVID-19 Spread through pool water?

There is no evidence that COVID-19 can be spread to humans through the pool water. Treated pool water is an effective disinfectant and risk while in contact with treated pool water is considered minimal.

COVID-19 Symptoms

- Cough, shortness of breath, difficulty breathing
- Fever, chills, muscle pain, headache, sore throat, new loss of taste or smell

Risk Management

Introduction

Faced with the potential for multi-million dollar lawsuits, aquatic facility owners/owner's agents need to be proactive in assessing and managing risk in the aquatic environment. The Lifesaving Society believes that many incidents are foreseeable and therefore preventable.

Who's Responsible

The owner/owner's agent of a public aquatic facility has the obligation to ensure the safe operation of the facility by creating and implementing a Risk Management process. This responsibility may be further delegated to individuals such as, Pool Operators, Supervisors, Lifeguards or other designated personnel who may be left in charge of the facility. When the owner is not present, the person in-charge, regardless of title, assumes the role of owners agent and full responsibility for the safe operation of the facility.

Risk Management Process

Risk Management is an ongoing process that is used to identify and evaluate risks then implementing controls to eliminate or reduce risk with the intent to prevent injury. The process includes the following steps:

- Risk assessment - Conduct facility inspections and audits
- Identify hazards - these could be both physical and/or behavioral
- Evaluate the hazards - determine the source, frequency, exposure, and severity of potential injuries
- Develop and establish controls and strategies to minimize or eliminate risk which may include education to facility patrons
- Implement controls
- Monitor and evaluate results

Insurance

The owner/owner's agent of an aquatic facility must obtain an insurance policy and liability coverage to cover the facility, personnel, volunteers and patrons. Check with your insurance broker or agent to make certain that you have the appropriate insurance coverage and understand any requirements, limitations or exclusions that may be conditions of the insurance policy.

Definitions

Aquatic Facility: Any swimming pool, wading pool, waterpark, waterfront, or similar location that is used for aquatic activities such as swimming, wading, diving or aquatic sports.

Assistant Lifeguard: A person holding a current Bronze Cross certification designated by the owner or owner's agent to assist a National Lifeguard to supervise bathers.

Bather: A patron who enters or uses the swimming pool.

Caregiver: A person who is legally responsible for the safety and direct care of another person such as a child.

Coronavirus: Coronaviruses are a large family of viruses which may cause illness in animals or humans. In humans, several coronaviruses are known to cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). The most recently discovered coronavirus causes coronavirus disease COVID-19.

COVID-19: COVID-19 is the infectious disease caused by the most recently discovered coronavirus. This new virus and disease were unknown before the outbreak began in Wuhan, China, in December 2019. As of January 2020 COVID-19 was declared a pandemic, affecting countries world-wide.

Current Award: A training certification which is valid for a specified period from the date of certification. The length of time that a certificate is current for is set by the certifying body and/or government regulation.

Deep Water: Is specific to the individual and is considered to be chest deep.

Facility Manager: A person designated by the facility owner or owner's agent as being responsible for the management and operation of the facility.

General Sanitization Plan: A written document that outlines the chemicals used for cleaning, disinfection, and the routine sanitization schedule as per the Alberta Health Pool Standards.

Instructional Period: Any period of time where bathers' activities in the pool are structured and where bathers are under the supervision or direction of a certified instructor or coach. These times may include, but are not limited to, events such as competitions and practices for aquatic sports, swimming lesson programs, aquatic leadership and aquatic fitness.

Instructor: A person holding a current swim instructor certificate (e.g. Lifesaving Instructor) appointed by the owner or owner's agent to instruct an aquatic program such as swimming lessons.

Lifeguard: A person with a current National Lifeguard certification appointed by the owner or owner's agent to maintain surveillance over bathers while they are on the deck or in the pool and to supervise bather safety.

Non-Swimmer: A person who can not swim 25 metres without stopping.

Owner or Owner's Agent: The person or corporation who is the owner or designated owner's agent of a public aquatic facility.

Patron: An individual who enters a public swimming pool premises and may use the swimming pool.

Personnel Manual: A written document including policies and procedures for facility personnel which may be a subset of the Safety and Supervision Plan.

Pool Deck: The surface area immediately surrounding a public pool.

Pool Operator: An individual who operates and maintains a pool on a day-to-day basis and meets the qualifications set out in the Alberta Health Pool Standards in order to do so.

Pool Standards: The Alberta Health Pool Standards outlines in more detail owners and owner's agents responsibilities for public swimming pools in relation to the Public Swimming Pool Regulation.

Public Swimming Pool Regulation: The Alberta Public Swimming Pool Regulation outlines legislated responsibilities for owners and owner's agents of public swimming pools.

Recreational Swimming: Includes all unstructured swimming, rentals, birthday parties, daycamps, recreational swimming and school programs.

Definitions Continued

Recreational Swim: Any period where bathers' activities are not restricted and where bathers are not under the supervision or direction of an instructor or lifeguard.

Safety and Supervision Plan: A written document including policies and procedures for operation and maintenance of the Public Aquatic Facility based on current best practices.

Spectator: A person watching lessons, competitions, or an event.

Swimmer: A person who can swim 25 metres without stopping.

Swimming Pool: A structure that contains water that is deeper than 60cm at its deepest point.

Viewing Area: An area that has a separate entrance from the pool and physically separates the space used by spectators and the pool deck.

Water Quality Incident Response Plan: A written document that outlines procedures to maintain water quality as per the Alberta Health Pool Standards.

Wading Pool: A structure containing water the depth of which is 60cm or less throughout the structure.

Water Features: A feature of a swimming pool which water is sprayed or released into the pool or on the pool deck.

Wave Pool: A swimming pool in which waves or surf are mechanically generated.

Water Spray Park: A structure on which water is sprayed or released but does not accumulate.

Whirlpool: A structure utilizing hydro-jet circulation or air induction bubbles, containing water at a temperature above 30°C that is not drained, cleaned and refilled before each use.

Section 1: Policies and Procedures

Create a plan for the return of personnel to work and a timeline for reopening of aquatic facilities according to provincial health authority requirements and based on the spread of COVID-19 in your community.

The owner/owner's agent should:

Update Human Resource policies to ensure they are fully compliant with existing workplace health, safety regulations, labour laws, and physical distancing requirements.

Update First Aid and Resuscitation procedures to accommodate for the recommended COVID-19 protocols.

Update Rescue Response Procedures to accommodate recommended COVID-19 protocols.

Review Lifeguard positions and pathways that may be difficult to maintain physical distancing requirements and update if required. Any changes to Lifeguard positions or pathways should be tested to ensure adequate supervision of that zone.

Review the Lifeguard safety supervision system and consider if additional lifeguards may be needed.

Update documentation to reflect the maximum number of people that can use each area of the facility while maintaining physical distancing (e.g. pool, changerooms, lobby, personnel room, meeting rooms etc.) and publically post these requirements.

Review and update hygiene practices to align with government recommendations along with any other policies or procedures that may involve close contact with others.

Establish a contact tracing system for everyone entering a facility with a controlled access point. Follow guidance from Alberta Health regarding the duration records must be retained for.

Create an enforcement plan to ensure those in a safety supervision role are not responsible for COVID-19 specific rule enforcement (ie. enforcing physical distancing requirements).

Decide on an opening date and the levels of service that will be available and activities that will be allowed. Consider a soft-launch.

Section 2: Access to Facility

Preventative Measures:

Post signs at the entrance informing patrons of the COVID-19 measures and that they will not be admitted if they have any COVID-19 symptoms (see Appendix F).

Screen for COVID-19 exposure (e.g. travel, contact) and refuse access for those with cold or flu like symptoms.

Provide hand-wash stations and/or touchless sanitizer stations for everyone (e.g. guests, contractors, personnel etc.) to use upon arrival.

Remove non-essential items from common areas (e.g. magazines, newspapers etc.).

Design Recommendations:

Facility access should have one-way flow with designated entry and exit points to provide physical distancing of at least 2 meters between the two.

Install physical markers on the floor or walls or use stanchions that indicate appropriate 2 metre spacing distances for patrons waiting in line at the facility entrance.

Section 3: Admissions

Preventative Measures:

At the Admission's desk post additional signage about the COVID-19 measures in the facility.

Avoid taking payment at the Admission's desk if possible (e.g. online payment options) or utilize contactless payment options (e.g. tap).

Wristbands, if utilized, should be self-administered and disposed of after use.

Limit the number of bathers in the facility at a time to avoid crowds gathering (e.g. booking system, rentals).

- If cash is accepted, procedures to prevent contamination should to be established (e.g. wearing gloves or disinfecting hands after handling money).

Design Recommendations:

Install a physical barrier at the Admission desk between personnel and customers.

Determine the number of Admission desk personnel that can safely work in the space while still maintaining physical distancing.

Install physical markers on the floor or walls that indicate appropriate 2 meters spacing distances for patrons waiting in line at the admissions desk or entrance.

Determine and post new occupancy numbers for each area of the facility based on provincial requirements.

Adjust seating in waiting and viewing areas to allow 2 metres between patrons or consider closing these areas.

Section 4: Change rooms

Preventative Measures:

Encourage patrons to shower at home after use of the facility.

Avoid use of open showers if possible.

Design Recommendations:

The occupancy rate of changing rooms should be reduced to allow physical distancing of 2 metres between patrons/cohorts.

Consider restricting the use of lockers in the change rooms.

Install physical markers on the floor to indicate one-way traffic flow through the changerooms.

Offer touchless soap dispensers.

Install physical barriers between open showers.

Section 5: Pool

Preventative Measures:

Only essential equipment should be available to patrons (e.g. lifejacket). All shared equipment must be disinfected between each use (see Appendix E).

The use of goggles by bathers should be encouraged.

Snorkels should be prohibited.

Reduce group ratios and bather loads to allow physical distancing of 2 metres between individuals and/or family cohorts.

Control the flow of traffic for lane swim and individual workouts (e.g. Aqua jogging) to allow for physical distancing of 3 metres (e.g. one direction in each lane, one lane per swimmer/family cohort) (See Appendix G).

Aquatic Instructors should teach outside of the water (except for demonstrations).

Keep small basins, hot tubs, saunas, and steam rooms closed.

Restrict open swims in the first phases (e.g. recreational swim, large group bookings etc.).

Design Recommendations:

Install physical markers on the floor to indicate one-way traffic flow around the pool deck where deck space does not permit swimmers to keep 2 metres apart.

For amenities (diving boards, water slides, rope swings etc.) install physical markers on the floors to indicate the distance of 2 metres space between bathers at the queues and disinfect frequently touched surfaces often (See Appendix). Some amenities may need to be closed if the above cannot be adequately maintained by personnel not in a safety supervision role.

- Rope swings represent a higher transmission risk and their use should be prohibited in early phases of reopening.

Deck amenities (e.g. chairs, tables, benches etc.) should be spaced or removed to encourage physical distancing.

Section 6: Personnel

Those in a safety supervision role must not be responsible for enforcing physical distancing rules. Owner/owner's agents need to have a plan in place for public education and enforcement of rules.

Preventative Measures:

Personnel should be screened according to public health requirements prior to each shift for COVID-19 symptoms and directed not to work if signs are self identified. If an employee presents with symptoms in the workplace they should be immediately sent home and disinfection protocols implemented.

Wherever possible, lifeguards should maintain physical distancing while providing effective and consistent rule enforcement, information to other team members or accident prevention.

Avoid sharing equipment and supplies between employees, or shared equipment must be disinfected before re-use.

Ensure employees are provided with the appropriate personal protective equipment (PPE) for the work being performed, and that the equipment is cleaned and sanitized between users (See Appendix D).

Review personnel schedules to maximize the opportunity to work in the same team and limit interaction between personnel.

Consider staggering start times of shifts and breaks to discourage personnel congregating at the start and end of their shifts.

Personnel areas should allow for physical distancing of 2 metres.

Conduct meetings and training via phone or online technologies versus in-person delivery when possible.

Lifeguard rotations should be modified to allow for physical distancing while still providing an opportunity for communication between the team.

Owner/owner's agents should have a plan in place to address the stress that personnel may be experiencing as a result of returning to work during the pandemic.

Higher risk or vulnerable employees of severe illness from COVID-19 should inform the employer of their condition to determine if it is safe for them to resume work.

Phase 1 - Training

After a prolonged absence from work, aquatic personnel must be ready to provide effective safety supervision to the public participating in aquatic activities while reducing the risk of COVID-19 transmission. Aquatic personnel must be able to successfully demonstrate rescue skills specific to their facility prior to working in a safety supervision role. Owner/Owner's agents are responsible for the health and safety of their personnel, therefore new protocols should be in place to minimize the risk of COVID-19 transmission.

Aquatic personnel should be trained and competent in the new protocols prior to reopening aquatic facilities. Owner and owner's agents of aquatic facilities should:

Create a training plan to address specific COVID-19 protocols for all personnel, including janitorial, clerical and safety supervision tasks.

Use a blended learning approach. Online training can be used for learning COVID-19 specific protocols. In-house training can be used for Rescue Ready skill demonstrations (See Appendix C).

Develop a recertification schedule for aquatic personnel whose certifications have expired or are close to expiring.

During the initial on-boarding of returning employees, the following should be included:

- Review COVID-19 adapted Facility Safety and Supervision Plans.
- Operations protocols including disinfection protocols, use of the facility's amenities and amended program schedules.
- Personal health and physical distancing requirements for personnel and patrons within the facility.
- Safety education and rule enforcement practices, emphasizing that those in a safety supervision role are not to be enforcing COVID-19 specific rules/practices.
- In-water rescue and first aid resuscitation protocols.
- PPE equipment for all aquatic and facility personnel.

Conduct a Rescue Ready Assessment of safety supervision personnel (See Appendix C).

Document all training.

- Records must have the date, name, and signature of all personnel members who receive training.

Section 7: Programming

These recommendations do not replace the evaluation criteria for your current instructional programs. The purpose of these recommendations and strategies are to adapt programming to physical distancing, personal contact restrictions, recommended hygiene protocols, and restricted ratio requirements to reduce the risk of transmission of the COVID-19 virus. These recommendations provide guidance to owners and owner's agents of aquatic facilities when providing personnel training to their teams.

After an extended period of absence from work, aquatic personnel must be ready to provide effective safety supervision and instruction to participants in aquatic activities, and to adhere to changes to their instruction protocols and use of equipment.

Recommendations:

Follow the guidelines provided by the provincial public health authority when developing your plan for restoring services. Guidelines concerning physical distancing, hand hygiene and respiratory etiquette, cleaning and disinfection procedures and mandatory Personal Protective Equipment (PPE) may influence the number of participants in each course.

A plan of action must be developed in the case an individual who is ill or who meets the criteria for self-isolation is present during the programming. This includes keeping a record of who attended the program and their contact information and maintain these records for a six-week rolling period. This must be available to public health authorities on demand.

Ask caregivers to remain outside of the facility if possible and/or limit the number of caregivers allowed per participant (caregivers will be required to enter the water for some programs).

Divide the pool or waterfront designated swim areas with lane lines or buoy lines. Lanes can be set up for sprints and endurance swimming up one lane and down the next. Participants will need to be directed to safe zones for practicing their skills and strokes. Use of pool maps to assign areas to Instructors may assist with this process.

Utilize formations that allow for physical distancing.

Use visual aids to mark distances on deck for participants to refer to.

Rotate participants through zones as required for skills, fitness sprint or endurance swimming and rescues.

Consider the use of pre-recorded videos for demonstrations or other technology that could be used to maintain physical distancing between the Instructors and participants.

To avoid the potential of virus transferring through use of learning aids, instructors will need to assign equipment to each candidate (e.g. CPR manikins, kickboards, lifejackets, rescue equipment or toys).

- Learning aids could be numbered to avoid cross contamination.
- Ensure the learning aids are cleaned and disinfected between classes and users.
- Participants should be encouraged to bring their own learning aids (as long as they are safe and appropriate for the skill) such as kickboard, lifejackets, and pocket masks. Participants should be instructed to disinfect all learning aids before and after use.

Only use learning aids and specialty equipment where required by a skill.

Instructors must always follow physical distancing guidelines unless performing a safety intervention. Instructors will need to enforce physical distancing of students participating in programs when setting up and delivering classes.

If household members such as a caregiver, guardians or sibling are aiding with skills that may require direct contact, such as rescues, or assisting with participant support for primary level classes, ensure they are screened for their swimming ability (as required) and properly briefed on behaviors that prevent the spread of COVID-19.

Participants in lifesaving courses must be instructed to safely put on and remove PPE.

Participants should be instructed on physical distancing and proper hygiene requirements at the beginning of each class. Instructors may need to remind participants about the rules. Any participants or instructors unable to follow the rules should be removed from the program.

Consider staggering start/end times to prevent crowding at entrances, change rooms, and program meeting spots.

Prioritize admission to older age-groups where physical distancing measures can be easily implemented.

Bathers in need of assistance due to physical limitations should get help from a family member.

Analyze programming and consider adjusting the safety supervision guidelines for lifeguarding during certain swimming lessons.

- If participants are spread out more than usual to accommodate physical distancing, it may be difficult for the Instructor to provide adequate safety supervision. In this case, additional Lifeguard supervision may be required.

Create a safe instructional space on your deck, dock or on the beach. Methods to achieve these safe spaces may include:

- Designating 2 metre diameter (3 metres for high intensity activities) individual zones with barriers, pylons, stanchions, or non-slip waterproof tape.

Phase 2 - High-performance Swimmers and Leadership Programs

This applies to athletes or representative nominated by the NSO, and identified on the NSO podium pathway as a senior or Next Gen athlete, or receiving AAP funding support.

High-performance Swimmers:

Organize local training only (athletes should not come from another region/province to practice their sport).

Do not do dry land training on the pool deck within 2 metres of the water. Adequate space on the deck needs to be provided for one-way flow of traffic. If space allows, dry land training may occur in designated areas that allow for physical distancing between athletes, coaches, personnel and the public.

Athletes should not store their personal equipment at the facility. All equipment needs to be brought home and cleaned between use.

Coaches and athletes should refer to specific recommendations from their governing sports organizations when creating their training plan. These training plans should be submitted to owner's/owner's agents for approval.

Owner/owner's agents should be familiar with the guidelines from the various Provincial Sport Organizations (PSO's) which govern how clubs conduct practices.

Leadership Programs:

Under supervision of a Lifesaving Instructor or Trainer, these participants have relatively high level of comprehension, learning capacity, understanding of the Lifesaving Society, and are familiar with the acquisition of skills and can follow behaviors that prevent the spread of COVID-19 including physical distancing measures.

Consider blended learning and online opportunities for content delivery.

For First Aid Delivery refer to 'COVID-19: First Aid Programming' Position statement.

Phase 3 - Organized Swims

Lane Swims:

Create a plan for lap swimming that allows for 3 metres between swimmers/family cohorts. Only family cohorts should share a lane (See Appendix G).

Post signage to remind swimmers of directional swimming, exiting the water if a break is required, no overtaking of other swimmers and distancing protocols.

Consider a schedule of blocked times that can be booked to avoid over crowding.

Aqua-fitness:

Have the Instructor teach on the deck, not in the water.

Utilize formations that ensures patrons are not facing one another and allows for 3 metres space between patrons.

Have instructors remind participants of safe distancing at the beginning of each class as well as hygiene and respiratory etiquette.

Consider keeping participants stationary to maintain physical distancing. Use of bungee cords on a lane rope could be utilized to space participants for a stationary deep-water aqua-fitness class.

Higher Swimming Levels

(Swimmer 4+ or equivalent):

When possible, have the Instructor teach on the deck, not in the water.

These participants require direct supervision but can safely utilize learning aids independently in deep water.

Instructors should select teaching methods and formations to ensure candidate safety and physical distancing requirements.

Consider Family Group lessons as an option to provide multilevel teaching within a family unit. Family members can also provide direct contact assistance when required to assist participants in developing new skills.

Phase 4 - Recreational Swims and Learn to Swim Lessons

Learn to Swim Lessons:

These participants require direct supervision and physical contact during instruction. Consider utilizing a household member such as a caregiver, guardian, or sibling to aid in-water support.

Instructors should select teaching methods, formations, and learning aids to ensure candidate safety and physical distancing requirements.

When adding Preschool programs back in, consider having a parent or individual from the same household in the water for physical manipulation/support.

Reduce the number of participants and/or length in the programs to adjust to the Aquatic Facility revised bather load to meet physical distancing requirements and ensure adequate safety supervision.

Closely supervise participants to ensure they maintain physical distancing while practicing their skills. Demonstrations, explanations, and practice will be more challenging. Select formations that will allow physical distancing.

Open Swims (Recreational swims and large group bookings):

Consider restricting access to certain amenities as a soft-launch for open swims.

Reduce the number of patrons and/or length of swims to adjust to the revised bather load to meeting physical distancing requirements.

Create a system for rule education and enforcement.

Appendix A: Phases

Phase	Precautions	Allowed Activities / Facilities
1	<ul style="list-style-type: none"> Controlled access and strict supervision High risk individuals are not recommended to return to work Whirlpools, hot tubs, dry saunas, steam saunas, lazy rivers, water slides, rope swings, wave pools and other leisure features should remain closed according to local authorities 	Personnel Training
2	<ul style="list-style-type: none"> Controlled access and strict supervision High risk individuals are not recommended to visit recreational facilities Reduce bather loads Allow for only essential equipment/learning aids Whirlpools, hot tubs, dry saunas, steam saunas, lazy rivers, water slides, rope swings, wave pools and other leisure features should remain closed according to local authorities 	High-performance swimmers, and leadership programs
3	<ul style="list-style-type: none"> Programs considered must allow for physical distancing Controlled access and strict supervision High risk individuals are not recommended to visit recreational facilities Reduce bather loads Allow for only essential equipment/learning aids Whirlpools, hot tubs, dry saunas, steam saunas, lazy rivers, water slides, rope swings, wave pools and other leisure features should remain closed according to local authorities 	Organized swims (e.g. lane swim, aqua-fitness, higher level swimming lessons)
4	<ul style="list-style-type: none"> Reduce bather loads Can begin to increase instructor/coach to participant ratios 	Recreational swims (e.g. public swims, drop-ins, group bookings) and learn to swim lessons <ul style="list-style-type: none"> Whirlpools, hot tubs, dry saunas, steam saunas, lazy rivers, water slides, rope swings, wave pools and other leisure features can be re-opened as outlined by local authorities

Appendix B: First Aid/ Resuscitation and In-water Rescue Recommendations

As drowning is a hypoxic event, delay in ventilation increases the likelihood that the casualty's condition will deteriorate, or they may not survive. Drowning is a circumstance where ventilations should be prioritized to positively affect victim outcome. In addition, individuals with moderate or severe infections are unlikely to be participating in water-related activities, and with proper screening processes in place, the risk of infection to the rescuer and casualty are low.

Mitigating Risk of Infection when

Administering CPR or providing First Aid:

Due to the risk of transmission, mouth-to-mouth ventilations should not be performed (viral filters must remain dry to be effective).

To check for breathing, watch the chest to see if it's moving or if there are signs of breathing. Do not bring your cheek close to the mouth to feel the person's breathing. For secondary assessment, only take vital signs that can be observed from a distance (i.e., skin colour, visual breathing check) or are required for victim treatment decisions (i.e., skin temperature of a possible heat stroke victim).

Rescuers should wear gloves, surgical masks, and eye protection when performing cpr/first aid if available.

Rescuers/First Aiders should maintain physical distancing (2 m) whenever possible.

Casualties should be encouraged to wear a mask if tolerated (not in the water).

If the casualty is conscious and did not pass through COVID-19 screening at a controlled access point, screen for COVID-19 exposures (e.g. travel, contact).

For all rescues, minimize the number of rescuers who have direct contact with the casualties.

If the injury is minor and it's possible, promote self-treatment or treatment by a family member. Provide PPE for those providing aid.

Rescuers/First Aiders should properly discard all protective equipment after the rescue and wash their hands before continuing with their duties.

The following are acceptable ventilation techniques:

- Bag-valve-mask (BVM) with a viral filter; two rescuers with one rescuer maintaining a tight seal during ventilations and compressions.
- Mouth-to-mask ventilations with a viral filter; two rescuers with one rescuer maintaining a tight seal during ventilations and compressions.
- If only one rescuer is responding, a pocket mask with a viral filter and head strap may be tightly placed on the victim's face to create a seal during compressions.
- If family members or close contacts are nearby and trained, see if they would be willing to provide the ventilations themselves.

Mitigating Risk of Infection during

In-water Rescues:

For in-water rescuers, whenever possible, approach the victim to avoid face-to-face proximity and utilize rescue aids.

After each rescue, all rescuers, victims and bystanders should practice hand hygiene, shower with soap, change their clothes, bag clothes worn during the rescue (to be washed).

In-water ventilations (with or without a mask) should not be given.

Where possible, designate a personnel member on each shift to assume primary victim care during any first aid and resuscitation. This will look different depending on the number of personnel available.

- The designate should be equipped with appropriate PPE required to safely manage victim care and provide the required follow-up.
- The designate permits the in-water rescuer(s) time to dry off and don PPE before continuing victim care.

Appendix C: Rescue Ready Assessment

This Rescue Ready Assessment does not replace National Lifeguard or First Aid Recertifications courses. After an extended period of absence from work, aquatic personnel must be ready to provide effective safety supervision and demonstrate an acceptable level of fitness required to respond in an emergency. The recommendations are intended to provide guidance to owners/owner's agents of aquatic facilities on training personnel prior to re-opening. Owners/owner's agents should assess skills and fitness items specific to the facility's needs/design.

Reference the National Lifeguard Award Guide

COVID-19 protocols for skills that require close contact: use a training manikin, family member, etc.*

Rescue Ready Assessment Pool

Lifeguard and Assistant Lifeguard:

1. Object Recovery. Starting in the water, swim 15 m and surface dive to recover a 9 kg (20 lb.) object; surface and carry the object 5 m.
2. 50m head-up sprint. Demonstrate anaerobic fitness: Starting in the water, swim 50 m head-up within 60 seconds.
3. Demonstrate effective management of a distressed or drowning victim in a pandemic context in deep water*
4. Demonstrate effective management of a submerged, non-breathing victim and perform 10 cycles of 30 compressions on a CPR manikin including appropriate follow up and assessment.*
5. Suspected Spinal Rescue including a boarding procedure*
6. First Aid practice*
7. Lifeguarding situations including recognition and scanning practice. *

Rescue Ready Assessment Waterfront

Lifeguard and Assistant Lifeguard:

1. Demonstrate aerobic endurance: Run 100 m with a rescue aid to enter the water; swim 100 m to recover a conscious victim; tow the victim 100 m.
2. Demonstrate effective use of a rescue board or rescue craft: Approach 5 m on a beach; enter the water with a rescue craft; pick up a victim (a floating object) 100 m away and return to shore.
3. Demonstrate effective management of a distressed or drowning victim in a pandemic context in deep water*
4. Demonstrate effective management of a submerged, non-breathing victim and perform 10 cycles of 30 compressions on a CPR manikin including appropriate follow up and assessment.*
5. Suspected Spinal Rescue including a boarding procedure*
6. First Aid practice*
7. Lifeguarding situations including recognition and scanning practice. *

Appendix D: PPE Recommendations

Use of personal protective equipment (PPE) should not be relied upon exclusively. PPE is dependent on type of activity and risk of exposure to a pathogen/sick person. PPE is necessary when physical distancing of 2 metres or physical barriers cannot be maintained by administrative and engineering controls or in accordance with provincial/territorial health orders or municipal bylaws. PPE controls the hazard at the worker, volunteer and patron level. Examples of PPE include gloves, eye protection, water-proof apron, face shield, and surgical masks or non-medical face masks/face coverings.

General:

Employers must ensure that PPE is available in proper sizes, is clean, and workers are trained in its use.

Proper disposal of single-use equipment and proper disinfection of reusable equipment is necessary for ensuring the safety of both staff and patrons. For proper disinfection of reusable equipment, see manufacturer's specifications. Where no specifications exist, the following ratios are recommended. The Centres for Disease Control and Prevention (CDC) recommend a 1:10 dilution ratio for household bleach, or a 1:20 ratio for commercial sodium hypochlorite solution to disinfect PPE, then let air dry. Typically, 1 to 10 minutes contact time is recommended.

Masks:

The use of respirators (e.g., N-95 masks) should be conserved for health care workers and others providing direct care to COVID-19 patients. N-95 masks should continue to be used outside of the COVID-19 context only where this is the usual prescribed PPE for protection against other identified hazards.

Wear the surgical mask or non-medical mask/face covering properly to limit the spread of COVID-19 when physical distancing is difficult (See Appendix F).

Since masks (pocket masks, surgical masks and non-medical masks/face coverings) must remain dry to be effective, it is strongly recommended that PPE storage protocols be added to facility safety plans.

Masks should not be worn in the water or when sitting in whirlpools or steam saunas. In these environments, moisture will decrease the mask's effectiveness and present unnecessary safety risks.

Eye Protection:

Where possible, face-shields or personal protective goggles may be used. Both face shields and personal protective goggles prevent virus exposure to the eye mucosa. Protective goggles must fit the user's facial features and be compatible with the respiratory protection. Corrective lenses or safety glasses do not provide adequate protection. Protective eyewear may be reused once disinfected.

Gowns/Aprons:

Where possible, long-sleeved water-resistant gowns/aprons should be used to prevent body contamination. If water-resistant gowns/aprons are not available, remove and launder all clothing once treatment is finished. For both options, practice personal hygiene following use.

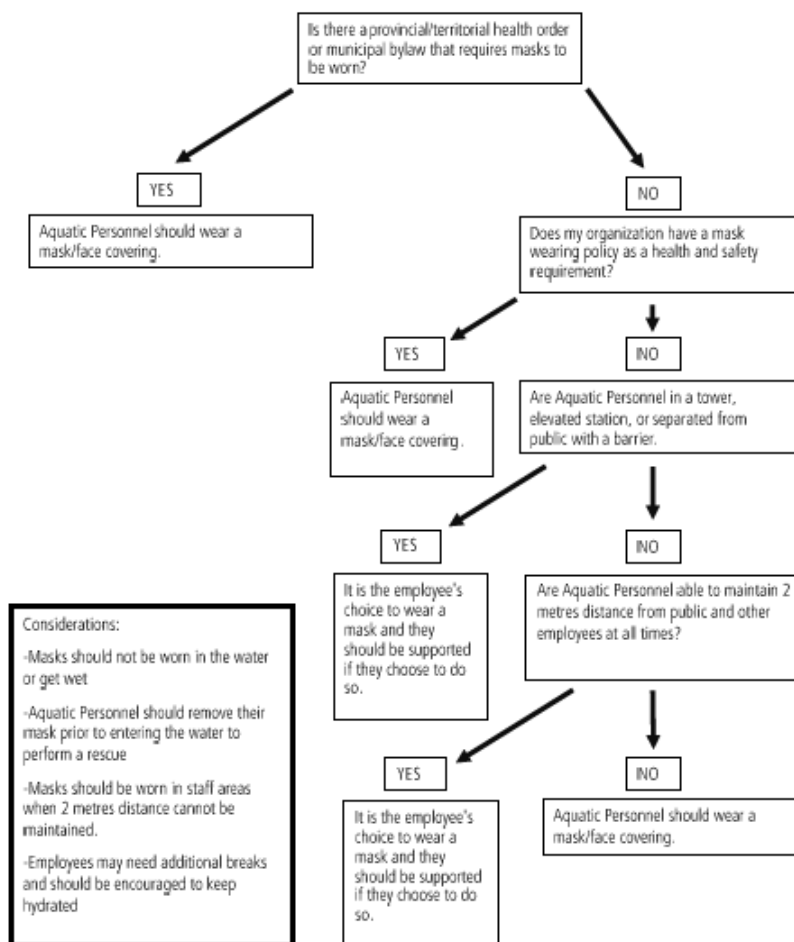
Appendix D: Face Mask Decision Tree

INFORMATION BULLETIN



FACE MASK DECISION TREE

Should Aquatic Personnel wear masks/face coverings?



Published: Aug 18, 2020

Lifesaving Society Alberta and Northwest Territories
Canada's Drowning Prevention Charity
Reg. Charity No. 11912 9021 RR0001

13123 – 156 Street NW
Edmonton, Alberta
Canada T5V 1V2

T: 780-415-1755 | F: 780-427-9334
experts@lifesaving.org
www.lifesaving.org

Appendix D: PPE Donning Order

Putting on (Donning) Personal Protective Equipment (PPE)

1 HAND HYGIENE

A Using an alcohol-based hand rub is the preferred way to **clean your hands**.

B If your hands look or feel dirty, soap and water **must** be used to wash your hands.

2 Gown

A Make sure the gown covers from neck to knees to wrist.

B Tie at the back of neck and waist.

3a Procedure/Surgical mask

- ◆ Secure the ties or elastic around your head so the mask stays in place.
- ◆ Fit the moldable band to the nose bridge. Fit snugly to your face and below chin.

3b N95 respirator

There are different styles of N95 respirators (pictured below). They include: a) molded cup, b) duckbill, c) flat-fold and d) v-fold

All styles have the same basic steps for donning; molded cup and duckbill are pictured below. Refer to the manufacturer for specific donning instructions.

A Pre-stretch both top and bottom straps before placing the respirator on your face.

B Cup the N95 respirator in your hand.

C Position the N95 respirator under your chin with the nose piece up. Secure the elastic band around your head so the N95 respirator stays in place.

D Use both hands to mold the metal band of the N95 respirator around the bridge of your nose.

E Fit check the N95 respirator.

4 Eye protection or face shields

- ◆ Place over the eyes (or face).
- ◆ Adjust to fit.

5 Gloves

- ◆ Pull the cuffs of the gloves over the cuffs of the gown.

May 2014

Appendix D: PPE Doffing Order

Taking off (Doffing) Personal Protective Equipment (PPE)

1 Gloves



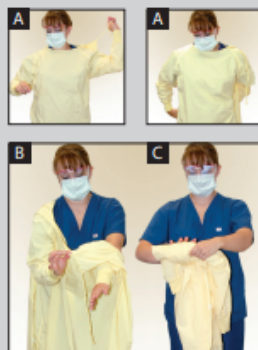
- A** Grasp the outside edge of the glove near the wrist and peel away from the hand, turning the glove inside-out.
- ◆ Hold the glove in the opposite gloved hand.
- B** Slide an ungloved finger or thumb under the wrist of the remaining glove.
- C** Peel the glove off and over the first glove, making a bag for both gloves.
- ◆ Put the gloves in the garbage.

2 HAND HYGIENE



- A** Using an alcohol-based hand rub is the preferred way to **clean your hands**.
- B** If your hands look or feel dirty, soap and water must be used to wash your hands.

3 Gown



- A** Carefully unfasten ties.
- B** Grasp the outside of the gown at the back of the shoulders and pull the gown down over the arms.
- C** Turn the gown inside out during removal.
- ◆ Put in hamper or, if disposable, put in garbage.

4 HAND HYGIENE



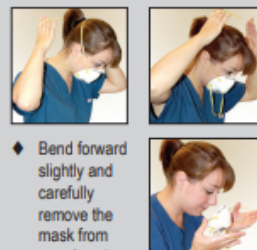
- ◆ Clean your hands. (See No. 2)
- ◆ Exit the patient room, close the door and clean your hands again.

5 Eye protection or face shield



- ◆ Handle only by headband or ear pieces.
- ◆ Carefully pull away from face.
- ◆ Put reusable items in appropriate area for cleaning.
- ◆ Put disposable items into garbage.

6 Mask or N95 respirator



- ◆ Bend forward slightly and carefully remove the mask from your face by touching only the ties or elastic bands.
 - ◆ Start with the bottom tie, then remove the top tie.
 - ◆ Throw the mask in the garbage.
- There are different styles of N95 respirators but all styles have the same basic steps for doffing.

7 HAND HYGIENE

- ◆ Clean your hands. (See No. 2)

May 2014

Appendix E: Cleaning and Disinfection

A lifeguard's primary duty is safety supervision of bathers and the maintenance of safety supervision standards. Lifeguards that have been trained and given the appropriate equipment can perform cleaning tasks when not responsible for safety supervision.

Alberta Health Services, the Government of Canada, and the United States Centre for Disease Control have created several online resources that will guide owner/owner's agents in the cleaning and disinfection of aquatic facilities. Owner/owner's agents should check these sites for the most current recommendations. The guidance provided in these resources on the cleaning and disinfection of public areas is aimed at limiting the survival of COVID-19. These recommendations will be updated if additional information becomes available.

Cleaning and Disinfecting Public Spaces

Personal Protection:

The first step in addressing this virus is the personal protection of personnel responsible for cleaning aquatic facilities. These individuals must be provided with adequate Personal Protective Equipment (PPE). In addition, they must practice personal hand hygiene. The risk of exposure to cleaning personnel is inherently low; however, cleaning personnel should wear disposable gloves and gowns for all tasks in the cleaning process, including handling trash.

Employers should develop policies for worker protection and provide training to all cleaning personnel on site prior to assigning cleaning tasks. Training should include when to use PPE, what PPE is necessary, how to properly don (put on), use, and doff (take off) PPE and how to properly dispose of PPE.

In addition:

- Gloves and water-proof aprons should be compatible with the disinfectant products being used.
- Additional PPE such as masks, goggles or face shields may be required based on the cleaning/disinfectant products being used and whether there is a risk of splash
- Gloves and water-proof aprons should be removed carefully to avoid contamination of the wearer and the surrounding area. Be sure to wash hands after removing gloves.
- If gowns are not available, coveralls, aprons or work uniforms can be worn during cleaning and disinfecting. Reusable (washable) clothing should be laundered after each use. Hands should be washed after handling dirty laundry. If soap and water are not available and hands are not visibly dirty, an alcohol-based hand sanitizer that contains at least 60% alcohol may be used.
- Follow normal preventative actions and avoiding touching eyes, nose or mouth with unwashed hands.

Additional key times to clean hands include:

- After blowing one's nose, coughing, or sneezing
- After using the restroom
- Before eating or preparing food
- After contact with animals or pets
- Before and after providing routine care for another person who needs assistance such as a child

The use of a spray should be avoided if possible, in order to limit the formation of aerosol of disinfectant product which can be inhaled and thus irritate the respiratory tract. If such a spray bottle is used, adjust it to a large spray.

Where to Clean:

Surfaces frequently touched by hands are most likely to be contaminated and should be cleaned using a 'wipe-twice method'. These include doorknobs, handrails, elevator buttons, light switches, cabinet handles, faucet handles, tables, countertops and electronics. These areas are therefore high priority cleaning areas within the facility. In public places, where people touch common surfaces, cleaning should be done at least daily and if possible, even more frequently e.g. every 2 or 4 hours.

Clean and disinfect rescue equipment, training accessories, and PFD's after use or daily and all surfaces of deck equipment that are frequently touched with hands at least daily.

Cleaning and disinfecting of surfaces within steam rooms and dry saunas should be enhanced. To increase effectiveness, these amenities should be allowed to cool down before cleaning is performed.

It is not yet known how long the virus causing COVID-19 survives on surfaces; however, early evidence suggests it can survive on objects and surfaces from a few hours to days. A detailed cleaning schedule should be created which would include where, what and frequency of cleaning. Log sheets should be posted and completed each time cleaning occurs.

Cleaning Products:

When cleaning public spaces, choose products that clean and disinfect at the same time (e.g. premixed store-bought disinfectant cleaning solutions and/or wipes when available). Cleaning products remove germs dirt, and impurities from surfaces by using soap (or detergent) and water. Cleaning does not necessarily kill germs, but by removing them, it lowers their numbers and the risk of spreading infection. Disinfecting products kill germs on surfaces using chemicals.

Use only approved hard-surface disinfectants that have a Drug Identification Number (DIN). Drug Identification Number (DIN) is a computer-generated eight-digit number assigned by Health Canada to a drug product prior to being marketed in Canada. It uniquely identifies all drug products sold in a dosage form in Canada and is located on the label of prescriptions and over-the-counter drug products that have been evaluated and authorized for sale.

Employers must ensure workers are trained on the hazards of the cleaning chemicals used in the workplace. A DIN uniquely identifies the following product characteristics: manufacturer, product name, active ingredient(s), strength(s) of active ingredient(s), pharmaceutical form, route of administration.

Create a Cleaning Procedure:

Operators of aquatic facilities should develop or review protocols and procedures for cleaning their facility. This will help determine where improvements or additional cleaning may be needed.

Manufacturer's instructions for safe use of cleaning and disinfection products (e.g. wear gloves, use in well-ventilated area, allow enough contact time for disinfectant to kill germs based on the product being used) should be reviewed and appropriate products should be selected for use by personnel.

Employers should work with their local health units to ensure appropriate local protocols and guidelines, such as updated/additional guidance for cleaning and disinfection, are followed.

When setting up procedures, personnel should:

- Use damp cleaning methods such as damp clean cloths, and/or a wet mop. Do not dust or sweep as it can distribute virus droplets into the air.
- Place contaminated disposable cleaning items (e.g. mop heads, cloths) in a lined garbage bin before disposing of them with regular waste. Reusable cleaning items can be washed using regular laundry soap and hot water (60-90°C). Clean and disinfect surfaces that people touch often.

Appendix F: Signage Message Recommendations

Post signs at the facility entrance to inform all bathers that:

They may not enter the facility if they suspect they have COVID-19 symptoms, have been in contact with someone who has COVID-19 symptoms or recently travelled internationally.

While in the facility, they must maintain physical distancing of 2 metres from other bathers and personnel.

Must maintain proper hygiene when in the facility (e.g. washing hands/sanitizing prior to entry, washing hands regularly with soap for 40 seconds, cough/sneeze into your elbow etc.).

They must disinfect any outside equipment they are bringing in before and after use.

Individuals that are considered 'high risk' are advised to follow local health authority's advice and seek guidance from their physician prior to visiting Recreational Facilities.

Appendix F: How to Wear a Non-Medical Mask

Post this sign at the facility entrance and in staff areas (*Masks are not to be worn while in the pool*):

COVID-19 INFORMATION

HOW TO WEAR A NON-MEDICAL MASK

Non-medical masks, including homemade cloth masks, can help prevent the spread COVID-19. They are another tool to use in places where it's difficult to keep two metres from other people for extended periods of time – such as public transit, grocery stores, pharmacies, hair salons, airplanes and some retail shops.

Masks do not replace proper hygiene, physical distancing or isolation to prevent the spread.

SAFELY PUTTING A MASK ON

- 1 Wash/sanitize your hands.
- 2 Inspect the mask, holding it by the ties or loops. Discard if damaged or dirty.
- 3 Open fully to cover from the bridge of your nose to your chin.
- 4 Adjust the mask to your face so there are no gaps on the side.
- 5 If mask has stiff edge, pinch to close gaps between nose and mask.
- 6 Keep your nose, mouth and chin covered at all times. Avoid touching the mask.

SAFELY TAKING OFF A MASK

- 1 Wash/sanitize your hands.
- 2 Remove it from the back by releasing ties or loops. Do not touch the front of the mask.
- 3 Discard the mask immediately if disposable. Wash thoroughly if reusable.
- 4 Wash/sanitize your hands.
- 5

FOR MORE INFORMATION ON WEARING AND CARING FOR YOUR MASK

alberta.ca/masks

Alberta

Appendix F: Please Do Not Enter If You:

Post this sign at the facility entrance:

COVID-19 INFORMATION

**PLEASE
DO NOT
ENTER
IF YOU:**

- Have a fever, cough, sore throat, runny nose, or shortness of breath
- Are a close contact of a person who tested positive for COVID-19

All other visitors, please wash your hands or clean them with hand sanitizer before and after your visit. Please maintain physical distancing of 2 metres.

Thank you for your cooperation.

STAY INFORMED

alberta.ca/covid19

Alberta

Appendix F: Open for Business and Keeping Albertans Safe

Post this sign at the facility entrance:

COVID-19 INFORMATION

OPEN FOR BUSINESS AND KEEPING ALBERTANS SAFE

The safety of customers and staff of Alberta business is a priority. That's why this business is committed to:

- Cleaning regularly, especially in high traffic areas
- Wiping down and disinfecting surfaces
- Providing access to hand sanitizer
- Encouraging staff to stay home and away from others if sick
- Helping Albertans maintain physical distancing of 2 metres
- Having staff wear a face mask, where possible

STAY INFORMED

alberta.ca/covid19



Appendix F: Practice Physical Distancing

Post this sign at the facility entrance and throughout the facility (e.g. change rooms, pool deck etc.):

COVID-19 INFORMATION


PRACTICE PHYSICAL DISTANCING

Keep at least 2 metres (about the length of a hockey stick) between you and others. If you are too close to someone who coughs or sneezes, you risk breathing in tiny droplets that could contain the COVID-19 virus.

Help support a healthy relaunch by following public health measures, practicing physical distancing and good hygiene, and continuing to act responsibly.

STAY INFORMED

alberta.ca/covid19

Alberta 

Appendix F: Help Relaunch, Safely

Post this sign at the facility entrance and throughout the facility:

COVID-19 INFORMATION


HELP RELAUNCH, SAFELY

**Prevention starts with awareness.
Be informed on how you can protect
yourself and others from COVID-19:**

- Isolate if you're feeling sick
- When out, maintain physical distancing of 2 metres
- Wash your hands frequently for at least 20 seconds with warm water and soap
- Cover coughs and sneezes and stay home if you are sick
- Avoid touching your face
- Wear a mask in public places where keeping a distance of 2 metres is difficult

STAY INFORMED

alberta.ca/covid19



Appendix F: Physical Distancing Tips

Post this sign at any elevators:

COVID-19 INFORMATION

PHYSICAL DISTANCING TIPS

ELEVATOR ETIQUETTE

When out in public, practicing physical distancing can help you reduce your risk by minimizing contact with others in the community.

- Avoid overcrowding. Take the stairs or wait for the next elevator
- Wear a face mask
- Cover your cough
- Avoid touching your face after pushing the button
- Limit the number in an elevator car to 2-3 people
- Wash hands with soap or sanitize your hands
- Download and use the ABTraceTogether app to help protect you and your loved ones

STAY INFORMED

alberta.ca/covid19

Alberta

Appendix F: How to Hand Wash

Post this at handwash stations and in washrooms / change rooms:

How to Hand Wash

© 2019 Alberta Health Services.

If you have any questions or comments regarding this information please contact the Infection Prevention & Control Hand Hygiene Program at: Hand.Hygiene@ahs.ca



- Roll up long sleeves and push up any wrist accessories
- Wet hands with warm water
- Apply enough soap to cover surfaces of the hands



- Vigorously rub soap over palms, backs of hands and wrists
- Include space between fingers, fingertips and thumbs
- Procedure should take 15 to 30 seconds



- Rinse under warm, running water
- Pat hands dry with disposable towel
- Turn tap off with the disposable towel

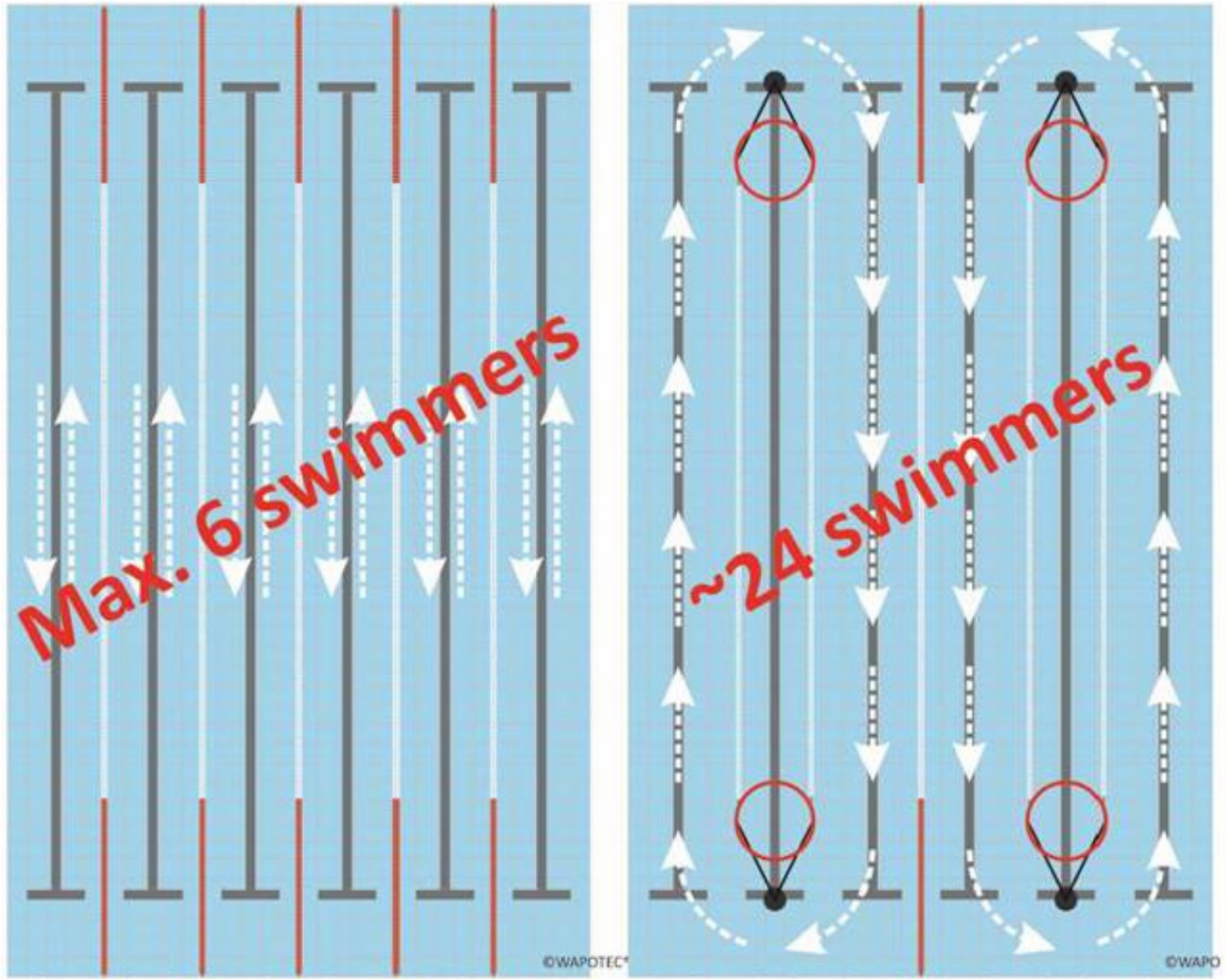
Periodically apply AHS-provided hand lotion for skin integrity.

Adapted with permission from The World Health Organization

Original date: May 2017
Revised date: June 2019

Appendix G: Lane Swim Set-up

Lane Swim Recommended set-up (visual provided by Wapotec):



Appendix H: Owner's/Owner's Agents Checklist

Question	Yes	Comments
A plan is in place to address COVID-19 protocol requirements as per the General Workplace Guidance for Business Owners and is posted at the front entrance for the public and in a staff area.		
Facility operations meet all mandatory public health orders that are in place depending on region.		
Patrons and personnel that are entering the facility are screened to ensure they do not show signs of COVID-19, have not travelled in 14 days and have not been in contact with the virus.		
Patrons and personnel that exhibit fever-like symptoms or that have been in contact with someone who does are not admitted to the facility.		
Patrons and personnel are educated on the controls in place to mitigate the risk of spreading the virus.		
Physical distancing is maintained at the entry-exit and pinch-points of the aquatic facility and there are no crowds gathering.		
Frequently touched surfaces are disinfected frequently with a 'wipe-twice' method.		
Sanitizers and/or hand wash stations are well stocked.		
Markers are working as designed and maintaining 2 metres between patrons and personnel.		

Lifesaving Society Resources

Resources are available from the Lifesaving Society to assist aquatic facility owners/owner's agents and operators to evaluate the safety needs of their facility and to develop safe operation practices. Visit the Lifesaving Society website, for the most complete and current list and links to resources from the Society. You can also contact the Lifesaving Society with questions or requests for assistance.

Lifesaving Society standards, services, resources, programs, and products include:

Standards and Research:

- Lifesaving Society Safety Standards: designed to assist aquatic facility owners/owner's agents and operators in providing a safe aquatic environment. Includes standards for public facilities, semipublic pools, wading pools, beaches and private pools.
- Standards Journal: a combination of aquatic safety related legal reports and recommendations, and Lifesaving Society Positions on safety issues.
- Lifesaving Society Position Statements: formal Society Positions on a variety of topics.
- Drowning Research: Drowning Reports – analysis of the Society's annual drowning research.
- Risk Management Articles: used to educate facility owners about public safety issues and the measures they can take to create safe environments and enhance public safety.

Aquatic Safety Management Services:

- Comprehensive and Topical Aquatic Safety Audits
- Lifeguard Positioning Analysis
- Facility Design and Signage Consultations
- Safety and Supervision Plan Review and Incident Analysis

Safety Management Resources:

- Aquatic Safety and Supervision Template
- Anti-entrapment Template
- Sample forms and tools for developing risk management practices for your facility. Examples include first aid forms, major incident documentation, EMS telephone scripts, Critical Incident Stress Management, suggested contents for Aquatic Staff Manual.

Public Education Resources:

- Water Smart® messages about choices to reduce risks in, on and around the water. Includes Within Arm's Reach video, brochure and posters.

Programs:

- Training Programs: Swim for Life Learn to Swim Program, Canadian Swim Patrol, Bronze Medals, National Lifeguard, Lifesaving First Aid and much more.
- Safety Management Training Programs: Aquatic Safety Inspector, Aquatic Safety Auditor, SEE Auditor, Aquatic Supervisor Training, and Aquatic Management Training,.
- Lifesaving Society Reference Manuals: Canadian Lifesaving Manual, Alert: Lifeguarding in Action, the Canadian Competition Manual, and the Alberta and Northwest Territories Competition Manual.

Safety Equipment and Training Products:

- Includes spineboards and head immobilizers, barrier devices such as pocket masks, whistles, rescue tubes, lifeguard clothing, Actar CPR training manikins and much more.
- Contact the Lifesaving Society to inquire about becoming an affiliate delivery partner.

References

- Alberta Health Services, [COVID-19 Guidance Daily Fit for Work Screening Protocol](#), May 2020. Public Health and Compliance; 2020
- Lifesaving Society Canada [COVID-19 Bulletins](#). Royal Life Saving Society Canada, Ottawa, Ontario, Canada; 2020
- [Swimming Canada, COVID-19 Return to Swimming Resource Document](#), May, 2020. Swimming Canada, Ottawa, Ontario, Canada; 2020
- Sport Institute, [COVID-19 Return to High Performance Sport Framework](#), May 2020. Sport Institute, Canada; 2020
- Lifesaving Society Alberta and Northwest Territories, [COVID-19 First Aid programming Position Statement](#), May 2020. Life Saving Society Alberta and Northwest Territories, Alberta, Canada; 2020
- Government of Canada, [COVID-19](#). Government of Canada; 2020
- Government of Alberta, [COVID-19](#). Government of Alberta; 2020
- IDRA-ILS-IMRF, [Resuscitation of the drowning person in the era of COVID-19](#), May 2020. IDRA-ILS-IMRF; 2020
- Centers for Disease Control, [COVID-19](#). Centers for Disease Control; 2020
- Royal Lifesaving Society Australia, [COVID-19 Pandemic and the Case for Re-opening Aquatic Centres and Swim Schools](#), April 2020. Royal Life Saving Society Australia; 2020
- ILCOR, [COVID-19 Practical Guidance for Implementation](#). International Liaison Committee on Resuscitation; 2020
- World Health Organization, [COVID-19](#). World Health Organization; 2020
- International Lifesaving Federation, [Reduced Lifeguard Coverage Due to COVID-19](#), May 2020. International Lifesaving Federation; 2020
- Royal Lifesaving Society UK, [Guidance for Open Water Swimming Operators](#), June 2020. Royal Lifesaving Society, UK; 2020

**Publications of the Lifesaving Society are available from any Branch office.
Inquiries from outside Canada should be directed to the National Office.**

Alberta and Northwest Territories Branch

13123 - 156 Street
Edmonton, Alberta T5V 1V2
Telephone: (780) 415-1755
E-mail: experts@lifesaving.org
www.lifesaving.org

British Columbia and Yukon Branch

Unit 112 - 3989 Henning Drive
Burnaby, British Columbia V5C 6N5
Telephone: (604) 299.5450
E-mail: info@lifesaving.bc.ca
www.lifesaving.bc.ca

Manitoba Branch

100-383 Provencher Blvd.
Winnipeg, Manitoba R2H 0G9
Telephone: (204) 956-2124
E-mail: info@lifesaving.mb.ca
www.lifesaving.mb.ca

National Office

1145 Hunt Club Road, Suite 001
Ottawa, Ontario K1V 0Y3
Telephone: (613) 746-9929
E-mail: experts@lifesaving.ca
www.lifesaving.ca

New Brunswick Branch

70 Melissa Street
Fredericton, New Brunswick E3A 6W1
Telephone: (506) 455-5762
E-mail: info@lifesavingnb.ca
www.lifesavingnb.ca

Newfoundland and Labrador Branch

11 Austin Street
PO Box 8065, Station A
St. Johns, Newfoundland A1B 3M9
Telephone: (709) 576-1953
Fax: (780) 427-9334
www.lifesavingnl.ca

Nova Scotia Branch

5516 Spring Garden Road, 4th Floor
Halifax, Nova Scotia B3J 1G6
Telephone: (902) 425-5450
E-mail: experts@lifesavingsociety.ns.ca
www.lifesavingsociety.ns.ca

Ontario Branch

400 Consumers Road
Toronto, Ontario M2J 1P8
Telephone: (416) 490-8844
E-mail: experts@lifeguarding.com
www.lifesavingsociety.com

Prince Edward Island Branch

40 Enman Crescent
Charlottetown, Prince Edward Island C1E 1E6
Telephone: (902) 967-4888
E-mail: info@lifesavingsocietypei.ca
www.lifesavingsocietypei.ca

Quebec Branch

4545 Pierre de Coubertin Avenue
Montreal, Quebec H1V0B2
Telephone: (514) 252-3100
E-mail: alerte@sauvetage.qc.ca
www.sauvetage.qc.ca

Saskatchewan Branch

2224 Smith Street
Regina, Saskatchewan S4P 2P4
Telephone: (306) 780-9255
E-mail: lifesaving@sasktel.net
www.lifesavingsocietysk.ca





A GUIDE FOR AQUATIC OPERATIONS AND PROGRAMS

Re-Activating Aquatics in Alberta