



RECOMMENDATIONS AND BEST PRACTICES FOR TRAVEL

Recommendations and Best Practices for Travel to the 2022 Canadian Swimming Trials in a year of COVID-19 have been created to help guide individuals, clubs and varsity teams in their planning and travel to British Columbia and the jurisdiction of the Public Health British Columbia and Island Health. These are requirements in BC and clubs can choose to do more based on the decision of the club, their board of directors and/or head coach.

PLEASE NOTE: Any individual who is deemed a close contact of a COVID-19 case in the 14 days prior to the first day of pre-meet training will not be permitted to enter the competition site.

LEGAL DISCLAIMER

Swimming Canada has prepared this document based on the latest information available to date from third-party sources, including the World Health Organization and local public health authorities. The document may be updated periodically as the situation evolves and more information comes available.

This document is meant to provide information and guidance as to best practices based on current information. Each club, and individual, is however responsible for assessing the risks in their particular travel environment and establishing the appropriate safety procedures to minimize those risks, while following the advice guidelines and directions of their Provincial Section and instructions of public health and government authorities. Additionally, it is an individual's responsibility for assessing their personal risk in consultation with medical professionals and for the outcome of their decisions and actions.

This event is being hosted under the Province of British Columbia Health Order (Return to Sport Restart 2.0) as it relates to High Performance sport, with strict protocols and risk mitigation in place. More information - https://www.viasport.ca/sites/default/files/Return_to_Sport_Restart_2.0_January_25-22.pdf



TRAVEL TO BRITISH COLUMBIA

Travelling by plane or train between provinces/territories - If you're 12 years of age plus four months, or older, you must be fully vaccinated in order to board domestic or international flights departing from most airports in Canada, including charter and foreign airlines carrying commercial passengers; VIA Rail and Rocky Mountaineer trains. [Boarding flights and trains in Canada](#)

Check the provincial or territorial requirements

Whether you drive, fly, or take the train, go to the province or territory website of your final destination for restrictions and quarantine requirements.

- [Alberta](#)
- [British Columbia](#)
- [Manitoba](#)
- [New Brunswick](#)
- [Newfoundland and Labrador](#)
- [Northwest Territories](#)
- [Nova Scotia](#)
- [Nunavut](#)
- [Ontario](#)
- [Prince Edward Island](#)
- [Quebec](#)
- [Saskatchewan](#)
- [Yukon](#)

LOCAL PUBLIC HEALTH AUTHORITY – Island Health – 1-844-901-8442 (8:30am-4:00pm)

LOCAL COVID-19 ASSESSMENT CENTRE(S)

Testing is recommended for people who meet criteria AND symptoms associated with COVID-19 infection per this Island Health [document](#).

Locations, either public or private, to be assessed and get tested can be found at bccdc.ca

COVID-19 CLUB HEALTH OFFICER

The COVID-19 Club Health Officer (or nominated other) is responsible for determining next steps should a team travel member exhibit a COVID-19 symptom before, during or after travel. This should be in accordance with guidance from the [BC Centre for Disease Control](#).

Individuals and clubs are strongly encouraged to do a daily check in procedure run by the coaches or Health Officer regarding symptoms. It is also advisable to have individuals ***maintain a daily contact list in the event of a positive test on the team***. This is encouraged in order to raise awareness of the expected precautions and manage contact tracing more efficiently.

MASKS

Masks should be worn in shared spaces **and** when advised by your local public health authority. Wearing a mask alone won't prevent the spread of COVID-19. You must also consistently follow personal protective practices. Well-constructed, well-fitting and properly worn masks including certified respirators (i.e. N95, KN95 or CAN95) or medical masks (ASTM F2100 or EN 14683) can help protect you and others from COVID-19. For more information on the priority of masking, including non-medical masks, 2-3 layer masks and filters, please visit the [Public Health Agency of Canada](#).

Proper use

A medical mask is most effective when it's worn properly. Uncovering your nose or mouth while wearing a mask:

- exposes you and others to potentially infectious respiratory particles
- won't prevent the spread of COVID-19

Wash your hands or use [alcohol-based hand sanitizer](#) when you:

- adjust your mask
- put your mask on
- take your mask off

It's important to keep your mask clean when not in use, or when eating or drinking, and change as soon as damp or dirty. Place soiled masks in a secure, waterproof bag or container until you can wash them in the laundry. Discard disposable masks and filters properly in a garbage container.

Medical mask (procedure or surgical mask)				
	Commercially available. Available in adult and child sizes.	Construction materials may vary but must meet established filtration standards. Typically single use, but may be reused until visibly dirty, damp or damaged.	Fit varies depending on the size and features of your face. The fit can be improved by using different methods, such as adjusting ties or ear loops and adjusting the flexible nosepiece.	Some disposable non-medical masks may look like medical masks but don't meet regulatory standards. Look for a medical mask that has ASTM F2100 or EN 14683 on the box label. This means that this mask has been tested and meets international standards for: <ul style="list-style-type: none">• particle and bacterial filtration• breathability• fluid resistance• flammability of materials There are no recognized standards in Canada for transparent medical masks.

“CLEAN TRANSFER” TO VICTORIA

Process of getting from where you are to your destination safely:

- Soft quarantine for 14 days at home prior to departure. If household contacts are in high risk settings outside of home, a risk assessment and masking within the household may be considered.
- Only travel is to school, work or workouts while masked at all times.
- The “transfer” or travel to Toronto is all double masked.

TRAVEL TO THE VENUE

Minimizing the risk of COVID-19 transmission when travelling to Trials involves risk assessment and, wherever possible, mitigating the risk of a) airborne transmission and b) touching infected surfaces.

Government guidance regarding safe travel for passengers can be found at the link below;

When travelling on any form of transport, all individuals involved in Trials should consider the key risk mitigation principles:

- Optimizing personal hygiene
 - Washing or sanitizing your hands regularly
 - Avoiding touching your face
 - Cover your mouth and nose with a tissue or the inside of your elbow when coughing or sneezing
- Avoiding any breaches of physical distancing
- Avoiding any unnecessary mixing with individuals outside of the travelling party (club travel and essential support staff)
- Wearing a respirator face mask
- Avoiding, where possible, areas of low ventilation/low air flow
- All travel should be as direct as possible to reduce the heightened risks due to potential breaches of physical distancing and mixing with other individuals.

TRAVEL RECOMMENDATIONS - TRAVEL BY CAR

If athletes, coaches, officials, volunteers or event staff are travelling separately by car to the venue, then they should not car-share other than when unavoidable (e.g. an individual who does not have a car or if a car is off the road). In these exceptional cases, no more than two individuals should travel together and the same people should share transport each time.

When a coach or team manager and a swimmer are traveling in the same vehicle, consider providing an open and observable environment where there are three individuals, which may include one coach and two swimmers who are sharing a room, or a coach, swimmer and a support individual, in the vehicle.

If sharing a car with another team travel member outside of the household, then;

- A face mask covering nose, mouth and chin should be worn
- Windows should be opened for ventilation
- Travel side by side or behind the other person and face away from each other at all times.
- Limit the time spent at garages, gas stations and highway services. Try to keep your distance from other people and if possible pay using contactless card.
- Wash your hands for at least 20 seconds or sanitize your hands often, and always when exiting or re-entering your vehicle.
- All frequently touched surfaces should be wiped down with disinfectant wipes. Make sure you clean door handles and other areas that people may touch.

PUBLIC TRANSPORT

Travel to the Competition site by all User Groups on public transport is strongly discouraged, however, if it is absolutely unavoidable, a face mask should be worn, and hand sanitizer used as required throughout the journey.

If using public transport is absolutely unavoidable then travelers;

- Should maintain physical distance wherever possible whilst travelling.
- Should ensure that they maintain physical distancing before and after they travel including at busy entrances, exits, under canopies, platforms or outside of stations.
- Individuals should travel either behind or diagonally across from other people. Face to face seating should be avoided whenever possible.
- Should touch as few surfaces as possible whilst travelling.
- Should dispose of waste safely, including items such as used disposable face coverings.
- Should be prepared to line up or take a different entrance or exit at stations.

- Should wait for other passengers to get on/off first before you board/leave the transport to maintain physical distancing.
- Should avoid consuming food and drink on public transport where possible.
- Should change clothes after taking public transport where possible.

AIR TRAVEL

Canada's Flight Plan for Navigating COVID-19 can be found at the link below:

<https://tc.canada.ca/en/initiatives/covid-19-measures-updates-guidance-issued-transport-canada/canada-s-flight-plan-navigating-covid-19>

If undertaking domestic travel by air, the following should be adhered to;

- Double masks worn from departure of residence until arrival at accommodation, i.e. personal hotel room
- Physical distance must be maintained wherever possible.
- The COVID-19 Club Health Officer (or nominated other) is responsible for determining the next steps should any club member exhibit a COVID-19 symptom before, during or after travel. This should be in accordance with guidance the Public Health Agency of Canada and your [local public health authority](#)
- In accordance with government policy, all travelers must wear a face mask in enclosed areas of airports and during any air travel.
- Where possible, check in should be completed online to reduce face-to-face contact at the airport.
- Checking in baggage to the aircraft hold and minimizing any hand baggage is strongly recommended. This will speed up boarding and disembarking and will minimize the risk of transmission.
- All Swimmers, Officials, and Club Staff should avoid walking around the airport and mixing with people from outside of the team environment that they do not normally meet.
- The highest levels of hand hygiene and respiratory etiquette should be maintained at all times. All Swimmers, Officials, and Club Staff should travel with hand sanitizer.
- Where possible, avoid touching any surfaces in the airport. If contact with a surface is made, the individual must undertake proper hand hygiene immediately following each contact.

ACCOMMODATION

The following measures are recommended to be in place for the event:

- One per room would be considered ideal, but no more than 2 per room is recommended. When there are 2 per room, masks should be worn for swimmers, officials, club staff who are not from the same household.
- **Identify to the hotel that an isolation room may be required to be available at short notice.**
- Arrange for hand-sanitization points (with suitable products/equipment) to be available at suitable locations in the hotel for the duration of the stay.
- Arrange for all rooms to be 'thoroughly cleaned' prior to arrival, during the stay at agreed times or occupants undertake self-clean, and on departure.
- Arrange for all club staff to have individual rooms and where possible, avoid mixing with other hotel guests/people outside of the team environment (i.e. not using communal bar areas or refreshment spaces where possible). If this cannot be avoided, then a face covering should be worn.
- Where reasonably practical, arrange for the entire team travel party to have accommodation on the same floor of the hotel.
- Ventilation and air flow in bedrooms and meeting rooms should be maximized which may include the opening of doors and windows as appropriate.

MEALS

The more closely you interact with others, the more people you interact with, and the longer those interactions, the more likely COVID-19 will spread. Your chances of getting COVID-19 while eating out also depends on whether you and those around you take steps to protect yourself and others, such as wearing masks and staying 6 feet/2 meters away from people outside your household. Dining options that involve touching shared serving utensils, handles, buttons, or touchscreens also make you more likely to be exposed.

Safest	Using drive-thru, delivery and curbside pick-up options. Wear a mask when interacting with restaurant employees.
Less Safe	Picking up take-out food or drink inside a restaurant Eating outside a restaurant where: <ul style="list-style-type: none"> - Distancing at least 2 metres is possible - Servers and other restaurant staff wear masks - Diners wear masks when not eating or drinking Self-service options that minimize touching of surfaces, such as touchless drink dispensers
Even Less Safe	Eating inside a restaurant where: <ul style="list-style-type: none"> - Dining area is well ventilated - Distancing at least 2 metres is possible - Servers and other restaurant staff wear masks - Diners wear masks when not eating or drinking Self-service options that require limited touching of surfaces, such as touch-screen drink dispensers or use of touchpads for ordering
Least Safe	Eating inside a restaurant where: <ul style="list-style-type: none"> - Dining area is poorly ventilated - Distancing at least 2 metres is not possible - Where servers and restaurant staff do not wear masks - Diners do not wear masks Self-service options that require extensive touching of surfaces, such as buffets

Keep in mind the “Five Keeps” of Dining



HEALTH AUTHORITIES LINKS

Canada	Nova Scotia
Alberta	Nunavut
British Columbia	Ontario
Manitoba	Prince Edward Island
New Brunswick	Québec
Newfoundland and Labrador	Saskatchewan
Northwest Territories	Yukon