

CLARIFICATIONS - ABTA RETURN TO TRAIN PLAN

August 26, 2020



1. TEAM EVENT

- Teams of 10 or less are permitted to practice
- Batons must be sanitized at the start and end of team practice
- Athletes must wash and sanitize hands at the start and end of team practice
- Coaches try to socially distance as much as possible while training
- Team choreography should try and maintain social distancing of athletes as much as possible
- maintain physical distancing when not actively twirling (for example, water breaks, class changeovers, etc)
- If possible, it is recommended that the gym floor should be cleaned and sanitized before or after team training, especially if there is floor work being performed

2. COHORTS

A COVID-19 cohort – also known as bubbles, circles, or safe squads – are small groups of the same people who can interact regularly without staying 2 metres apart.

- A person in a cohort should have little to no close contact with people outside of the cohort. Keeping the same people together, rather than mixing and mingling, helps reduce the chance of getting sick, and makes it easier to track exposure if someone does get sick.
- You should only belong to one core cohort. It is safest limit the number of other cohorts you belong to reduce the risk of getting sick or spreading COVID-19.

Core cohorts

- Your core cohort includes the people with whom you regularly spend the longest amounts of time and have the closest physical contact - those you can hug and touch - and those who are part of your daily or regular routines.
- In the early months of COVID-19, Albertans were encouraged to limit close contact to their immediate families, household members or their closest tightknit social circle.
- Core cohorts can now be expanded to include up to 15 additional people from outside of your household

Everyone in your core cohort should:

- belong to only one core cohort
- limit interactions with people outside the cohort
- keep at least 2 meters from people outside the core cohort
- wear a mask when closer than 2 metres with others wherever possible

Other cohort groups

Under Stage 2 of relaunch, other types of cohort groups are available to Albertans:

- Sports teams can play in region-only cohorts of up to 50 players and coaching staff (mini leagues)
- Sports and performing cohort numbers do not include parents or spectators

- *Albertans might find themselves in more than one cohort at the same time.*
- *Limit the total number of other cohort groups to which you and your core cohort belong. Other cohort groups outside of baton training include: dance and acro classes at locations offered outside of your baton club.*
 - Interacting with the same people and the same cohorts will be safer than constantly changing the people you interact with.
 - It is recommended if possible that households with sports, performing, and/or child care cohorts consider having a smaller core cohort, given the total number of close contacts between all groups.

When participating in other cohort groups, you should:

- interact outdoors if possible – it’s safer than indoors
- avoid closed spaces with poor ventilation, crowded places and close contact settings
- be healthy and not show any COVID-19 symptoms (see the full symptom list)
- have not travelled outside Canada in the last 14 days
- keep track of where you go, when you are there, and who you meet:
 - this information will be helpful if someone is exposed to COVID-19
 - we recommend that you download the [ABTraceTogether app](#), a mobile contact tracing app that helps to let you know if you've been exposed to COVID-19 – or if you've exposed others – while protecting your privacy

Baton Training is included in the ‘other cohort’ category:

- Cohort groups of up to 50 athletes
- Assign specific class times for the same cohort group
- The 50 person maximum includes coaches, participants from multiple teams, officials, and volunteers

More information from AHS regarding cohorts:

<https://www.alberta.ca/assets/documents/covid-19-relaunch-sports-physical-activity-and-recreation.pdf>

<https://www.alberta.ca/assets/documents/covid-19-relaunch-guidance-cohorts.pdf>

3. ACRO/DANCE/GYMNASTIC SPOTTING OF ATHLETES

***** If offering these types of classes in your club, please ensure you follow these rules:**

- Coach must wear a mask when spotting athletes during acrobatic/dance/gymnastic movements
- Coach must sanitize hands before and after each athlete
- Shared equipment must be sanitized regularly (ie. mats)
- If possible, each athlete should have their own mat during an acro class
- Athletes should be asked to thoroughly wash their hands before and after using shared equipment