BELOW ARE CANADIAN UNIVERSITY SYNCHRO SWIM LEAGUE (CUSSL) ONTARIO TEAM, COACH OR ATHLETE COMPETITIVE ACTIVITIES THAT ARE PRE-SANCTIONED

| **Events that are PRE-SANCTIONED** | **Notes & Conditions** |
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| *Pre-sanctioned events refer to events or activities where a sanction request application by the team is NOT required.* |
| **Competitions** | * Participation in CUSSL meets in Ontario or elsewhere in Canada;
* Sanction covers activities directly related to the synchronized swimming meet, including related training, team meals and organized group travel;[[1]](#footnote-1)
* All participating athletes and coaches must be properly registered;
* Teams should consider applying for EXCESS TRAVEL MEDICAL INSURANCE when travelling outside Ontario.[[2]](#footnote-2)
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| *For all other CUSSL events or activities, please refer to the SSO* Sanction Guidelines and *SSO* Travel Guidelines *that are available on the Synchro Swim Ontario website at www.synchroontario.com.* |

1. Travel to a CUSSL meet is NOT pre-sanctioned where an athlete, not the team, makes the travel arrangements and athletes are travelling alone rather than with a coach or other athletes (*i.e*., individual rather than organized group travel). [↑](#footnote-ref-1)
2. Applications for Excess Travel Medical Insurance are available from SSO’s insurer, Jones Brown, by email at sportsadministrator@pearsondunn.com or by phone at 1-800-461-5087. Excess Travel Medical Insurance covers activities directly related to the synchronized swimming event, including related training, team meals and organized group travel. Teams should consider purchasing additional travel and medical insurance for athletes and coaches, as appropriate, for non-synchro related team activities such as shopping or going to the beach, concerts or movies or participating in activities like laser tag, horse riding, etc. [↑](#footnote-ref-2)