



# INSURANCE REMINDERS COVID-19 VARIED TRAINING PROGRAMS

Below are some important insurance reminders for all Registrants.

Please note in all cases, you must have the appropriate sanction by your PTSO for any on-line or at home training activity. This may or might not require completion of a waiver(s) or other form.

Please check with your PTSO or insurance provider if you have any questions related to on-line video training classes, or social media physical training challenges:

## ONLINE TRAINING CLASSES BY CAS REGISTERED COACHES

Any Canada Artistic Swimming (CAS) Member organization must ensure that service providers recommended or assigned to lead an on-line physical training class of any type must be certified coaching registrants of CAS and the PTSO and must conduct the on-line class to a restricted list of participants made up only of CAS registrants. Additionally, the class must be delivered using a closed video conference service (like Skype, Zoom or GotoMeeting for example) where participants have to enter through a secure log in or private access and where the instructor is able to see each participant on their computer screen at all times.

## ONLINE TRAINING OR WORKOUTS LED BY EXTERNAL PROVIDERS

If a CAS Member Organization is conducting or recommending (even through liking or sharing on social media) workout classes led by a provider who is external to CAS (ie not a CAS certified coaching registrant), they must ensure the provider has their own insurance coverage. The principles of using the closed video conference service and the instructor or the athletes' certified coach being able to watch each registrant during the session still applies.

## COACHES ASSIGNING WORKOUT ROUTINES TO BE DONE AT HOME (WITH OR WITHOUT LIVE VIDEO SESSION INVOLVED)

- Coaches may provide take home materials outlining training and workout routines for CAS registered athletes to do on their own to build competencies in specific conditioning aspects. Athletes may be asked to do these on their own for example, several times per week, and record and submit their results back to their coach.
- These activities should be presented as optional and athletes (and parents for minor aged athletes) should be reminded about safety at home – e.g. clearing the area they will use as their workout space of debris, use a mat, etc.
- It is likely that in all cases, premises liability (if an athlete is injured because of an unsafe area) wouldn't be covered by the organization's insurance.

## SOCIAL MEDIA CAMPAIGNS

Social media campaigns including the posting of still photos or short videos of athletes doing specific exercises to demonstrate strength, flexibility or similar abilities must at a minimum be accompanied by appropriate cautionary warnings to do them at the watcher's own level of comfort and to ensure they are in a safe environment and don't risk injury.

## ATHLETES BROADCASTING THEIR OWN WORKOUTS

Athletes should not broadcast their own workouts via social media or other channels. Insurance coverage for athletes does not extend to them in instructor roles. There is no way of knowing who might follow the class and try the same workout with or without being competent enough to attempt the skills safely.