



ONTARIO ARTISTIC SWIMMING

**Framework for Return to
Artistic Swimming
Activity in Ontario**





Framework for Return to Artistic Swimming Activity in Ontario: Version 2

22 June 2020



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Section 1: Introduction

Ontario Artistic Swimming (OAS) is committed to a safe and healthy return to artistic swimming activity for all participants. The resumption of aquatic sport activities will be a complex process, and the priority at all times must be to keep each other safe from COVID-19.

This document is meant to provide information and guidance to clubs, coaches and the artistic swimming community more generally on best practices based on current information. Policies and procedures outlined by provincial and municipal governments and public health agencies should always be adhered to when returning to any form of training.

This framework for return to artistic swimming activity applies to any recreational or competitive club or league (including CUASL) that delivers artistic swimming programs in Ontario and is registered with OAS. An approved sanction is required prior to the resumption of any in-person artistic swimming activity. This document sets out a Return to Activity Plan for Level 1, land-based training, and Level 2, in-pool training with physical distancing. No sanction requests for club, in-person social activities will be accepted by OAS at this time. The next step is for clubs to develop their specific strategies and plans.

The situation and information around COVID-19 continues to change quickly. Ontario is taking a regional approach as it moves into Stage 2 of its re-opening plans for businesses and workplaces. While we were pleased to see that recreational facilities including indoor and outdoor pools were included in Stage 2, it will be some time before pools are ready for use. We know that facilities will open up on different timelines across the province. We also know that once clubs resume training, they may have to modify or even stop artistic swimming activity again as the province or municipalities adjust restrictions due to localized outbreaks or a second wave of infection. This will be frustrating to clubs and coaches, who are anxious to get their athletes back in the water to train and compete.

In this unprecedented time, it is important to keep things in perspective and make the best of what we have right now by focusing on the skills that make good athletes including mental resilience, and developing new, creative approaches to training.

OAS would again like to thank all the coaches, Head Coaches, officials and club executive members who have participated in our weekly calls. Your contributions were essential in the development of this document. We would also like to thank Canada Artistic Swimming, who has provided us with an

We are stronger together.

Mary Dwyer
Executive Director

Ruth Belcher
President



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Ontario Artistic Swimming (OAS) would like to thank and acknowledge the following organizations for their work in the development of return to sport guidelines that we have referred to in the development of this Framework for Return to Artistic Swimming Activity:

Alberta Artistic Swimming
Aquatics Canada
Australian Institute of Sport
Canada Artistic Swimming
Lifesaving Society
Rowing Canada

This Framework is based on the latest public information available related to COVID-19 and will be updated periodically as circumstances evolve and new information becomes available.

Revisions

Revisions will be listed here:

Version 1: 1 June 2020

Version 2: 22 June 2020



COVID-19 and Pool Safety

The following is an excerpt from the Canada Artistic Swimming (CAS) COVID-19 Return to Artistic Swimming Resource Document:

COVID-19 has a fragile lipid outer membrane and is therefore highly susceptible to soaps and oxidants, such as chlorine. According to the Centre for Disease Control (USA), there is no evidence that COVID-19 can be spread to humans through the use of pools, hot tubs or spas. Proper operation maintenance, disinfection with chlorine or bromine of pools should inactivate the virus (CDC 2020).

As new information and research becomes available, the general knowledge about pool safety will continue to increase and will influence decisions made by facility management.

General pool safety is among the ongoing challenges for all partners to manage, and for the Canadian aquatic community, a safe and responsible return to the pool is critical.

Additional Resources

CDC FAQ: COVID-19 & Water – Can the virus that causes COVID-19 spread through pools, hot tubs, spas, and water playgrounds?

Romano Spica, V. "COVID-19 Swimming Pool Study", April 27, 2020. Professor Romano Spica is a Professor at the Italian University of Sport & Movement "Foro Italico". The Study was sponsored by Myrtha Pools.



The Principles of Return to Artistic Swimming Activity

The four Aquatics Canada sport organizations (Canada Artistic Swimming, Diving Plongeon Canada, Swimming Canada and Water Polo Canada) have developed principles for a safe return to sport framework that form the foundation for the return to artistic swimming programs or activity. These principles include:

Physical Distancing

Physical distancing is proven to be one of the most effective ways to reduce the spread of illness during an outbreak. Return to sport must adhere to physical distancing in accordance with requirements of public health authorities and facility operators.

Hygiene

In addition to physical distancing, handwashing and cough etiquette add another layer of protection against the spread of COVID-19. Return to sport plans must implement and monitor appropriate individual personal hygiene practices among staff, coaches and all participants at home (away from training) and during training.

Equipment Cleaning

Surfaces frequently touched with hands are most likely to be contaminated however Coronaviruses are one of the easiest types of viruses to kill with the appropriate disinfectant product when used according to the label directions.

Individual Health Monitoring

Daily individual health monitoring processes need to be in place. Individuals should not return to sport if they have been unwell (even mild symptoms), have had contact with a person who has tested positive for COVID-19 or have travelled outside the country in the past 14 days. Staff or athletes at risk for severe illness from COVID-19 are recommended to review their specific health concerns with their primary care provider prior to attending training sessions.

Safe Sport Environment

In these unique times, our commitment to providing a safe sport environment for all participants cannot waver. A return to sport program must be designed to ensure all aspects of a safe sport environment can be implemented and followed.

Planning and Communications

Planning and Communications A robust return to training plan that includes regular communication and education with key stakeholders including athletes, coaches and others, is key for any club.

The Road Back to the Pool: Steps to Success

Step 1: The Province Allows Sport to Start

- Clubs to understand the risks and how COVID-19 spreads, the steps that participants in artistic swimming activity can take to stay healthy and prevent spreading infection, and recognized hygiene best practices. Information related to preventing COVID-19 and proper hygiene is available on the [Government of Canada website on Coronavirus disease](#)
- Clubs to review and understand public health agency guidelines and be aware of local daily situation reports. Each community may need to adjust to meet its unique circumstances

Step 2: Facility or Training Space is Available

- Clubs to review and understand any policies and requirements imposed by the facility operator
- Clubs to conduct site visit to understand the unique risks and challenges for each physical location

Step 3: Club Decides to Offer Artistic Swimming Activity

Mandatory steps that clubs must take to be ready to return to artistic swimming activity:

- Appoint a Designated COVID-19 Response Coordinator
- Complete the Club Risk Assessment Tool for Return to Sport that can be found in the CAS [COVID-19 Return to Artistic Swimming Resource Document](#)
- Update their Emergency Action Plan for each facility or training space
- Ensure all coaches and athletes:
 - Are registered in accordance with CAS and OAS policies and contact information is up-to-date. Registration ensures participants are insured to take part in any artistic swimming activity
 - Have signed the Declaration of Compliance – COVID-19 and a new Waiver or Assumption of Risk Form (Minors)
- Ensure all athletes:
 - Have submitted a pre-registration health survey
 - Have signed the COVID-19 Code of Conduct for Athletes
- Designate a CAS-registered coach in good standing, 18 years or older, to be in charge of each training session, who will be responsible for taking attendance, supervision and enforcement of physical distancing and personal hygiene protocols
- Submit a sanction request to OAS clearly identifying the intended artistic swimming activities they want to operate

Step 4: Artistic Swimming Activity Can Start

- Participants to monitor for symptoms of COVID-19 by completing a “self” health check on training days
- Clubs to ensure training plans comply with all public health and facility requirements

Section 2: Individual Health

It is the responsibility of all participants to undertake their own personal risk assessment and determine whether they are willing and able to return to sport in person at this time.

- Athletes, coaches and anyone else who will be part of the artistic swimming training environment must self-monitor for symptoms of COVID-19 by completing a “**self**” **health check** on training days. Please refer to the Government of Canada [COVID-19 self-assessment tool](#).
- Individuals should not attend an in-person artistic swimming program or activity if, in the last 14 days, the individual, or anyone in their household has:
 - Experienced symptoms or signs of COVID-19 (and where unrelated to pre-existing conditions such as allergies or asthma), including fever, sore throat, dry cough, fatigue, chills and body aches, shortness of breath, diarrhea, pink eye, or loss of smell or taste
 - A confirmed case of COVID-19, or are waiting to be tested or receive the results of a lab test for COVID-19
 - Had close contact with someone who has a suspected, or confirmed case of COVID-19
 - Been notified by their public health unit that they may have been exposed to COVID-19 and need to self-isolate
 - Have travelled to or had a lay-over in any country outside of Canada
- Individuals diagnosed with COVID-19 must not attend an in-person artistic swimming program or activity until advised that their case is resolved by their public health unit
- Individuals who are at elevated risk for COVID-19 infection, or those who live with someone who is at elevated risk, should take any necessary further precautions to protect themselves. Athletes, coaches and club managers should work together to support and implement these further measures to ensure an inclusive and safe environment. If an individual is concerned about their risk level, they should consult with a medical professional and consider refraining from participating in artistic swimming activity. Information related to who may be at elevated risk for infection is available on the [Government of Canada COVID-19 website](#).

Younger Athletes (under 18 years of age)

- The parents or guardians of younger athletes must:
 - Sign the Declaration of Compliance – COVID-19 and Assumption of Risk Form providing permission for the athlete to participate in artistic swimming activity
 - Consider carefully whether their child is able to follow directions about social distancing and personal hygiene practices before registering them for artistic swimming activity

Section 3: Designated COVID-19 Response Coordinator

All clubs must appoint a designated COVID-19 Response Coordinator and submit their name to OAS. The roles and responsibilities of the COVID-19 Response Coordinator include:

- Keeping updated on policies and procedures outlined by provincial and municipal governments and public health agencies, and monitoring local daily situation reports
- Working with local facilities to comply with all public health and facility requirements
- Ensuring an Emergency Action Plan is current and complete for each training facility
- Ensuring a Health & Safety Bin that includes alcohol-based hand sanitizer and Personal Protective Equipment (PPE) is available at each training facility
- Communicating with club managers and coaches on any training restrictions or recommendations
- Implementing an attendance process at every practice to help with communication if a suspected or confirmed case of COVID-19 is reported
- Ensuring training group size complies with public health agency guidelines
- Ensuring signage is in place so that all risk mitigation measures are easy to follow
- Being responsible for responding to COVID-19 concerns. Everyone in the club should know who this person is and how to contact them
- Being the primary contact for participants to self-report COVID-19 symptoms or exposure
- Liaising with the local public health unit for contact tracing, infection control, etc.
- Reporting any suspected or confirmed cases of COVID-19 through the [OAS Injury or Illness Report Form](#)
- Collaborating and coordinating with facilities in the instance that any new COVID-19 cases arise
- Modifying, restricting, postponing, or cancelling return to training due to an evolving COVID-19-related outbreak or emergency within the club or at the facility
- Reporting to the OAS COVID-19 Response Coordinator any COVID-19-related outbreak or emergency within the club. An outbreak is defined as 2 or more cases of COVID-19 diagnosed within a training group within a 14-day period

Section 4: Training Group Protocol for a Confirmed Case of COVID-19

The following steps should be taken, if an individual who has participated in a training group session reports a confirmed case of COVID-19:

- The participant is removed from the training group immediately
- Training for this specific training group is suspended indefinitely
- All individuals who participated in the training session are notified and encouraged to self-isolate for 14 days (a sample notification is provided below). They should be advised to:
 - Contact their family physician or local public health unit for information about self-monitoring symptoms and COVID-19 testing
 - Notify the club designated COVID-19 Response Coordinator if they experience any symptoms of COVID-19
- Any confirmed case of COVID-19 must be reported to OAS by the club Designated COVID-19 Response Coordinator immediately through the [OAS Illness or Injury Form](#)
- The club Designated COVID-19 Response Coordinator must advise the facility operator immediately of any confirmed case of COVID-19 (the name of the individual should not be used, to protect their privacy)
- The club Designated COVID-19 Response Coordinator should keep in contact with participants in the training group about their health
- Training can resume once advised by public health

If someone develops COVID-19 symptoms while training

The following steps should be taken, if an individual feels sick with COVID-19 symptoms while participating in artistic swimming activity:

- The individual is removed from the training group immediately and sent home or to a medical facility, depending on the severity of their symptoms
 - Where the unwell individual is a younger athlete (i.e., under 18 years of age), their parent or guardian should be contacted and asked to collect them from the facility immediately
 - The unwell individual should be isolated and asked to wear a mask while waiting to be picked-up
 - The unwell individual should be supervised by an adult prior to pick-up. Anyone caring for the unwell individual should also wear a mask
- The unwell individual (or their parent or guardian in the case of a younger athlete) should be encouraged to self-isolate and consult with a medical professional to see what additional steps should be taken, which may include testing and contact tracing

- All participants in the training group session must wash their hands with soap and water or hand sanitizer immediately and leave the facility or training space
- Any areas, surfaces, or shared objects used by the unwell individual should be cleaned and disinfected by a coach, 18 years or older, designated by the club to be in charge of the training session
- All participants in the training session should be encouraged to self-isolate for at least 14 days or until a test can exclude that the unwell individual has contracted COVID-19
- The club Designated COVID-19 Response Coordinator should keep in contact with all participants in the training group about their health

Return to training after having COVID-19

The decision on when it is appropriate to return to artistic swimming activity following a positive COVID-19 test will require medical advice and clearance by a medical professional. Any participant who contracted COVID-19 must meet the following minimum criteria prior to returning to training:

- Be symptom-free for at least 14 days, or where symptoms last beyond 14 days, after being symptom-free for at least 48-hours
- Have written clearance to participate in artistic swimming activity from a medical professional

Section 5: Setting Up a Safe Training Environment

It is the responsibility of all clubs to review and understand any policies and requirements imposed by facility operators, and to conduct a site visit to understand the unique risks and challenges for each physical location. It is important to remember that while mitigation measures can reduce the risk of COVID-19 infections, they cannot completely eliminate the threat.

Physical Distancing

Physical distancing is proven to be one of the most effective ways to reduce the spread of illness during an outbreak. Return to sport must implement and uphold physical distancing protocols in accordance with requirements of public health authorities and facility operators.

- Clubs to ensure that at least 2 metres (6 feet) is maintained between all individuals, before, during and after artistic swimming activity
- Clubs to develop training plans that incorporate spatial and physical distancing requirements and provide an overall vision of the movement of participants
- Clubs to provide physical distancing cues or guides (e.g., cones, lines, stickers, tape, etc.)
- Coaches to create distance between athletes when explaining drills or providing feedback
- Clubs and coaches to discourage unnecessary physical contact, such as hugs or high fives
- Clubs to enforce strict physical distancing requirements for non-participants, including parents

Gathering Size

As we transition back to sport, we should be cautious about the size of our training groups. OAS recommends training groups be kept to the minimum practical size to reduce risk where possible

- Training group size, including all athletes, coaches and anyone else who is part of the artistic swimming training environment, must respect provincial and municipal restrictions on group gathering
- Athletes should be separated into self-contained training groups or teams that remain together with dedicated coaches. Where possible, the same group of athletes should stay with the same coach(es)
- Athletes should only participate in one training group and should not move between training groups
- Where multiple training groups or teams are established, they should be kept intact as self-contained training groups (i.e., the same group of people are training together, and the circle of potential contact is not expanded unnecessarily). Keeping the same group together week after week can help mitigate transmission

- Depending on facility size, it may be possible for multiple training groups to train together in one sport environment as long as they are able to maintain physical distance amongst themselves and between training groups
- Notwithstanding limits on training group size, coaches must ensure they observe safeguarding best practices and always conduct artistic swimming activity in an open and observable environment, or within the view or earshot of another adult (e.g., a coach, lifeguard, or parent or guardian)
- Parents, guardians, or other non-essential visitors should not attend training sessions

“Get In, Train and Get Out”

- Clubs to stagger drop-off and pick-up times to maintain physical distancing
- Athletes and coaches should arrive at their scheduled time for training and leave as soon as it is finished
- Drop-off and pick-up of athletes to happen outside the facility or training space. Coaches to ensure younger athletes leave the facility as a group and are supervised by an adult prior to pick-up
- Athletes and coaches should be prepared for training prior to arrival at the facility to minimize the need to use facility changerooms or washrooms
- Participants should not enter facility change rooms except where necessary (e.g., to access the pool deck or use the washroom), and anyone entering a change room should follow guidance in relation to physical distancing, limiting contact with surfaces and hygiene best practices
- All participants should fill their personal water bottles at home, prior to leaving for the facility
- Where locker rooms or change rooms are not available, athletes should arrive and depart wearing their exercise clothing or training suits

Hygiene

It is the responsibility of all clubs to implement and monitor appropriate personal hygiene measures among participants:

- Clubs to educate athletes, coaches and anyone else who is part of the artistic swimming training environment on personal hygiene best practices and their impact on preventing the spread of communicable diseases
- All participants must wash their hands with soap and water or hand sanitizer on arrival at the training facility
- All participants to have a closed bag to allow for safe storing of equipment and hygienic materials (e.g., tissues, towels, etc.)

- Clubs to enforce prohibitions on sharing of equipment, water bottles, goggles, nose clips, towels, etc. for all participants. These items should be labelled to discourage accidental sharing
- Training equipment should not be shared by athletes in or between groups. Athletes should have their own equipment, as prescribed by their coach (e.g., kickboards, pull buoys, swim paddles, flotation water bottles, or weights). All equipment must be labelled, stored in a bag and kept separate from other athletes. All equipment should be taken home and cleaned thoroughly after each training session
- There should be no use of facility lockers or storage for athlete equipment or personal items

Equipment Cleaning

Surfaces frequently touched with hands are most likely to be contaminated. However, Coronaviruses are one of the easiest types of viruses to kill with the appropriate disinfectant product when used according to the label directions

- Clubs to ensure proper sanitation equipment is available at all facilities used for training, including hand sanitizers and alcohol rubs or gels with at least 60% alcohol to sanitize any shared equipment
- Sanitation practices should follow the Government of Canada [guidelines for cleaning hard surfaces](#)
- Coaches to clean and disinfect any shared equipment, including sound equipment and microphones, between uses and before and after training sessions

Safe Sport

The club's return to artistic swimming plan must be designed to ensure all aspects of a safe sport environment can be implemented and followed. Coaches must ensure they observe safeguarding best practices and always conduct artistic swimming activity in an open and observable environment, which includes any training or communication done virtually

Health and Safety Bin

Clubs to ensure a Health & Safety Bin is available at each training facility that includes Personal Protective Equipment (PPE) for at least 2 people, to be used by the coach and athlete in the case of injury where the coach needs to attend to the injury and physical distancing cannot be maintained

- Health and Safety Bin to include a first aid kit and PPE (e.g., disposable, non-medical masks, eye protection (e.g., safety goggles), hand sanitizer with at least 60% alcohol, paper towel, tissues, etc.). The Government of Ontario has provided a [directory of companies](#) that sell PPE and other supplies.



Section 6: Club Risk Assessment Tool for Return to Sport

CAS has shared a Club Risk Assessment Tool for Return to Sport that can be found in their [COVID-19 Return to Artistic Swimming Resource Document](#). The tool is an Excel spreadsheet that lets clubs calculate risk by answering a few questions. In order to provide answers accurately to the risk assessment and mitigation checklist, the individual(s) using the tool must be knowledgeable about the current COVID-19 outbreak in their community with reference to local daily situation reports provided by public health agencies.

The tool must be completed within the Excel spreadsheet, as the scores are automatically calculated there.

We would also bring your attention to the Mitigation Checklist, which is the third tab in the document and provides additional guidance on measures to reduce risk to the club and its Members as they prepare to return to artistic swimming activity.

Section 7: Return to Activity Plan

Governance

For Level 1 and 2 of return to artistic swimming activity, the following governance measures are in place:

- Sanction required
- Clubs to ensure all participants are registered for the 2019-20 season with current and up-to-date contact information entered in the CAS online registration system
- The following documents must be completed prior to the resumption of activity:
 - Code of Conduct for Athletes: COVID-19 (see below)
 - OAS Declaration of Compliance: COVID-19 by coaches and athletes (see below)
 - Waiver or Assumption of Risk (minors) agreements by coaches and athletes (see below)
 - Pre-registration health survey for athletes (this document is currently being developed)

Risk Mitigation

For Level 1 and 2 of return to artistic swimming activity, the following risk mitigation measures are in place:

- Daily “self” health check (and stay home if feeling sick)
- No contact and physical distancing of at least 2 metres between participants
- Personal hygiene protocols
- Availability of hand sanitizers for use by participants before, during and after training
- Each participant to bring their own water bottle
- No sharing of equipment and labelling to discourage accidental sharing
- Closed bags to ensure safe storing of equipment and hygienic materials (e.g., tissues, towels, etc.)
- Signage in place so that all physical distancing and hygiene protocols are easy to follow
- Attendance process at every practice to help with communication if a suspected or confirmed case of COVID-19 is reported
- Reporting of any suspected or confirmed case of COVID-19 through the OAS Illness or Injury Form
- At least one CAS-registered coach in good standing, 18 years or older, with current first aid training to be present at all times during training



- Club plan to include protocols for inclement weather to ensure athletes are not training outdoors during unsafe conditions
- Availability of Health and Safety Bin in the case of injury where the coach needs to attend to the injury and physical distancing cannot be maintained

Level 1: Land-based, Outdoor Programming (permitted for regions as they enter [Stage 2](#))

The recommended first step in return to artistic swimming activity is outlined below. Clubs are not required to start their return to activity at Level 1 with a land-based, outdoor program. However, OAS encourages clubs to be creative and consider providing summer programming that allows current athletes an opportunity to enjoy the social and physical benefits of exercising with other athletes.

This step should only be initiated once provincial, municipal and public health authorities permit this type of activity. Clubs must submit a sanction request and have their return to activity plan approved by OAS prior to resuming activity.

Who?

- Individuals registered with OAS for the 2019-20 season, including:
 - CAS-registered coaches in good standing only (i.e., no new coaches, or external experts or consultants)
 - Athletes registered for the 2019-20 season as “synchro age” 11 or older
 - 10U athletes who will swim as synchro age 11 in the 2020-21 season may be included on an exception basis at the club’s sole discretion
 - Athletes must be able to follow directions for social distancing and hygiene protocols

What?

- Outdoor, land-based fitness and strength work in small groups with physical distancing of at least 2 metres
- **“Build an athlete”**
- Online training continues to be pre-sanctioned in accordance with [prescribed protocols](#)

Where?

- Use of outdoor facility or training space permitted
- In-water training (solo) if access to own pool, or open water only (such activity would not be sanctioned or insured by OAS)



How?

- Athletes and coaches separated into small, self-contained training groups or teams of no more than 10 people, according to Ontario guidelines set out in [A Framework for Re-opening Our Province](#). Group size may be restricted further by facility rules
- Clubs might consider having the same group of athletes stay with the same coach, or have the same group of athletes rotate among coaches
- **“Get in, train and get out”**
- Stage 2 of the Ontario Government’s re-opening plans require that locker rooms, change rooms and showers normally provided in sports facilities (other than aquatic facilities) will remain closed. Participants should arrive and depart wearing their exercise clothing, and shower after training back at their homes
- No organized or spontaneous socializing
- No one outside the training group is permitted in the training environment
- No spectators or non-essential visitors, including parents

Level 2: Return to Water (permitted for regions as they enter [Stage 2](#))

Phase 1: Summer programming through August 31

The recommended first step in return to water training is outlined below. Clubs are not required to start their return to water training with summer programming. However, OAS encourages clubs to be creative and consider providing summer programming that allows current athletes an opportunity to enjoy the social and physical benefits of exercising with other athletes.

This step should only be initiated once provincial, municipal and public health authorities permit this type of activity. Clubs must submit a sanction request and have their return to activity plan approved by OAS prior to resuming activity.

Who?

- Individuals registered with OAS for the 2019-20 season, including:
 - CAS-registered coaches in good standing only (i.e., no new coaches, or external experts or consultants)
 - Athletes registered for the 2019-20 season as “synchro age” 11 or older
 - 10U athletes who will swim as synchro age 11 in the 2020-21 season may be included on an exception basis at the club’s sole discretion
 - Athletes must be able to follow directions for social distancing and hygiene protocols

What?

- Gradual return to the water
- Swimming lengths or solo routine lengths (1 athlete per lane)
- Stationary, in-water technical drills with distancing and no travelling (1 athlete for every 5m per lane, with adjacent lanes staggered to allow for this distance to be maintained between lanes. See Physical Distance Pool Diagram below)
- Routines with no lifting, holding, or other physical contact and distancing
- No underwaters or drills requiring athletes to hold their breath for an extended period of time
- **“Build an athlete”**
- May be supplemented with a Level 1 land-based, outdoor program
- Online coaching continues to be pre-sanctioned in accordance with prescribed protocols



Where?

- Use of outdoor or indoor, public aquatic facilities (Class “A” & “B”¹) permitted

How?

- Athletes and coaches separated into small, self-contained training groups or teams of no more than 10 people, according to Ontario guidelines set out in [A Framework for Re-opening Our Province](#). Group size may be restricted further by facility rules
- Clubs might consider having the same group of athletes stay with the same coach, or have the same group of athletes rotate among coaches
- **“Get in, train and get out”**
- No organized or spontaneous socializing
- No one outside the training group is permitted in the training environment
- No spectators or non-essential visitors, including parents

Developing Your Training Plan

Coaches and athletes must recognize the potential health implication of reduced training volumes experience during the COVID-19 Pandemic. Many athletes will have experienced diminished capacity in many areas. To reduce the risk of injury, it is advisable to begin with a gradual resumption of training

- Step One is a gradual return to the water. The CAS [Sample Gradual Return to Water Training Schedule](#) for is provided here for guidance:

¹ “Class A” pools are pools to which the general public is admitted. “Class B” pools include pools operated by a club, for the use of the club’s members.

APPENDIX 2

SAMPLE GRADUAL RETURN TO WATER TRAINING SCHEDULE

As the COVID-19 situation across Canada evolves, conversations are starting to take place about restarting sport. What does this look like for artistic swimmers? This is very likely the first time that your club has been out of the water for this long a time.

As clubs return to some form of structured training and start their new season, a well-designed periodized training plan should start with general preparation, working on building the engine of your athletes with a focus on aerobic conditioning (land and in water), strength, coordination, and flexibility. The duration of this phase is 8-12 weeks depending on the level of athletes your work with:

Learn to Train:	8-12 yrs of age	12 weeks
Train to Train:	11-15 yrs of age	10-12 weeks
Train to Compete:	15-21 yrs of age	8-10 weeks

Before the pandemic, clubs and athletes had different training situations and the amount of time spent in-water could vary between 1 and 29+ hrs./ week. When pools closed and access to water-based training stopped, artistic swimmers became 100% land-based beings (no time in the water). In addition, many clubs replaced water-based training with land-based training. The result of this situation is that athlete's bodies have adapted to being 100% land based.

Returning to the pool after being out of the water for this long presents a challenge for athletes and coaches. Stopping water-based training can significantly affect the bodies adaptation to being in a weightless environment and **this adaptation must be considered when returning to in-water training.**

As such, precautions must be taken to plan for a PROGRESSIVE return to in-water training in the number of hours, the frequency (times/ week) and the activities within the training session.

WEEK 1

20-25 minutes just play

do whatever you want – re-acquaint yourself with the water by floating & diving – get moving with no structure



Finish the 25 minutes with **200 meter** freestyle and backstroke mix



Basic exercises:

- back layout head-first & foot-first travel
- propeller
- reverse propeller
- ballet leg exercises
- front layout head-first & foot-first travel
- front layout support scull
- vertical positions at the wall

WEEK 2

20-25 minutes just play

do whatever you want – re-acquaint yourself with the water by floating & diving – get moving with no structure



Finish the 25 minutes with **400-600 meter** freestyle and backstroke mix



Basic exercises:

- back layout head-first & foot-first travel
- propeller & reverse propeller
- ballet leg exercises
- front layout head-first & foot-first travel
- front layout support scull
- vertical positions at the wall
- vertical positions off the wall at ankles and at knee level – provide individual technical



APPENDIX 2

SAMPLE GRADUAL RETURN TO WATER TRAINING SCHEDULE

WEEK 3

10 minutes play / free



600-1000 meter swimming:

- no time requirement
- attention on technique



- Basic exercises as previous week
- 25-30 minutes vertical positions
- Basic barracuda exercises
- Basic body boost exercises
- 20-30 minutes
- Basic routine skills: kick-pull, eggbeater travel, side flutter, pike entries, simple figures & arms, nothing fast or with any type of speed. Be control of your movements at all times.

WEEK 4

10 minutes play / free



1000-1400 meter swimming:

- no time requirement
- attention on technique



- Basic exercises as previous week
- 25-30 minutes vertical positions
- Basic barracuda exercises
- Basic body boost exercises
- 30-45 minutes of basic routine skills: same as above.

WEEK 5

1200-1600 meter swimming:

- Start sets with time (easy)
- attention on technique



- 25-30 minutes vertical positions
- Basic barracuda exercises
- Basic body boost exercises
- 45-60 minutes of basic routine skills: add in easy speed and quickness basic drills. Start with simple movements. No complex movements





Phase 2: Fall programming after September 1, 2020

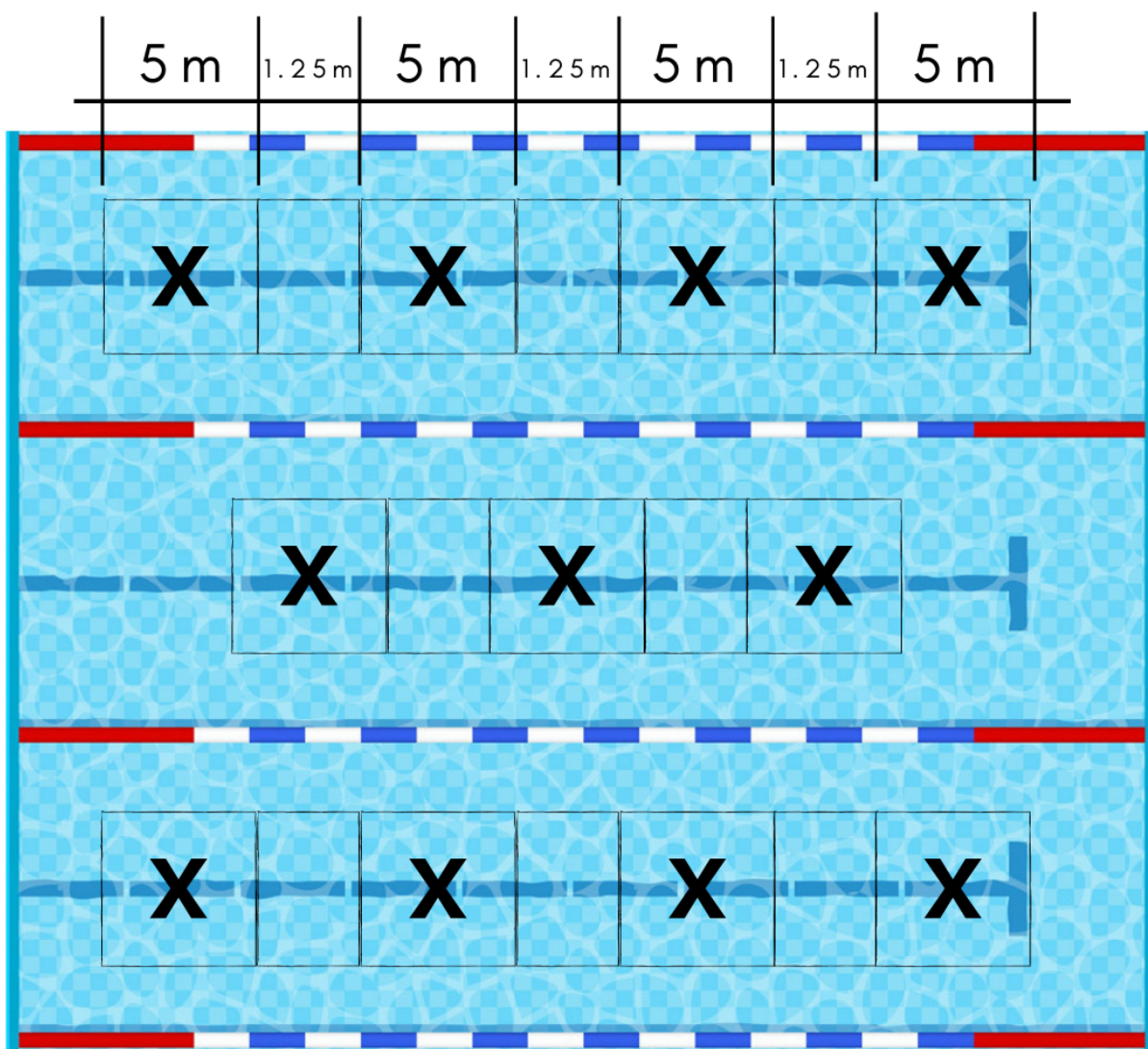
The details of Phase 2 are under development.

Choreography

CAS has suggested in their [COVID-19 Return to Artistic Swimming Resource Document](#) that clubs and coaches consider using the choreography they prepared for the 2019-20 season as their routines for the 2020-21 season. CAS notes that “by using the same choreography, this will free up time usually allocated to developing the new choreography, with the time being spent on athleticism and technical skills.”

The Junior age group has been amended by FINA to 15 to 19 years of age for the 2020-21 season to address the COVID-19 Pandemic interruption in 2020. CAS is also currently considering a proposed rule change that would allow athletes who are aging up to swim in 2020-21 as part of the prior year age group (e.g., an athlete aged 16 in synchro years may be able to swim on a 13-15 team) to allow clubs to keep teams together and use the same choreography they prepared for the 2019-20 season.

Physical Distance Pool Diagram: Stationary & Technical Skills Setup





Section 8: Governance

With insurance companies considering exclusions in policies related to Communicable Disease or COVID-19, it is critically important that clubs and OAS take all necessary precautions in mitigating risks associated with COVID-19 transmission to our participants. The following documents have been developed by OAS in consultation with legal counsel and must be completed by participants and submitted to clubs prior to the resumption of artistic swimming activity:

1. Code of Conduct for Athletes: COVID-19
2. OAS Declaration of Compliance: COVID-19
3. Release of Liability, Waiver of Claims and Indemnity Agreement (to be executed by Participants 18 years and over)
4. Informed Consent and Assumption of Risk Agreement (to be executed by Participants under the age of 18)

The Waiver and Assumption of Risk Agreement replace existing OAS documents and include a clause relating to COVID-19 and contagious diseases. All participants must sign this new document prior to the resumption of artistic swimming activity. Clubs that use online registration should ensure their websites are updated to include the new documents.

These documents are also available as fillable PDF forms on the COVID-19 page of the [OAS website](#).



CODE OF CONDUCT FOR ATHLETES: COVID-19

(and Parents or Guardians of Athletes Under 18 Years of Age)

I will help prevent COVID-19 infections by:

- Staying home when I feel sick
- Staying away from people who are coughing, or sneezing, or sick
- Washing my hands thoroughly and often with soap and water, before and after training, practice, or competition, or when I use the washroom
- Covering my coughs and sneezes with a tissue, or my elbow. If I use a tissue, I will throw it in the garbage right away and wash my hands
- Always keeping at least 2 metres between me and others
- Not sharing food, water bottles, towels, bathing suits, nose clips, goggles, or swim caps
- Respecting the rules of artistic swimming and understanding my responsibilities in contributing to a safe environment

I will care for the health and safety of others and I understand that:

- I will be removed from sport immediately if I do not follow physical distancing or hygiene rules.

I will care for my health and safety and I understand that:

- I have a commitment to preventing COVID-19 by telling a coach, parent or guardian, or another adult if I feel sick and to stop participating in training, practice or competition **immediately**
- I should tell a coach, parent or guardian, or another adult if someone else tells me about cold or flu symptoms, or I see signs they might be sick
- If I have been exposed to a suspected or confirmed case of COVID-19, I will be removed from sport and I will not be able to return to training, practice or competition for 14 days

I will take the time I need to recover because it is important for my health and I understand that:

- If I have suspected or confirmed COVID-19, I will be removed from sport and I will not be able to return to training, practice or competition until I have been medically cleared
- My coach or another person such as the club-designated COVID-19 response coordinator will submit an incident report through the Ontario Artistic Swimming **Injury Tracker** if COVID-19 is suspected or confirmed

By signing here, I acknowledge that I have reviewed and commit to this COVID-19 Code of Conduct.

Athlete Name: _____

Signature: _____
(Athlete if 13 and over)

Date: _____

Signature: _____
(Athlete's Parent/Guardian if under the age of majority)

Date: _____



OAS DECLARATION OF COMPLIANCE: COVID 19

Participant's Name (print): _____

Participant's Parent/Guardian: _____
(if under the age of majority)

Email: _____

Telephone: _____

Disclosure of exposure or illness is required in order to safeguard the health and safety of all people and restrict the further outbreak of COVID-19. This information will be kept safely, and any personal information will not be disclosed unless required by law, or with your consent.

I, the undersigned being the Participant and the Participant's Parent/ Guardian (if the Participant is under the age of majority), hereby acknowledge and agree to the terms outlined in this document:

- 1) The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization and COVID-19 is extremely contagious. Ontario Artistic Swimming and its affiliated clubs (collectively the "Organization") have put in place preventative measures to reduce the spread of COVID-19; however, the Organization cannot guarantee that the Participant will not become exposed or infected with COVID-19.
- 2) The Participant is participating voluntarily and understands the risks associated with COVID-19 and agrees to assume those risks, including but not limited to exposure and being infected.
- 3) The Participant has not been exposed to a person with a confirmed or suspected case of COVID-19 without wearing proper and approved Personal Protective Equipment (PPE). If so, date of last exposure: _____
- 4) The Participant has not been diagnosed with COVID-19 or has been cleared as noncontagious by provincial or local public health authorities. If so, date cleared: _____
- 5) The Participant has not, nor has anyone in the Participant's household, experienced any signs or symptoms of COVID-19 in the last 14 days (including fever, sore throat, new or worsening cough, fatigue, chills and body aches, respiratory illness, difficulty breathing, nausea, vomiting, or diarrhea, pink eye, or loss of taste or smell, or other symptoms identified by public health experts).



- 6) If the Participant experiences, or if anyone in the Participant's household experiences, any signs or symptoms of COVID-19 after submitting this declaration, the Participant will immediately isolate, notify the Organization, and not attend any of the Organization's activities, programs or services until at least 14 days have passed since those symptoms were last experienced. The Organization will submit an incident report through the Ontario Artistic Swimming Injury Tracker for all cases of suspected or confirmed COVID-19.
- 7) The Participant has not, nor has any member of the Participant's household, travelled to or had a lay-over in any country outside Canada, or in any Province outside of Ontario, in the past 14 days.
- 8) If the Participant travels, or if anyone in the Participant's household travels, outside the Province of Ontario after submitting this declaration, the Participant will not attend any of the Organization's activities, programs or services until at least 14 days have passed since the date of return.
- 9) The Participant is following recommended guidelines, including but not limited to, practicing social distancing, trying to maintain separation of two metres (six feet) from others, adhering to recognized hygiene best practices and otherwise limiting the Participant's exposure to COVID-19.
- 10) The Participant will follow the safety, physical distancing and general hygiene protocols of the Organization.
- 11) If the Participant repeatedly or intentionally violates the Organization's safety, physical distancing or hygiene protocols, they will be removed from sport immediately.
- 12) This document will remain in effect until the Organization, per the direction of the provincial government and provincial health officials, determines that the acknowledgements in this declaration are no longer required.

Signature: _____ Date: _____
Participant (If 13 and over)

Signature: _____ Date: _____
(Parent/ Guardian if under the age of majority)



RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT

(To be executed by Participants over the Age of Majority)

1. This is a binding legal agreement. Clarify any questions or concerns before signing. As a participant in the sport of artistic swimming and the spectating, orientation, instruction, activities, competitions, programs, and services of Ontario Artistic Swimming and [Insert Club] (collectively the "Activities"), the undersigned acknowledges and agrees to the terms outlined in this document.

Disclaimer

2. Ontario Artistic Swimming, [Insert Club], and their respective Directors, Officers, committee members, members, employees, coaches, volunteers, officials, participants, agents, sponsors, owners/operators of the facilities in which the Activities take place, and representatives (collectively the "Organization") are not responsible for any injury, personal injury, damage, property damage, expense, loss of income, or loss of any kind suffered by a Participant during, or as a result of, the Activities, caused in any manner whatsoever including, but not limited to, the negligence of the Organization.

☐ **I have read and agree to be bound by paragraphs 1 and 2**

Description and Acknowledgement of Risks

3. I understand and acknowledge that
 - a) The Activities have foreseeable and unforeseeable inherent risks, hazards and dangers that no amount of care, caution, or expertise can eliminate, including without limitation, the potential for serious bodily injury, permanent disability, paralysis and loss of life;
 - b) The Organization may offer or promote online programming (such as webinars, remote conferences, workshops and online training), which have different foreseeable and unforeseeable risks than in-person programming;
 - c) The Organization has a difficult task to ensure safety and it is not infallible. The Organization may be unaware of my fitness or abilities, may misjudge weather or environmental conditions, may give incomplete warnings or instructions, and the equipment being used might malfunction; and
 - d) The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization and COVID-19 is extremely contagious. The Organization has put in place preventative measures to reduce the spread of COVID-19; however, the Organization cannot

guarantee that I will not become infected with COVID-19. Further, participating in the Activities could increase my risk of contracting COVID-19.

4. I am participating voluntarily in the Activities. In consideration of my participation, I hereby acknowledge that I am aware of the risks, dangers and hazards associated with or related to the Activities. The risks, dangers and hazards include, but are not limited to:
- a) Contracting COVID-19 or any other contagious disease;
 - b) Privacy breaches, hacking, technology malfunction or damage;
 - c) Executing strenuous and demanding physical techniques;
 - d) Dryland training including weights, Pilates, running, dance, bands, circus school and massage;
 - e) Vigorous physical exertion, strenuous cardiovascular workouts and rapid movements;
 - f) Exerting and stretching various muscle groups;
 - g) Physical contact with other participants including spotters whose role is to enhance safety and learning;
 - h) Failure to act safely or within my own ability or designated areas;
 - i) Colliding with the pool, pool bottom, walls, stands, equipment, or with other participants;
 - j) Entering the water by either diving or jumping;
 - k) Artistic swimming techniques including boosts and lifts;
 - l) Extended time underwater;
 - m) Spending extended times in chlorinated water which may lead to bacterial infections or rashes;
 - n) The failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment;
 - o) Serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of my body or to my general health and well-being;
 - p) Abrasions, sprains, strains, fractures, or dislocations;
 - q) Concussion or other head injuries, including but not limited to, closed head injury or blunt head trauma;
 - r) Spinal cord injuries which may render me permanently paralyzed;
 - s) Negligence of other persons, including other spectators, participants, or employees;
 - t) Travel to and from competitive events and associated non-competitive events, which are an integral part of the Activities; and
 - u) Negligence on the part of the Organization, including failure by the Organization to take reasonable steps to safeguard or protect me from the risks, dangers and hazards associated with my participation in the Activities.

☐ I have read and agree to be bound by paragraphs 3-4

Terms

5. In consideration of the Organization allowing me to participate in the Activities, I agree:
- a) That when I practice or train in my own space, I am responsible for my surroundings and the location and equipment that I select;
 - b) That my mental and physical condition is appropriate to participate in the Activities and I assume all risks related to my mental and physical condition;
 - c) To comply with the rules and regulations for participation in the Activities;
 - d) To comply with the rules of the facility or equipment;
 - e) That if I observe an unusual significant hazard or risk, I will remove myself from participation and bring my observations to a representative of the Organization immediately;
 - f) The risks associated with the Activities are increased when I am impaired, and I will not to participate if impaired in any way;
 - g) That it is my sole responsibility to assess whether any Activities are too difficult for me. By commencing an Activity, I acknowledge and accept the suitability and conditions of the Activity;
 - h) That COVID-19 is contagious in nature and I may be exposed to, or infected by, COVID-19 and such exposure may result in personal injury, illness, permanent disability, or death; and
 - i) That I am responsible for my choice of safety or protective equipment and the secure fitting of that equipment.

Release of Liability and Disclaimer

6. In consideration of the Organization allowing me to participate, I agree:
- a) That the sole responsibility for my safety remains with me;
 - b) To ASSUME all risks arising out of, associated with or related to my participation;
 - c) That I am not relying on any oral or written statements made by the Organization or its agents, whether in a brochure or advertisement or in individual conversations, to agree to participate in the Activities;
 - d) To WAIVE any and all claims that I may have now or in the future against the Organization;
 - e) To freely ACCEPT AND FULLY ASSUME all such risks and possibility of personal injury, death, property damage, expense and related loss, including loss of income, resulting from my participation in the Activities;
 - f) To FOREVER RELEASE AND INDEMNIFY the Organization from any and all liability for any and all claims, demands, actions, damages (including direct, indirect, special and/or consequential), losses, actions, judgments, and costs (including legal fees) (collectively, the "Claims") which I have or may have in the future, that might arise out of, result from, or relate to my participation in the Activities, even though such Claims may have been caused by any manner whatsoever, including but not limited to, the negligence, gross negligence, negligent rescue, omissions, carelessness, breach of contract and/or breach of any statutory duty of care of the Organization;



- g) To FOREVER RELEASE AND INDEMNIFY the Organization from any action related to my becoming exposed to or infected by COVID-19 as a result of, or from, any action, omission or negligence of myself or others, including but not limited to the Organization;
- h) That the Organization is not responsible or liable for any damage to my vehicle, property, or equipment that may occur as a result of the Activities;
- i) That negligence includes failure on the part of the Organization to take reasonable steps to safeguard or protect me from the risks, dangers and hazards associated with the Activities; and
- j) This release, waiver and indemnity is intended to be as broad and inclusive as is permitted by law of the Province of Ontario and if any portion thereof is held invalid, the balance shall, notwithstanding, continue in full legal force and effect.

Jurisdiction

- 7. I agree that in the event that I file a lawsuit against the Organization, I will do so solely in the Province of Ontario and further agree that the substantive law of the Province of Ontario will apply without regard to conflict of law rules.

☐ **I have read and agree to be bound by paragraphs 5-7**

Acknowledgement

- 8. I acknowledge that I have read and understand this agreement, that I have executed this agreement voluntarily, and that this agreement is to be binding upon myself, my heirs, spouse, children, parents, guardians, next of kin, executors, administrators and legal or personal representatives. I further acknowledge by signing this agreement I have waived my right to maintain a lawsuit against the Organization on the basis of any claims from which I have released herein.

Name of Participant (print)

Signature of Participant

Date



CONSENT FOR EMERGENCY MEDICAL TREATMENT

I, _____, give permission to the officials and coaches of Ontario Artistic Swimming to make decisions concerning medical care and treatment, and where necessary to authorize such care and treatment in emergency situations.

I understand that the officials and coaches of Ontario Artistic Swimming will make every reasonable effort, in the circumstances, to contact me regarding my child's/ward's medical status in the event an emergency arises. If I cannot be reached in an emergency I hereby give my permission to the licensed physician, dentist, athletic therapist, nurse or other medical professional whose services might be required to provide medical care and treatment.

By signing here, I indicate that I have the understanding and capacity to communicate health care directives for my child/ward and that I am fully informed as to the contents of this document and understand the full import of this grant of powers to the officials and coaches of Ontario Artistic Swimming.

Dated: _____, 202_

Signature



INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT

(To be executed by Participants under the Age of 18)

Participant's Name: _____

1. This is a binding legal agreement. Clarify any questions or concerns before signing. As a participant in the sport of artistic swimming and the spectating, orientation, instruction, activities, competitions, programs, and services of Ontario Artistic Swimming and [Insert Club] (collectively the "Activities"), the undersigned, being the Participant and the Participant's Parent/Guardian (collectively the "Parties"), acknowledge and agree to the terms outlined in this document.

Disclaimer

2. Ontario Artistic Swimming, [Insert Club], and their respective Directors, Officers, committee members, members, employees, coaches, volunteers, officials, participants, agents, sponsors, owners/operators of the facilities in which the Activities take place, and representatives (collectively the "Organization") are not responsible for any injury, property damage, death, expense, loss of income, damage or loss of any kind suffered by the Participant during, or as a result of, the Activities.

☐ **We have read and agree to be bound by paragraphs 1 and 2**

Description and Acknowledgement of Risks

3. The Parties understand and acknowledge that:
 - a) The Activities have foreseeable and unforeseeable inherent risks, hazards and dangers that no amount of care, caution or expertise can eliminate, including without limitation, the potential for serious bodily injury, permanent disability, paralysis and loss of life;
 - b) The Organization may offer or promote online programming (such as webinars, remote conferences, workshops, and online training), which have different foreseeable and unforeseeable risks than in-person programming;
 - c) The Organization has a difficult task to ensure safety and it is not infallible. The Organization may be unaware of the Participant's fitness or abilities, may give incomplete warnings or instructions, may misjudge weather or environmental conditions, and the equipment being used might malfunction; and
 - d) The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization and COVID-19 is extremely contagious. The Organization has put in place preventative measures to reduce the spread of COVID-19; however, the Organization cannot

guarantee that the Participant will not become infected with COVID-19. Further, participating in the Activities could increase the Participant's risk of contracting COVID-19.

4. The Participant is participating voluntarily in the Activities. In consideration of that participation, the Parties hereby acknowledge that they are aware of the risks, dangers and hazards and may be exposed to such risks, dangers and hazards. The risks, dangers and hazards include, but are not limited to:
- a) Contracting COVID-19 or any other contagious disease;
 - b) Privacy breaches, hacking, technology malfunction or damage;
 - c) Executing strenuous and demanding physical techniques;
 - d) Dryland training including weights, Pilates, running, dance, bands, circus school and massage;
 - e) Vigorous physical exertion, strenuous cardiovascular workouts and rapid movements;
 - f) Exerting and stretching various muscle groups;
 - g) Physical contact with other participants including spotters whose role is to enhance safety and learning;
 - h) Failure to act safely or within my own ability or designated areas;
 - i) Colliding with the pool, pool bottom, walls, stands, equipment, or with other participants;
 - j) Entering the water by either diving or jumping;
 - k) Artistic swimming techniques including boosts and lifts;
 - l) Extended time underwater;
 - m) Spending extended times in chlorinated water, which may lead to bacterial infections or rashes;
 - n) The failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment;
 - o) Serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of my body, or to my general health and well-being;
 - p) Abrasions, sprains, strains, fractures, or dislocations;
 - q) Concussion or other head injuries, including but not limited to, closed head injury or blunt head trauma;
 - r) Spinal cord injuries which may render me permanently paralyzed;
 - s) Negligence of other persons, including other spectators, participants, or employees; and
 - t) Travel to and from competitive events and associated non-competitive events, which are an integral part of the Activities.

☐ **We have read and agree to be bound by paragraphs 3 and 4**

Terms

5. In consideration of the Organization allowing the Participant to participate in the Activities, the Parties

agree:

- a) That when the Participant practices or trains in their own space, the Parties are responsible for the Participant's surroundings and the location and equipment that is selected for the Participant;
 - b) That the Participant's mental and physical condition is appropriate to participate in the Activities and the Parties assume all risks related to the Participant's mental and physical condition;
 - c) To comply with the rules and regulations for participation in the Activities;
 - d) To comply with the rules of the facility or equipment;
 - e) That if the Participant observes an unusual significant hazard or risk, the Participant will remove themselves from participation and bring their observations to a representative of the Organization immediately;
 - f) The risks associated with the Activities are increased when the Participant is impaired, and the Participant will not participate if impaired in any way;
 - g) That it is their sole responsibility to assess whether any Activities are too difficult for the Participant. By the Participant commencing an Activity, they acknowledge and accept the suitability and conditions of the Activity;
 - h) That COVID-19 is contagious in nature and the Participant may be exposed to, or infected by, COVID-19 and such exposure may result in personal injury, illness, permanent disability, or death; and
 - i) That they are responsible for the choice of the Participant's safety or protective equipment and the secure fitting of that equipment.
6. In consideration of the Organization allowing the Participant to participate, the Parties agree:
- a) That the Parties are not relying on any oral or written statements made by the Organization or their agents, whether in brochure or advertisement or in individual conversations, to agree to participate in the Activities;
 - b) That the Organization is not responsible or liable for any damage to the Participant's vehicle, property, or equipment that may occur as a result of the Activities; and
 - c) That this Agreement is intended to be as broad and inclusive as is permitted by law of the Province of Ontario and if any portion thereof is held invalid, the balance shall, notwithstanding, continue in full legal force and effect.

Jurisdiction

7. The Parties agree that in the event that they file a lawsuit against the Organization, they agree to do so solely in the Province of Ontario and they further agree that the substantive law of the Province of Ontario will apply without regard to conflict of law rules.

☐ **We have read and agree to be bound by paragraphs 5-7**



Acknowledgement

8. The Parties acknowledge that they have read this agreement and understand it, that they have executed this agreement voluntarily, and that this Agreement is to be binding upon themselves, their heirs, their spouses, parents, guardians, next of kin, executors, administrators and legal or personal representatives.

Name of Participant (print)

Signature of Participant Date of Birth

Name of Parent or Guardian (print)

Signature of Parent or Guardian

Date



CONSENT FOR EMERGENCY MEDICAL TREATMENT

I, _____, give permission to the officials and coaches of Ontario Artistic Swimming to make decisions concerning medical care and treatment, and where necessary to authorize such care and treatment in emergency situations.

I understand that the officials and coaches of Ontario Artistic Swimming will make every reasonable effort, in the circumstances, to contact me regarding my child's/ward's medical status in the event an emergency arises. If I cannot be reached in an emergency I hereby give my permission to the licensed physician, dentist, athletic therapist, nurse or other medical professional whose services might be required to provide medical care and treatment.

By signing here, I indicate that I have the understanding and capacity to communicate health care directives for my child/ward and that I am fully informed as to the contents of this document and understand the full import of this grant of powers to the officials and coaches of Ontario Artistic Swimming.

Dated: _____, 202__ _____
Signature

Section 9: Online Resources

Aquatics Canada: [Return to Aquatics Training](#)

[Australian Institute of Sport \(AIS\) Framework for Rebooting Sport in a COVID-19 Environment](#)

Canada Artistic Swimming

- [COVID-19 Return to Artistic Swimming Resource Document](#)
- [COVID-19 Resources](#)

Centers for Disease Control and Prevention (CDC)

- [Considerations for Youth Sports](#)
- [Coronavirus Disease 2019](#)
- [CDC FAQ: COVID-19 & Water – Can the virus that causes COVID-19 spread through pools, hot tubs, spas, and water playgrounds?](#)
- [What you should know about the Coronavirus to protect yourself and others](#)

Government of Canada

- [Coronavirus Disease \(COVID-19\): Symptoms & Treatment](#)
- [Canada's COVID-19 Economic Response Plan](#)
- [Guidelines for Cleaning Hard Surfaces](#)

Government of Ontario

- Latest Updates About [COVID-19](#)
- [COVID-19 Self-assessment](#)
- [A Framework for Reopening Our Province](#)
- [Workplace PPE Supplier Directory](#)
- O. Reg. 263/20 [Stage 2 Closures](#)

Lifesaving Society: [Safety Management Services](#)

Ontario Artistic Swimming

- [COVID-19 Resources](#)
- [Requirements for Virtual Training](#)

Ontario Recreation Facilities Association: [Coronavirus \(COVID-19\) Updates](#)

Own the Podium: [COVID-19 Return to High Performance Sport Framework](#)

[Sport Medicine Advisory Committee Update](#) (updated weekly)



Romano Spica, V. "[COVID-19 Swimming Pool Study](#)", April 27, 2020. Professor Romano Spica is a Professor at the Italian University of Sport & Movement "Foro Italico". The Study was sponsored by Myrtha Pools.

World Health Organization: [Coronavirus disease \(COVID-19 pandemic\)](#)