



Framework for Return to Artistic Swimming Activity in Ontario: Version 6 (2021-22 Programming)

August 20, 2021



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1. Legal Disclaimer

Ontario Artistic Swimming (OAS) has prepared this document based on the latest information available to date from third-party sources, including the World Health Organization, Government of Canada, Government of Ontario, and Canada Artistic Swimming (CAS). The document will be updated periodically as the situation evolves and more information becomes available.

This document is meant to provide information and guidance as to best practices based on current information available. It also outlines requirements that Organizations must adhere to in order to have artistic swimming activities, programs, and services sanctioned by OAS.

This document is not intended to provide legal advice, or to establish a contractual obligation on the part of OAS.

OAS and its Affiliated Organizations (e.g., clubs) are responsible assessing the risks in their particular environment and establishing the appropriate safety procedures to minimize those risks, while following the advice and instructions of public health and government authorities and facility operators.

Additionally, it is an Individual's responsibility to assess their personal risks in connection with participating in artistic swimming activity in consultation with medical professionals, and for the outcome of their decisions and actions.

Should an Organization or Individual choose to discount, or circumvent, public health, government, facility, CAS, or OAS guidelines, such action will result in the suspension of a sanction for artistic swimming activities, programs, or services, and disciplinary action.



2. Introduction **REVISED**

As we enter the 2021-22 season, the health and safety of all participants in our sport continues to be the priority for Ontario Artistic Swimming (OAS). The resumption of sport activity for everyone will be a more complex process than in the past. Our focus at all times, in partnership with our membership, will be to assess the risks and establish appropriate safety procedures to minimize those risks, and to keep each other safe from COVID-19. All activity must be carefully managed so that the virus does not spread as a result of any artistic swimming activity. This is a collective responsibility, and all requirements must be considered and managed by all organizers of all activity.

This document is meant to provide information and guidance to clubs, coaches, officials, and the artistic swimming community more generally on best practices based on current information. Government, public health, and facility requirements and regulations should always be adhered to when engaging in any form of training or competition.

Ontario is currently in Step Three of the Roadmap to Reopen and, for the first time since March 2020, there are no restrictions on physical contact for sports. Routines including face-to-face choreography, connected moves, and lifts can be trained and performed as normal. This is exciting news for all of us after long pool closures forced by lockdown, however we must continue to be prepared for further disruptions to training and competition in 2021-22. In the event of regional lockdowns, Organizations will follow provincial and municipal public health guidance according to the specific implications for artistic swimming activity in each region and as described in the Phases of Programming set out in the Appendices.

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 introduction of any in-person artistic swimming activity, program, or service in 2021-22.

OAS would like to thank our coaches, officials, and club executive members, who have been engaged since March 2020, for their dedication and passion. We're not only in this together, but stronger together.

Ruth Belcher
President

Mary Dwyer
Executive Director



Who to Contact?

OAS is here to support Organizations as they prepare for the start of the 2021-22 season. Specific questions can be directed to the appropriate OAS staff based on topic:

- Safety guidelines, risk management, and general: Mary Dwyer, mdwyer@ontarioartisticswimming.ca
- Technical planning: Mary-Jane Ling, mjling@ontarioartisticswimming.ca
- Registration and sanctioning: Sue Marnica-Wall, smwall@ontarioartisticswimming.ca. Sue is also the OAS COVID-19 Response Coordinator.

Revisions

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

Revisions will be listed here:

Version 1: June 1, 2020

Version 2: June 22, 2020

Version 3: August 10, 2020

Version 4: October 19, 2020

Version 5: May 18, 2021

Version 6: August 20, 2021

Definitions

The following terms have these meanings in this Return to Artistic Swimming Framework:

Affiliated Organization – Any recreational or competitive club or league that delivers artistic swimming programs and has fulfilled the requirements of registration as required by CAS or OAS and has paid any associated registration fees to CAS or OAS

Attestation – A formal, evidenced declaration from an Individual (or their parent or guardian) that the Individual has followed public health orders and is otherwise healthy

CAS – Canada Artistic Swimming

Close Contact – Refers to face-to-face contact within 2 metres (6 feet) without use of appropriate personal protective equipment

Fully vaccinated – 14+ days after an individual has received their second dose of a two-dose COVID-19 vaccine series or their first dose of a one-dose COVID-19 vaccine series that is approved by Health Canada



Individuals – Any organization or individual that has fulfilled the requirements of registration as required by CAS and OAS as well as all individuals engaged in artistic swimming activity with CAS or OAS. A complete list of Registrant categories can be found in the CAS Registration Policy

OAS – Ontario Artistic Swimming

Organization – The organization to which this Framework applies and includes OAS and its Affiliated Organizations

Previously Positive Individuals – Individuals who have had a confirmed case of COVID-19 where the initial positive result was fewer than 90 days ago, and they have been cleared from their initial infection

PPE – Personal Protective Equipment

Sanction – A sanction is how CAS and OAS provide permission for an Organization to resume artistic swimming activity or programs. To ensure an adequate level of risk mitigation and adherence to return to artistic swimming activity protocols, Organizations are required to apply for sanctioning through a defined process and provide written confirmation that they will comply with all applicable public health, government, facility, CAS, or OAS guidelines, prior to commencing any form of artistic swimming activity. An authorized representative of an Affiliated Organization must apply for sanctioning in order for the OAS insurance coverage to be extended

Self-isolation – When a person who is experiencing COVID-19 signs and symptoms stays at home and does not go to work, school, or public places. (WHO)



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

Swim England, "[Swimming pool water inactivates COVID-19 virus in 30 seconds](#)", April 12, 2021. The study was conducted by virologists at Imperial College London. The findings suggest the risk of transmission of COVID-19 in swimming pool water is incredibly low.

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) or have had contact with a person who has tested positive for COVID-19. 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

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.



3. Step Three of the Roadmap to Reopen Overview **NEW**

Ontario is currently in Step Three of the Roadmap to Reopen. The current Ontario Government Regulations are available [HERE](#).

What You Need to Know

- There are no restrictions on physical contact for sports
- Routines including face-to-face choreography, connected moves, and lifts can be trained and performed as normal
- Deck work practice can continue as normal
- Spotting is permitted for land-based activity and acrobatic movements
- Travel for competition and inter-club activity is permitted subject to an approved sanction request
- In-person social activities are permitted subject to government, public health, and facility requirements and an approved sanction request
- All persons in an **indoor** facility must wear a mask unless engaged in artistic swimming activity. This includes coaches, volunteers, and spectators (with exceptions; please refer to the Ontario Government Regulations for specific details)
- All facilities must post a sign in a conspicuous location visible to the public that states the capacity limits under which the facility is permitted to operate. If this has not already been done by the facility operator, it is the responsibility of the permit holder to post this information
- All **indoor** facilities must operate at 50% of the capacity of the facility, including spectators. Organizations should work with their facility to understand their rules regarding spectator attendance
- The name and contact information for all members of the public must be recorded prior to entering the facility for contact tracing purposes. This includes ALL parents and spectators

4. Requirements for the Start of the 2021-22 Season **REVISED**

The following measures must be followed by ALL Organizations:

- a. Sanction: All Organizations must seek a sanction from OAS prior to the introduction of any in-person artistic swimming program or activity for the 2021-22 season
- b. Point of Contact: All Organizations delivering sanctioned, in-person artistic swimming programs or activity must appoint a designated COVID-19 RESPONSE COORDINATOR and submit their name to OAS. This appointment must take place prior to the introduction of any artistic swimming program or activity for the 2021-22 season and be in place while any federal or provincial COVID-19 related public health requirements or Emergency Orders are in place



- c. Registered: All Individuals participating in sanctioned artistic swimming programs or activity (virtual or in-person) must be registered, with up-to-date contact information including phone number and email address entered in the CAS online registration system. This ensures participants are insured to take part in any artistic swimming activity
- d. Waivers and Attestation of All Participants: All Organizations delivering sanctioned artistic swimming programs or activity must facilitate the completion and storing of the following documents (available in the Appendices below and on the OAS website under [Registration Information and Forms](#)) prior to the resumption of any in-person artistic swimming activity:
 - OAS Declaration of Compliance: COVID-19 by coaches, officials, athletes, and other participants
 - Waiver or Assumption of Risk (minors) agreements by coaches, officials, athletes, and other participants
 - Code of Conduct for Athletes: COVID-19
 - Pre-registration health survey for athletes
 - Participant self-assessment prior to every in-person training session
- e. Facility Readiness Evaluation: All Organizations must assess the facility's readiness against safety measures set out in the Facility Readiness Evaluation Checklist (available in the Appendices below). Organizations must retain a copy of the completed Facility Readiness Evaluation Checklist for their records and may be asked to provide it to OAS
- f. Emergency Action Plans: All Organizations must update their Emergency Action Plans for each facility or training space (available in the Appendices below). In order to do so, Organizations must review and understand any requirements imposed by the facility operator
- g. Attendance: All Organizations delivering sanctioned, in-person artistic swimming programs or activity must record the attendance of all participants at every practice and ensure the records are available to be accessed quickly to ensure efficient contact tracing
- h. Symptoms: Any Individual who is currently experiencing COVID-19 symptoms and FAILS the [Government of Ontario COVID-19 screening](#) or [COVID-19 school screening](#) (for participants younger than 18 years old) must remain home until they receive a negative COVID-19 test result, are cleared by public health, or are diagnosed with another illness
- i. Application of Health Orders: All Organizations and Individuals delivering sanctioned, in-person artistic swimming programs or activity reserve the right to ask any participant exhibiting COVID-19 signs or symptoms to follow public health orders and return home
- j. Reporting: All Organizations delivering sanctioned, in-person artistic swimming programs or activity must report any confirmed case of COVID-19 through the OAS Injury Tracker



- k. Violations: Should an Organization or Individual choose to discount, or circumvent, public health, government, facility, CAS, or OAS guidelines, such action will result in the suspension of a sanction for artistic swimming programs or activity, and disciplinary action.

5. Individual Health

It is the responsibility of all Individuals to undertake their own personal risk assessment and determine whether they are willing and able to return to artistic swimming activity in person. The situation may change over time and Individuals (or their parents or guardians) should be regularly re-assessing the risk, including the risk to their household and also their workplace

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 and only return to in-person artistic swimming activity when it is right for them to do so.

Screening

Athletes, coaches, and anyone else who will be part of the artistic swimming training environment must screen for symptoms of COVID-19 every day before attending in-person artistic swimming programs or activity. Please refer to the [Government of Ontario COVID-19 screening](#) or [COVID-19 school screening](#) (for participants younger than 18 years old) for the most recent Government of Ontario guidance on screening. This information should be used as the basis for any daily self-assessment questionnaire developed by clubs for use in the training environment.

Please refer to the Government of Ontario [COVID-19 test and testing location information](#) for guidance on when and where to get a COVID-19 test

- Individuals who experience COVID-19-like symptoms must report their absence and advise the Organization's COVID-19 Response Coordinator if the absence is possibly COVID-19 related
- Any confirmed case of COVID-19 must be reported through the OAS Injury Tracker
- Individuals who experience COVID-19-like symptoms that are related to an existing condition such as seasonal allergies or asthma can continue to attend an in-person artistic swimming program or activity when they are experiencing these symptoms as normal. If they experience any change in symptoms, they should seek assessment by a health-care provider

Younger Participants (under 18 years of age)

- The parents or guardians of younger participants must:
 - Sign the Declaration of Compliance – COVID-19 and Assumption of Risk Form providing permission for them to participate in artistic swimming activity



- Consider carefully whether their child is able to follow directions on social distancing and personal hygiene practices before registering them for artistic swimming activity
- Assist their younger participant in self-monitoring for symptoms of COVID-19 and completing a COVID-19 self-assessment on training days
- Report any absence and advise the Organization's COVID-19 Response Coordinator if the absence is possibly COVID-19 related
- Develop a plan to pick up their child from training promptly if they are presenting with a COVID-19-like symptom while at training.

Resources

Public Health Ontario has developed a number of helpful resources that provide general information on the [prevention and management of COVID-19](#). This content is updated as new information becomes available so please refer to the site often for current resources.

6. Setting Up a Safe Training Environment **REVISED**

It is the responsibility of all clubs to review and understand all applicable government, public health, and facility requirements and regulations, 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.

Key Principles

Ontario Artistic Swimming (OAS) member clubs must ensure they:

- Follow all applicable government, public health, and facility restrictions and regulations
- Comply with Canada Artistic Swimming (CAS) and OAS Return to Artistic Swimming information and guidelines
- Communicate with their members on this Framework for Return to Artistic Swimming Activity that has been approved in Ontario for the organization and its members
- Educate coaches to ensure they are aware of the signs and symptoms of COVID-19, how the virus can spread, and can implement the protocols set out in this Framework.

Attendance Reporting Protocols

It is the responsibility of all clubs to record the attendance of all participants at every practice

- Attendance records must be available on request at all times



- Attendance records should include, at a minimum, name, contact information (email and phone number), the facility, date, and time of arrival and departure
- Organizations should follow-up with all Individuals and make their best effort to determine the reason for any unplanned absences and whether the absence is due to illness.

Change Rooms

- Participants should not enter facility change rooms except where necessary (e.g., to access the pool deck or use the washroom)
- Anyone entering a change room should follow guidance in relation to physical distancing, limiting contact with surfaces, and hygiene best practices
- Until all government restrictions are lifted, use of changerooms other than to access washroom facilities is discouraged. Individuals should arrive in the attire required to participate in the artistic swimming activities and, except where necessary, should go home in their fitness attire or bathing suits
- Only one (1) self-contained training group or team should use the change room at a time (i.e., teams should not mix within the same change room)
- Participants should not congregate in change rooms and activities such as team meetings should be held elsewhere (e.g., outside, in another room, or using video conferencing)
- The consumption of food in change rooms should be avoided.

COVID Alert App

OAS recommends that all Individuals participating in artistic swimming activity in Ontario download the COVID-19 Alert app to be notified if they have been in contact with anyone with COVID-19.

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 70% 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.

First Aid

For land-based training activities that take place where a lifeguard is not present, at least one individual, 18 years of age or older, that has current Emergency or Standard First Aid training MUST be present at all times.



This individual must be registered, with up-to-date contact information entered in the CAS online registration system and have submitted a Sterling Talent Solutions E-PIC (police record) check to the Organization prior to participation in the activity.

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 government, public health, and facility restrictions on group gathering
- Where necessary, training group size should be limited further based on the space provided to allow for physical distancing
- 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)
- 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)
- Spectators (excluding parents or guardians where necessary for athlete support) are not permitted in the training environment.

“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 prior to pick-up while observing safeguarding best practices
- All participants should fill their personal water bottles at home, prior to leaving for the facility. Water fountains should only be used to refill a water bottle.



Goggles

Until further notice and based on the recommendation of the Lifesaving Society of Canada, goggles are mandatory for all in-water training activity.

Health and Safety Bin

Clubs are to ensure a Health & Safety Bin is available at each training facility that includes Personal Protective Equipment (PPE) for at least two (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 should at a minimum include a first aid kit and PPE including disposable, non-medical masks, eye protection (e.g., safety goggles or face shields), gloves, hand sanitizer with at least 70% alcohol, paper towel, tissues, etc. The Government of Ontario has provided a [directory of companies](#) that sell PPE and other supplies.

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
- Clubs to incorporate hand hygiene into breaks between program activities
- All participants to practice respiratory etiquette, and refrain from spitting or clearing their nasal passages in the pool and during artistic swimming activity
- All participants to have a closed bag to allow for safe storage of hygienic materials (e.g., tissues, towels, etc.), and a bag or bin for equipment
- 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 or bin, and kept separate from other athletes
- Any water fountain may only be used to refill a water bottle. No participants are permitted to drink directly from the water fountain or any faucet.



In-water Support

The Lifesaving Society recommends using a household member such as a parent, guardian, sibling, or caregiver at least 15 years of age to provide in-water support to younger athletes, or when participants require direct supervision and physical contact during instruction

Where an Organization chooses to permit a household member in the pool with an athlete, the household member must be registered with OAS as either a Short-term Recreational Program Registrant (for programs running for six (6) weeks or less) or Recreational Program Registrant (for athletes registered as AquaGO!, Recreational, Limited Competitive (Novice), or Competitive), as applicable, to ensure they are insured to take part in artistic swimming activity. Clubs should consider requiring that individuals who provide in-water support to younger athletes registered in recreational or AquaGO! programs complete the AquaGO! Program Assistant course prior to participation.

Masks

It is the responsibility of all Organizations to review and understand any policies and requirements imposed by government authorities, public health, and facility operators on the use of masks. Masks should NOT be worn while in the pool

Guidance on how to wear a mask properly can be found here: [COVID-19: Non-medical Masks and Face Coverings](#).

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 develop training plans that incorporate any spatial and physical distancing requirements and provide an overall vision of the movement of participants
- Participant equipment should be spaced out to maintain physical distancing
- Coaches to create distance between athletes when explaining drills or providing feedback
- Clubs to enforce physical distancing requirements for non-participants, including parents.

Safe Sport

The club's return to artistic swimming plan must be designed to ensure that artistic swimming activity is conducted in an open and observable environment at all times:

- Observe safeguarding best practices and avoid situations where a coach, official, or other participant might be alone with a minor or other vulnerable person



- All interactions between an athlete and an individual who is in a position of trust should normally be in an environment or space that is both “open” and “observable” to others, including any training or communication done virtually
- Electronic communication (e.g., email, text, Zoom, or Skype) should never be in the form of a one-on-one interaction, and should always be conducted in a group session
- Training sessions should include a minimum of three (3) people to ensure alignment with the Rule of Two.

Vaccination

Clubs should strongly encourage all eligible coaches and athletes to receive COVID-19 vaccination as soon as possible, and at the earliest opportunity before artistic swimming activity starts.

7. Communication

A robust training plan that includes regular communication and education with key stakeholders including athletes and their parents or guardians, coaches, officials, and others, is key for any Organization. It is imperative in the communication of this plan that we ensure the entire artistic swimming community understands that the health and safety of everyone is our top priority.

OAS is committed to providing updates to our Members. Our Framework for Return to Artistic Swimming Activity, its appendices as well as other resources related to COVID-19 can be found on the OAS website.

We encourage our clubs and coaches to engage in regular and open communication with their members as a key part of returning safely to training. Organizations should have a designated page on their website for information related to program plans and that page should include a link to the OAS COVID-19 Resource page where the Framework for Return to Artistic Swimming Activity can be found.

8. 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 an investigated or confirmed case of COVID-19:

- The unwell Individual is removed from the training group immediately
- Training for this specific training group or team is suspended indefinitely
- Officials with the local public health unit will provide direction on isolation and testing of the unwell Individual
- The Organization should prepare a list of athletes, coaches, and other individuals who were in contact with or in the same training group as the unwell individual including up-to-date contact information



- Officials from the local public health unit will determine any additional steps required, including direction on testing and isolation of any close contacts
- Any confirmed case of COVID-19 must be reported to OAS by the club Designated COVID-19 Response Coordinator immediately through the OAS Injury Tracker
- 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
- Individuals who have been exposed to an investigated or confirmed case of COVID-19 will not be permitted to return to training until they are cleared by their local public health unit or health care provider

If someone develops COVID-19 symptoms while training

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

- Stop training
- The unwell 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 minor (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 separated from others and 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 try to maintain as much physical distance as possible and should wear a mask and eye protection (i.e., goggles or a face shield)
 - Parents or guardians must pick up their child as soon as possible if they are notified their child is ill
- The unwell Individual (or their parent or guardian in the case of a participant under 18 years of age) should be encouraged to isolate and consult with a doctor or health care provider to get advice, including if they need a COVID-19 test
- 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
- Where the participants in the training group are minors (i.e., under 18 years of age), their parent or guardian should be contacted and asked to collect them from the facility immediately



- 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
- The coach will advise the Designated COVID-19 Response Coordinator that follow-up with the unwell Individual (or their parent or guardian) is required
- Officials from the local public health unit will determine any additional steps required, including direction on testing and isolation of any close contacts
- The club Designated COVID-19 Response Coordinator should keep in contact with all participants in the training group about their health
- Individuals who have been exposed to an investigated or confirmed case of COVID-19 will not be permitted to return to training until they are cleared by the local public health unit or a health care provider.

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 the local public health unit or a health care provider.

9. Governance

With insurance companies considering exclusions in policies related to Communicable Disease or COVID-19, it is critically important that Organizations take all necessary precautions in mitigating risks associated with COVID-19 transmission to our participants. The following documents set out in the Appendices below 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. Release of Liability, Waiver of Claims and Indemnity Agreement (to be executed by Participants 18 years and over) and Consent for Emergency Medical Treatment
2. Informed Consent and Assumption of Risk Agreement (to be executed by Participants under the age of 18) and Consent for Emergency Medical Treatment
3. OAS Declaration of Compliance: COVID-19
4. Code of Conduct for Athletes: COVID-19

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 start 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](#).



10. 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)



11. Appendices

Appendix 1: COVID-19 Response Coordinator Roles & Responsibilities **REVISED**

COVID-19 Response Coordinator Roles and Responsibilities

All Organizations must appoint a designated COVID-19 Response Coordinator and submit their name to OAS. Where this individual is not a coach, they must be registered by the Organization as an Associate Registrant in the CAS online registration system and have met the requirements of the CAS Screening Policy as a “Designated Person”

The OAS COVID-19 Response Coordinator is Sue Marnica-Wall: smwall@ontarioartisticswimming.ca

The roles and responsibilities of the designated COVID-19 Response Coordinator include:

- Keeping up to date on policies and procedures outlined by federal, provincial, and municipal public health authorities, facility operators, CAS, and OAS, 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 PPE is available at each training facility
- Ensuring that the attendance of all participants is recorded at every practice
- Ensuring that the Organization follows-up with all Individuals to determine the reason for any unplanned absences and whether the absence is due to illness
- Implementing attendance protocols at every practice to help with communication if an investigated or confirmed case of COVID-19 is reported
- Ensuring training group size complies with public health and facility guidelines
- Ensuring signage is in place so that all risk mitigation measures are easy to follow
- Distribute, collect and review the Declaration of Compliance: COVID-19 forms for all participants
- 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, while maintaining a high level of confidentiality
- Liaising with their local public health unit for contact tracing, infection control, etc.
- Reporting any confirmed cases of COVID-19 through the OAS Injury Tracker
- 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.



Appendix 2: Waiver (18 & Over)

RELEASE OF LIABILITY, WAIVER OF CLAIMS & 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



Appendix 3: Assumption of Risk Agreement (Minors)

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



Appendix 4: Declaration of Compliance: COVID-19 **REVISED**

OAS DECLARATION OF COMPLIANCE: COVID 19

Participant's Name (print): _____

Participant's Parent/Guardian: _____
(if under the age of 18)

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 Organizations (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.

I/We have read and agree to be bound by paragraphs 1 & 2

3) 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: _____

4) 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 that would require them legally to self-isolate, including (and where unrelated to pre-existing conditions such as allergies or asthma) fever, cough, shortness of breath, sore throat, painful swallowing, fatigue, chills, runny nose or nasal congestion, nausea, vomiting, diarrhea, unexplained loss of appetite, loss of smell or taste, muscle or joint aches, headache, or conjunctivitis (commonly known as pink eye), or other symptoms identified by public health experts.



5) 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 self-isolate, notify the Organization, and not attend any of the Organization's activities, programs, or services until they have been medically cleared by their local public health unit. The Organization will submit an incident report through the Ontario Artistic Swimming Injury Tracker for all cases of confirmed COVID-19.

I/We have read and agree to be bound by paragraphs 3-5

6) 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 in the past 14 days.

7) If the Participant travels, or if anyone in the Participant's household travels, outside of Canada 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.

8) If the Participant is exempt, or if anyone in the Participant's household is exempt from border restrictions on the basis that their reason for travel is on the Chief Public Health Officer's list of essential services and functions, as _____ (specify) and the exempt person that travelled to or had a lay-over in any country outside Canada in the past 14 days does not have signs or symptoms of COVID-19, the Participant may attend the Organization's activities, programs, or services.

9) If the Participant is fully vaccinated against COVID-19 and exempt from Government of Canada quarantine requirements and does not have signs or symptoms of COVID-19, the Participant may attend the Organization's activities, programs, or services.

I/We have read and agree to be bound by paragraphs 6-9

10) The Participant is following recommended guidelines, including but not limited to, practicing physical distancing, adhering to recognized hygiene best practices, and otherwise limiting the Participant's exposure to COVID-19.

11) The Participant will follow the safety, physical distancing, and general hygiene protocols of the Organization.

12) The Participant understands that a representative of the Organization will submit an incident report through the Ontario Artistic Swimming Injury Tracker if COVID-19 is confirmed.

13) 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.



14) The Organization may remove the Participant from the facility or from participation in the activities, programs, or services of the Organization at any time and for any reason if the Organization believes, in its sole discretion, that the Participant is no longer in compliance with any of the standards described in this document.

I/We have read and agree to be bound by paragraphs 10-14

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

Signature: _____ Date: _____
Parent/ Guardian (if under the age of 18)



Appendix 5: Code of Conduct for Athletes: COVID-19 **REVISED**

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
- 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 until I have been medically cleared

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 confirmed

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

Athlete Name: _____

Signature: _____ Date: _____



Athlete if 13 and over

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



Appendix 6: Daily Self-Assessment Attestation Template **REVISED**

Daily Self-Assessment Attestation Template

All participants (or their parents or legal guardians if under 18 years on their behalf) must complete the self-assessment checklist below EACH DAY prior to entry and use of any facility for the purpose of training, competition, or other artistic swimming activity

1.	<p>I have not been diagnosed with COVID-19 or have been cleared as noncontagious by local public health authorities</p> <p>If so, date cleared: _____</p>	YES	NO
<p>If NO to question 1, you must:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Report your absence and inform the COVID-19 Response Coordinator that your absence is COVID-19 related <input type="checkbox"/> You can return to training only after you are cleared by your local public health unit 			
2.	<p>I am not currently experiencing any of these common COVID-19 symptoms?</p> <p>Choose any that are new, worsening, and not related to other known causes or medical conditions</p> <ul style="list-style-type: none"> <input type="checkbox"/> Fever (higher than 37.8 degrees Celsius/100 degrees Fahrenheit) or chills <input type="checkbox"/> Cough or barking cough (croup) <input type="checkbox"/> Difficulty breathing <input type="checkbox"/> Decrease or loss of smell or taste <input type="checkbox"/> Sore throat or trouble swallowing <input type="checkbox"/> Runny nose or nasal congestion <input type="checkbox"/> Headache that's unusual or long-lasting <input type="checkbox"/> Nausea, vomiting, or diarrhea <input type="checkbox"/> Extreme tiredness that is unusual or muscle or joint aches <input type="checkbox"/> Conjunctivitis (commonly known as pink eye) 	YES	NO
<p>If NO to question 2, you must:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Stay home and not leave except to get tested or for a medical emergency <input type="checkbox"/> Talk with a doctor or health care provider to get advice, including if you need a COVID-19 test. If you think you have a cold or the flu, you should still talk with a doctor or get tested as symptoms are similar to COVID-19 			

<input type="checkbox"/> Report your absence and inform the COVID-19 Response Coordinator that your absence is possibly COVID-19 related <input type="checkbox"/> If you test negative (you do not have the virus), you can return to training if all the following apply: <ul style="list-style-type: none"> – You do not have a fever (without using medication) – It has been at least 24 hours since your symptoms started improving – You were not in close physical contact with someone who currently has COVID-19 <input type="checkbox"/> If you test positive (you have the virus), you can return to training only after you are cleared by your local public health unit			
3.	I have not returned from TRAVEL outside of Canada in the last 14 days If you are exempt from federal quarantine requirements, select NO	YES	NO
If NO to question 3, you must: <ul style="list-style-type: none"> <input type="checkbox"/> Stay home for 14 days after your return except to get tested or for a medical emergency <input type="checkbox"/> Follow Government of Canada advice on travel, testing, and quarantine <input type="checkbox"/> Report your absence and inform the COVID-19 Response Coordinator that your absence is because of recent international travel 			
4.	I have not, in the last 14 days, knowingly been exposed to someone who has tested positive for COVID-19? If you are fully vaccinated against COVID-19 or previously positive and do not have any symptoms of COVID-19, select NO	YES	NO
If NO to question 4, you are not required to isolate (stay home) but you should get tested as soon as possible and self-monitor for COVID-19 symptoms for the next 10 days If YES to question 4, you must: <ul style="list-style-type: none"> <input type="checkbox"/> Stay home and not leave except to get tested or for a medical emergency <input type="checkbox"/> Visit an assessment centre to get a COVID-19 test <input type="checkbox"/> Report your absence and inform the COVID-19 Response Coordinator that your absence is possibly COVID-19 related <input type="checkbox"/> If you test negative and do not have any symptoms (you do not have the virus), you can return to training <input type="checkbox"/> If you test positive (you have the virus), you can return to training only after you are cleared by your local public health unit 			



Appendix 7: Facility Readiness Evaluation Checklist Template **REVISED**

Facility Readiness Evaluation Checklist

Organizations should assess their facility's readiness against the following safety measures related to facility access and use:

- Has the facility designated separate entry and exit points?
- What capacity limitations are in place?
- In multi-use facilities, are gathering sizes limited for each space?
- Has the facility posted a sign in a conspicuous location visible to the public that states the capacity limits under which the facility is permitted to operate?
- What are the facility's rules regarding spectator attendance?
- Is programming staggered to avoid large numbers entering and exiting at the same time?
- Has the facility altered pathways or flow for users to navigate through the facility with minimal crossover?
- How will the facility manage physical distancing?
- What are the hygiene and cleaning protocols?
- Does the facility have hand sanitizer stations at entrances and exits?
- What is the Organization's role as a user in relation to cleaning protocols?
- Is the facility using fans? (Fans blow potentially contaminated air around and negate any benefits of physical distancing)
- What protocols are in place for First Aid or water rescues?
- Will the facility be screening patrons to ensure they do not have COVID-19 symptoms?
- Will the facility be collecting names and contact information to assist with contact tracing?
- Does the facility have an emergency response plan to manage a suspected case of COVID-19, or an individual presenting with symptoms?

If the facility doesn't have safety measures in place that address the items listed above, it may not be ready to provide your Organization with a safe training environment

Whose Rules Do We Follow?

Where the facility's standards are more stringent than those set out in this Framework for Return to Artistic Swimming Activity, you **MUST** adhere to the facility standards



Where the facility's standards are less stringent than those set out in this Framework for Return to Artistic Swimming Activity, you **MUST** comply with OAS guidelines and protocols to mitigate risk and limit your Organization's legal exposure



Appendix 8: Emergency Action Plan Template

Emergency Action Plan

Emergency phone number	911 for all emergencies
Contact information for Head Coach [INSERT NAME]	Cell: Club line: Email:
Contact information for [INSERT CLUB NAME] President, [INSERT NAME]	Phone: Cell: Email:
Contact information for [INSERT CLUB NAME] COVID-19 Response Coordinator, [INSERT NAME]	Phone: Cell: Email:
Address of pool facility	[INSERT POOL NAME & STREET ADDRESS] Closest major intersection: [INSERT CROSS STREETS]



Phone number of pool facility

[INSERT POOL PHONE NUMBER]

Address of nearest hospital

[INSERT HOSPITAL NAME & STREET ADDRESS]

Closest major intersection: [INSERT CROSS STREETS]

Phone: [INSERT HOSPITAL PHONE NUMBER]

Phone number of Telehealth Ontario

Toll-free: 1-866-797-0000

Emergency Action Plan

Emergency team:	Roles & Responsibilities:
Lifeguard	Immediate care of the athlete is the priority. The Lifeguard will typically lead and provide the emergency medical care in the event of an emergency
Lead Coach	<p>EMS Activation: This should be done as soon as the situation is deemed an emergency or a life-threatening event. Coach to call EMS (911 for all emergencies) and be prepared to provide the following information:</p> <ul style="list-style-type: none"> • Name and phone number calling from • Pool address • Condition of injured athlete (age, consciousness, breathing, nature of injury) • First aid or treatment being provided <p>Calls made from a landline to an emergency dispatcher allow the dispatcher to automatically see the pool address. Use the Lifeguard’s landline wherever possible</p> <p>Designate a coach or an older athlete to meet the ambulance and to direct EMS to the site of the accident</p> <p>Consult Emergency Contact List to determine whether the athlete has existing medical conditions or allergies and advise EMS personnel, as appropriate</p> <p>Coach to accompany athlete under 18 years of age to hospital where parent is not available</p> <p>Scene Management: Where younger athletes are present, assign a coach or an older athlete to gather the other athletes into a group away from the scene and provide care and comfort, as required</p> <p>Club Contact: Contact Head Coach</p>
Head Coach	<p>Contact the athlete’s parents or guardians</p> <p>Contact the Club President</p> <p>Respond to any media enquiries</p> <p>Coordinate information provided to other athletes and families, as required</p> <p>Complete OAS Injury Tracker and any required facility accident incident report</p>

COVID-19 Emergency Action Plan

Training group protocol for suspected or confirmed case of COVID-19

Emergency team:	Roles & Responsibilities:
Lifeguard	<p>Immediate care of the participant is the priority. In an aquatic environment, the Lifeguard will typically lead and provide the emergency medical care in the event of a situation that is deemed an emergency or a life-threatening event that requires EMS activation</p>
Lead Coach	<p>Participant is removed from the training group immediately and sent home or to a medical facility, depending on the severity of their symptoms</p> <ul style="list-style-type: none"> • Where the unwell individual is 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 • Anyone caring for the unwell Individual should try to maintain a 2-metre distance and should wear a mask and eye protection (i.e., goggles or a face shield) <p>Training for this specific training group is suspended indefinitely</p> <ul style="list-style-type: none"> • All participants must wash their hands with soap and water or hand sanitizer immediately and leave the facility • Where the participants in the training group are under 18 years of age, their parent or guardian should be contacted and asked to collect them from the facility immediately <p>Any areas, surfaces, or shared objects used by the sick individual should be cleaned and disinfected</p> <p>The lead coach will advise the Designated COVID-19 Response Coordinator that follow-up with the unwell Individual (or their parent or guardian) is required</p> <p>Club Contact: Contact Head Coach and designated COVID-19 Response Coordinator</p>
Designated COVID-19 Response Coordinator	<p>Report any suspected or confirmed cases of COVID-19 through the OAS Injury Tracker</p> <p>Notify facility staff. The name of the participant who has a suspected or confirmed case of COVID-19 should not be used to protect their privacy</p>
Head Coach	<p>Contact the Club President and respond to any media enquiries</p>

ATHLETE HEALTH QUESTIONNAIRE

What is your artistic swimming age (i.e. your age on December 31, 2021)?

What is your height (in centimeters)?

What is your biological sex?

Female

Male

Prefer not to disclose

How many years have you been participating in artistic swimming?

Do you have any known medical conditions? Please check any that apply:

Heart disease

Heart failure

Abnormal heart rhythm

High blood pressure

Low blood pressure

Diabetes

Arthritis

Osteoporosis

Cancer

Liver disease

Kidney disease

Endocrine disorder

Asthma

Chronic Obstructive Pulmonary disease

Pulmonary High Blood pressure

Spinal cord injury

Stroke

Anxiety

Depression

Eating disorder

Learning disability

Allergies (anaphylaxis)

Other, please specify:

Are you currently taking any prescribed medications for a chronic medical condition?

No

Yes, please specify:

Have you suffered any bone, joint or soft tissue injury within the past 12 months?

No

Yes, please list:

Do you have any pre-existing (i.e. not caused by sport participation) conditions that affect your bones, joints, and/or muscles?

No

Yes, please specify:

Have you ever been diagnosed with a concussion?

No

Yes, how many:

Has a doctor ever put medical restrictions on your activity (i.e. said you cannot do physical activity or said any physical activity must be medically supervised)?

No

Yes



Appendix 10: Introduction of Phases of Programming Based on Government Guidance **REVISED**

This Framework is structured around mitigating risk through three (3) phases of gradual tightening or easing of restrictions based on government-ordered public gathering and physical distancing restrictions, which are distinct from the Government of Ontario's Stages of the Reopening Ontario framework. The OAS Return to Artistic Swimming Phases are based on the following (in accordance with public health requirements or Emergency Orders):

- Maximum number of people permitted to gather at any one time
- Physical distancing required between any two people
- Limiting touch points between any two people

In the event of regional lockdowns, Organizations will follow provincial and municipal public health guidance according to the specific implications for artistic swimming activity in each region

Phases of Programming

Phase A: Virtual Programming

Virtual programming is pre-sanctioned by OAS and may be conducted at any time either as a stand-alone program offering, or as a complement to in-person artistic swimming activity

Who?

- Individuals registered with OAS for the 2021-22 season, including:
 - CAS-registered coaches in good standing
 - External experts or consultants who have either provided a certificate of insurance, or are registered by the Organization as an Associate Registrant in the CAS online registration system and have met the requirements set out in Eligibility, above
 - Athletes registered for the 2021-22 season

What?

- Virtual programming must be designed to comply with all CAS and OAS requirements for virtual training
- Activities must be low-risk: Head stands, one-handed cartwheels, no-arms aerial cartwheels, or breath-holding must not be trained virtually

How?

- Virtual programming must be designed to ensure that artistic swimming activity is conducted in an open and observable environment at all times, including following guidance on one-on-one interactions (i.e., the training session must involve more than a single minor or other vulnerable athlete and coach)



- Any online training or workout recommended by an Organization that is led by an external, third-party provider would not be sanctioned or insured by OAS

Phase B: Outdoor Programming with Physical Distance

This step should only be initiated where provincial, municipal, and public health authorities permit this type of activity

Who?

- Individuals registered with OAS for the 2021-22 season, including:
 - CAS registered athletes and coaches in good standing
 - At least one coach, 15 years of age or older, that has at a minimum current Emergency or Standard First Aid training must be present at all times for land-based, outdoor training
 - Supplemental training may be provided by external experts or consultants who have provided a certificate of insurance, or are registered by the Organization as an Associate Registrant in the CAS online registration system and have submitted the required forms set out above
 - Athletes must be able to follow directions for social distancing and hygiene protocols

What?

- Physical distancing as prescribed by government, public health, or facility rules always maintained. Consideration may need to be given to further distancing dependent on the exertion level of the activity
- Outdoor, land-based fitness and strength work in small groups
- Land-based activities must be low-risk. There is to be no physical contact or spotting, unless required to save an athlete from an injury. All conditioning, drills and skills are to be hands free. Activities must be low-risk: Head stands, one-handed cartwheels, and no-arms aerial cartwheels must not be trained in Phase B
- Water-based activities must be low-risk: No underwaters or drills requiring athletes to hold their breath for an extended period of time
- Online training continues to be pre-sanctioned in accordance with prescribed protocols

Where?

- Use of outdoor facility or training space including outdoor public aquatic facility (Class “A” & “B”¹) permitted
- In-water training (solo) with access to own pool, or open water would not be sanctioned or insured by OAS

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.



How?

- Athletes and coaches separated into small, self-contained training groups or teams, according to provincial and municipal guidelines. Group size may be restricted further by facility rules
- Training groups or teams should remain together with dedicated coaches. Where possible, the same group of athletes should stay with the same coach(es)
- “Get in, train and get out”
- Locker rooms, change rooms, and showers normally provided in sports facilities (other than aquatic facilities) may 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
- Spectators (excluding parents or guardians where necessary for athlete support) are not permitted in the training environment

Phase C: Indoor Programming with Physical Distance

This step should only be initiated where provincial, municipal, and public health authorities permit this type of activity

Who?

- Individuals registered with OAS for the 2021-22 season, including:
 - CAS registered athletes and coaches in good standing
 - At least one coach, 15 years of age or older, that has at a minimum current Emergency or Standard First Aid training must be present at all times for land-based training where a Lifeguard is not present
 - Supplemental training may be provided by external experts or consultants who have provided a certificate of insurance, or are registered as an Associate Registrant in the CAS online registration system and have met the requirements set out in Eligibility, above
 - Athletes must be able to follow directions for social distancing and hygiene protocols

What?

- Physical distancing as prescribed by government, public health, or facility rules always maintained. Consideration may need to be given to further distancing dependent on the exertion level of the activity
- “Build an athlete”
- Land-based activities must be low-risk. There is to be no physical contact or spotting, unless required to save an athlete from an injury. All conditioning, drills and skills are to be hands free



- Water-based activities must be low-risk: No underwaters or drills requiring athletes to hold their breath for an extended period of time
- May be supplemented with a Phase 2 land-based, outdoor program, and Phase 1 Virtual Training
- Online coaching continues to be pre-sanctioned in accordance with prescribed protocols

Where?

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

How?

- Athletes and coaches separated into small, self-contained training groups or teams, 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
- Spectators (excluding parents or guardians where necessary for athlete support) are not permitted in the training environment

Appendix 11: Example Physical Distance Pool Diagram

Example Physical Distance Pool Diagram: Stationary & Technical Skills Setup

25m Pool. Numbers per lane may vary depending on pool size. See also Appendix H of the [Lifesaving Society Guide to Reopening Pools and Waterfronts](#) on groups organizational model and calculation for estimated space allowed per swimmer



