



ONTARIO ARTISTIC SWIMMING

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





Framework for Return to Artistic Swimming Activity in Ontario: Version 3 (2020-21 Programming)

15 August 2020



Table of Contents

1. LEGAL DISCLAIMER	4
2. INTRODUCTION	5
WHO TO CONTACT?	6
ACKNOWLEDGEMENTS	6
REVISIONS	6
DEFINITIONS	7
COVID-19 AND POOL SAFETY	8
THE PRINCIPLES OF RETURN TO ARTISTIC SWIMMING ACTIVITY	9
3. REQUIREMENTS FOR RETURN TO ARTISTIC SWIMMING ACTIVITY	10
4. RISK ASSESSMENT	11
5. INDIVIDUAL HEALTH	12
YOUNGER PARTICIPANTS (UNDER 18 YEARS OF AGE)	13
RESOURCES	14
6. DECLARATION OF COMPLIANCE: COVID-19	14
7. ATTENDANCE AND ATTESTATION OF ALL PARTICIPANTS	14
8. SETTING UP A SAFE TRAINING ENVIRONMENT	15
KEY PRINCIPLES	15
UNDERSTANDING THE COVID-19 RISK	15
PHYSICAL DISTANCING	16
GATHERING SIZE	16
“GET IN, TRAIN AND GET OUT”	17
GOGGLES	17
HYGIENE	17
EQUIPMENT CLEANING	18
SAFE SPORT	18
MASKS	19
ATTENDANCE REPORTING PROTOCOLS	19
FIRST AID	19
HEALTH AND SAFETY BIN	20
COVID ALERT APP	20
9. COMMUNICATION	20
10. INTRODUCTION OF PHASES	20
A. ELIGIBILITY TO PARTICIPATE IN PROGRAMMING	21
ATHLETES	21
<i>In-water Support</i>	21
<i>Required Forms</i>	21
COACHES	22
<i>Required Forms</i>	22
EXTERNAL EXPERTS OR CONSULTANTS	22
<i>Required Forms</i>	22



OFFICIALS	22
<i>Required Forms</i>	22
B. PHASES OF PROGRAMMING	23
<i>Phase A: Virtual Programming</i>	23
<i>Phase B: Outdoor Programming with Physical Distance of 2m</i>	24
<i>Phase C: Indoor Programming with Physical Distance of 2m</i>	25
<i>Developing Your Training Plan: Competitive (including Novice)</i>	28
<i>AquaGO! and Recreational Programming</i>	29
11. TRAINING GROUP PROTOCOL FOR A CONFIRMED CASE OF COVID-19.....	30
IF SOMEONE DEVELOPS COVID-19 SYMPTOMS WHILE TRAINING	30
RETURN TO TRAINING AFTER HAVING COVID-19.....	31
12. GOVERNANCE	32
13. ONLINE RESOURCES	32
14. APPENDICES	34
APPENDIX 1: COVID-19 RESPONSE COORDINATOR ROLES & RESPONSIBILITIES	34
APPENDIX 2: WAIVER (18 & OVER).....	36
APPENDIX 2: ASSUMPTION OF RISK AGREEMENT (MINORS).....	41
APPENDIX 3: DECLARATION OF COMPLIANCE: COVID-19	46
APPENDIX 4: CODE OF CONDUCT FOR ATHLETES: COVID-19	49
APPENDIX 5: DAILY SELF-ASSESSMENT ATTESTATION TEMPLATE.....	51
APPENDIX 6: FACILITY READINESS EVALUATION CHECKLIST TEMPLATE	52
APPENDIX 7: EMERGENCY ACTION PLAN TEMPLATE	53
APPENDIX 8: EXAMPLE PHYSICAL DISTANCE POOL DIAGRAM.....	57
APPENDIX 9: CAS SAMPLE GRADUAL RETURN TO WATER TRAINING SCHEDULE	58



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

As we enter the 2020-21 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.

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. Policies and procedures outlined by public health and government authorities should always be adhered to when returning to any form of training or competition.

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, program, or service. This document sets out a Return to Artistic Swimming plan for Phase A, virtual training, Phase B, outdoor training with physical distancing, and Phase C, indoor training with physical distancing. No sanction requests for club, in-person social activities or travel 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 and the Return to Artistic Swimming phases will likely have to be adjusted over the coming months to respond to current public health orders and to align with guidelines set by Canada Artistic Swimming (CAS). While we are pleased to see that some recreational facilities are ready for use, we know that facilities are opening up on different timelines across the province, which is a challenge for many of our clubs. We also know that once clubs resume training, there may be further disruptions to our season. Clubs will need to have plans on how they will modify their operations or even stop artistic swimming activity again in response to any localised outbreak at their facilities, within their membership, or in their community.

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 like to thank our coaches, officials and club executive members, who have been engaged throughout the last few months, 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 implementation of each phase of Return to Artistic Swimming activity.

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.

Acknowledgements

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
BC Artistic Swimming
Canada Artistic Swimming
Lifesaving Society
Rowing Canada
Rugby Ontario

OAS would also like to thank our clubs, coaches, officials, athletes, and the artistic swimming community more generally for their support in adhering to the protocols for return to activity in Ontario.

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: 1 June 2020

Version 2: 22 June 2020

Version 3: 10 August 2020



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

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

PPE – Refers to 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

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

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. Requirements for Return to Artistic Swimming Activity

The following measures must be followed by all Organizations while any federal or provincial COVID-19 related public health requirements or Emergency Orders are in place:

- a. Sanction: All Organizations must seek a sanction from OAS prior to the resumption of any artistic swimming program or activity
- b. Risk Assessment: All Organizations must complete the Risk Assessment and Mitigation Checklist tool as part of their return to artistic swimming activity process. Organizations must retain a copy of the completed Risk Assessment and Mitigation Checklist for their records and may be asked to provide it to OAS. Only clubs that have a VERY LOW RISK, LOW RISK, or MODERATE RISK (low-moderate) will receive a sanction to resume artistic swimming activity
- c. 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 resumption of any artistic swimming program or activity and be in place until Ontario achieves and maintains Phase 4 for three (3) consecutive months
- d. Registered: All Individuals participating in sanctioned artistic swimming programs or activity (virtual or in-person) must be registered, with up-to-date contact information entered in the CAS online registration system. This ensures participants are insured to take part in any artistic swimming activity
- e. 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) 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 attestations prior to every in-person training session
- f. 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



- g. 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
- h. 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
- i. Symptoms: Any Individual answering “yes” to any of the Government of Canada COVID-19 self-assessment tool questions or the COVID-19 Daily Self-assessment Attestation (available in the Appendices below) may no longer participate in the program or activity until such time as test results are received and they are cleared by their local Public Health unit to do so
- j. 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
- k. Reporting: All Organizations delivering sanctioned, in-person artistic swimming programs or activity must report any investigated or confirmed case of COVID-19 through the OAS Illness or Injury Form
- l. No Travel: Until further notice, OAS will not accept sanction requests for travel. Individuals should not seek artistic swimming opportunities outside the Organization(s) with which they are registered. Organizations assume all risk and liability should they facilitate any travel involving their participants
- m. No Social Activities: Until further notice, in-person social activities will not be sanctioned or covered under the OAS insurance policy. Organizations assume all risk and liability should they facilitate any social activities involving their participants
- n. 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.

4. Risk Assessment

All Organizations need to assess and mitigate the risks of returning to training. Organizations must complete the Risk Assessment and Mitigation Checklist tool created by Own the Podium as part of their return to artistic swimming activity process. The Risk Assessment tool can be found on the [Canada Artistic Swimming \(CAS\) COVID-19 Resources](#) page under Return to Sport. A unique risk assessment must be completed for each training facility

The Risk Assessment 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 status in their community with reference to local daily situation reports provided by local public health units. 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 Organization and its participants as they prepare to return to artistic swimming activity

Organizations must retain a copy of the completed Risk Assessment and Mitigation Checklist for their records. Copies of the risk assessment(s) must be retained for a minimum of two (2) years

Only Organizations that have a VERY LOW RISK, LOW RISK, or MODERATE RISK (low-moderate) will receive a sanction from OAS to resume artistic swimming activity.

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 sport 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.

- 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 COVID-19 Daily Self-assessment 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 has:
 - Developed SYMPTOMS of COVID-19 (and where unrelated to pre-existing conditions such as allergies or asthma), including fever or chills, runny nose or nasal congestion, new or worsening cough, difficulty breathing, sore throat or trouble swallowing, nausea, vomiting, diarrhea, loss of smell or taste, muscle or joint aches, headache, or conjunctivitis (commonly known as pink eye)
 - Returned from TRAVEL outside of Canada
 - Had CLOSE CONTACT with:
 - Someone who returned from travel outside of Canada in the last 14 days and who is experiencing symptoms or signs of COVID-19
 - Someone who is experiencing symptoms or signs of COVID-19
 - Someone with a confirmed case of COVID-19, or is being investigated for a case of COVID-19
 - Been notified by their local Public Health unit that they may have been exposed to COVID-19 and need to self-isolate

- Individuals experiencing symptoms or signs of COVID-19 should call their local Assessment Center for guidance on testing and self-isolating. Testing is recommended for anyone with symptoms or signs of COVID-19, even mild ones. Individuals should not attend an in-person artistic swimming program or activity until test results are received and they are cleared by their local Public Health unit to do so
- If the test for COVID-19 is NEGATIVE, the individual may seek documentation from their primary health care provider that confirms the illness is not COVID-19 and they may return to training when symptom-free for 48-hours
- Self-isolation is also recommended for Individuals who have had CLOSE CONTACT with someone who is experiencing symptoms or signs of COVID-19 (e.g. household members). It is expected that the symptomatic person is getting tested. Such Individuals should not attend an in-person artistic swimming program or activity until test results are received and they are cleared by the Public Health unit to do so
- 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
- Individuals who experience COVID-19-like symptoms, which 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
- 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 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 “self” health check on training day
 - 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 about COVID-19:

- [You were tested for COVID-19: What you should know](#)
- [Physical Distancing](#)
- [How to Self-isolate](#)
- [COVID-19: Non-medical Masks and Face Coverings](#)
- [How to Wash Your Hands](#)
- [How to Self-monitor: COVID-19](#)

6. Declaration of Compliance: COVID-19

The OAS Declaration of Compliance: COVID-19 must be completed by athletes (or their parents or guardians), coaches, officials, and other participants no more than 7 calendar days before the start of programming. The form must be submitted in hard copy to the Organization's Designated COVID-19 Response Coordinator, who will review the form to ensure it is signed and completed properly and follow up with the participant with any questions.

7. Attendance and Attestation of All Participants

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. This helps with communication and to track and trace any community transmission in the case of a confirmed COVID-19 case or outbreak

Attendance is to be recorded as part of a daily check-in process for participants that also includes completion of a COVID-19 Daily Self-assessment Attestation. Organizations must facilitate the completion and retention of participant attestations BEFORE every in-person training session. All adult participants must complete the attestation for themselves, while a parent or guardian must complete the attestation on behalf of a participant under 18 years of age

Many public recreational facilities will also be completing some form of participant attestation upon entry however this information may not be made available to the Organization in the event of a claim of negligence. Rather than rely on someone else for their due diligence, OAS has taken the decision to require all Organizations to complete a COVID-19 Daily Self-assessment Attestation, recognizing that this may involve a duplication of effort for many clubs



A template COVID-19 Daily Self-assessment Attestation is set out below. This may be used or retained in hard copy or collected online through a program such as Survey Monkey. Any participant that answers YES to any of the questions may no longer participate in the program or activity until such time as test results are received and they are cleared by their local Public Health unit to do so

Organizations may also choose to take the temperature of all participants to check for fever (higher than 37.8 degrees Celsius) as part of the attendance and attestation process.

8. Setting Up a Safe Training Environment

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

Understanding the COVID-19 Risk

The virus that causes COVID-19 spreads in several ways. It can spread in droplets when a person coughs, sneezes, or exhales through their nose or mouth including while swimming. The risk of droplet transmission increases the closer you come to other people, the more time you spend with them, and the more people you come near. Further, the risk of droplet transmission between individuals participating in sport in an indoor setting is significantly higher

COVID-19 can also spread if a person touches a contaminated surface and then touches their face without washing their hands. The risk of surface transmission increases when many people contact the same surface and when those contacts happen over short periods of time. The virus does not enter the body through skin; it enters through the eyes, nose or mouth when a person touches their face. This is why regular hand hygiene and cleaning of high-touch surfaces are so important.



For all in-person activities, the following factors must be considered and reasonably controlled:

- The number of individuals present at any one time
- The duration of in-person activities
- The ability to maintain physical distancing between any two individuals
- The number of shared touch points within short periods of time.

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.)
- Participant equipment should be spaced out to maintain physical distancing
- Coaches to create distance between athletes when explaining drills or providing feedback
- In-person training group or team meetings should be brief. Where greater communication is needed, clubs and coaches should consider other options such as video conferencing
- 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
- Clubs to use telephone or video conferencing for meetings between coaches and parents or guardians.

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 public health, government 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)
- 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
- Participants should avoid carpooling with people from outside their household, where possible
- 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 Individual, 18 years of age or older, prior to pick-up
- 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
- Until all government restrictions are lifted, use of changerooms is restricted to use of washroom facilities only. Individuals should arrive and leave in the attire required to participate in the artistic swimming activities
- 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.

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 storing 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. All equipment should be taken home and cleaned thoroughly after each training session
- 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
- There should be no use of facility lockers or storage for athlete equipment or personal items
- There should be no lost and found. All items left behind should be disposed of.

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](#)
- Clubs to post and maintain a log to track cleaning and disinfecting activities, which should be retained by the COVID-19 Coordinator
- 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 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

Masks

It is the responsibility of all Organizations to review and understand any policies and requirements imposed by public health, government authorities, and facility operators on the use of masks. OAS recommends, for regions where mask and face covering bylaws are not already in place, that all participants in artistic swimming activity wear a mask or face covering upon entry, and while remaining within indoor spaces, and in outdoor settings where physical distancing of 2 metres (6 feet) will not or cannot be maintained. Participants that are engaging in intense physical activity are exempted from requiring a mask or face covering. Masks or face coverings 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](#).

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 to follow-up with all Individuals to determine the reason for any unplanned absences and whether the absence is due to illness.

First Aid

For land-based training activities that take place where a lifeguard is not present, at least one individual, 15 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.



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 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.

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

9. Communication

A robust return to training plan that includes regular communication and education with key stakeholders including athletes, 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.

10. Introduction of Phases

This Framework is structured around mitigating risk through four (4) Phases of gradual 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.

A. Eligibility to Participate in Programming

Athletes

Ages 9 and over (born in 2012 or earlier) with the following conditions:

- Athletes do not need physical manipulation by the coach
- Coaches are instructing from the deck and not in the water with the athletes
- Athletes can use learning aids safely and independently in deep water with supervision from the deck

Ages 5 to 8 (athletes born in 2013 to 2016) with the following conditions:

- The facility where the Organization plans to deliver the artistic swimming program or AquaGO! is allowing or delivering swimming lessons to participants of the same age OR is in Phase 4 as identified by the Lifesaving Society of Canada

Athletes may be registered at any point during the 2020-21 season at the Organization's discretion. Information on athletes registered after the September 30, 2020 deadline must be entered into the CAS CAS online registration system within 30 calendar days following acceptance.

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.

Required Forms

Athletes (or their parents or guardians) must submit the following forms to their clubs prior to the resumption of artistic swimming activity:

- Declaration of Compliance: COVID-19
- Waiver or Assumption of Risk (minors) and Consent for Emergency Medical Treatment
- Code of Conduct for Athletes: COVID-19



- Concussion Code of Conduct for Athletes
- Pre-registration Health Survey for Athletes
- Photograph and Information Permission Form
- Agreement to Receive Electronic Communications

Coaches

CAS-registered coaches in good standing who have met all the requirements of the CAS Coach Registration and Certification Policy

Required Forms

Coaches must submit the following forms to their clubs prior to the resumption of artistic swimming activity:

- Declaration of Compliance: COVID-19
- Waiver or Assumption of Risk (minors) and Consent for Emergency Medical Treatment
- Concussion Code of Conduct for Coaches

External Experts or Consultants

External experts or consultants engaged to instruct athletes in skills such as swimming, diving, flexibility, strength training, yoga, Pilates, mental training, etc. must either provide a certificate of insurance, or be registered by the Organization as an Associate Registrant in the CAS online registration system

External experts or consultants must be provided with a copy of the CAS Conduct Policy and have met the requirements of the CAS Screening Policy as a “Designated Person” prior to participation in artistic swimming activity

Required Forms

External experts or consultants must submit the following forms to the Organization prior to the resumption of artistic swimming activity:

- Declaration of Compliance: COVID-19
- Waiver and Consent for Emergency Medical Treatment

Officials

CAS-registered officials in good standing who have met the requirements of the CAS Screening Policy

Required Forms

Officials must submit the following forms to OAS prior to the resumption of artistic swimming activity:



- Declaration of Compliance: COVID-19
- Waiver and Consent for Emergency Medical Treatment
- Conflict Declaration
- Official Availability Form

B. 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 2020-21 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 2020-21 season

What?

- Virtual programming must be designed to comply with all CAS and OAS requirements for virtual training
- Activities must be low-risk: Acrobatic movements, head stands, 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 of 2m

The recommended first step in return to artistic swimming activity is outlined below. Organizations are not required to start their return to in-person activity at Phase B with an outdoor program. However, OAS encourages clubs to be creative and consider providing programming that allows 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. Organizations must submit a sanction request and have their request approved in writing by OAS prior to resuming activity

Who?

- Individuals registered with OAS for the 2020-21 season, including:
 - CAS-registered 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 met the requirements set out in Eligibility, above
 - Athletes registered for the 2020-21 season who 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 of at least 2 metres (6 feet) 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
- Gradual return to the water where outdoor pool facilities are available. Organizations should consult the CAS Sample Gradual Return to Water Training Schedule and design a program that reflects the age and ability of the athletes and the amount of pool time available
- “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. Acrobatic movements or head stands 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

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
- 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 of 2m

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

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.



Who?

- Individuals registered with OAS for the 2020-21 season, including:
 - CAS-registered 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 registered for the 2020-21 season who 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 of at least 2 metres (6 feet) always maintained. Consideration may need to be given to further distancing dependent on the exertion level of the activity
- Gradual return to the water. Organizations should consult the CAS [Sample Gradual Return to Water Training Schedule](#) and design a program that reflects the age and ability of the athletes and the amount of pool time available
- “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



Developing Your Training Plan: Competitive (including Novice)

This 2020-21 competitive season offers a tremendous opportunity to be innovative and creative and to design programming that focuses on developing skills for the long-term development of the athlete. We should all understand the impact the COVID-19 pandemic has had on everyone, and that our return will be gradual. What was an athlete's desire and objective prior to the pandemic may have changed, and a greater importance should be placed on being physically active, social interaction, and an athlete's emotional well-being.

Goal Setting

This is the perfect time for athletes and coaches to re-establish their goals. Even with no in-person competition on the horizon, reflecting, remembering, and recommitting to the "why" or reason for training and competing can help keep participants positive and motivated while adapting to current restrictions. Athletes at all levels should be encouraged to focus on setting some internal goals (goals that are just about them) that won't be jeopardized by things out of their control.

Time to Training

We should all recognize the potential health implications of reduced training volumes experienced during the COVID-19 pandemic. Detraining or deconditioning will occur after even short periods of inactivity, or reduced activity relative to previous participation. Many of our 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. The CAS Sample Gradual Return to Water Training Schedule for is provided in the Appendices below for guidance.

First Five (5) Weeks (for athletes that have not participated in pool-based activity since March)

Coaches should structure this gradual return based on the specific factors of the age and ability of the athletes and the amount of pool time per week. Return to training should be a gradual process that will take place over a period of several weeks (and months). This is an important step in physically preparing athletes for the rigours of more intense artistic swimming activity, and reducing their risk of injury

- Swimming lengths
- Stationary, in-water technical drills with distancing and no travelling. See Physical Distance Pool Diagram and resources in Appendices below
- No underwaters or drills requiring athletes to hold their breath for an extended period of time



Week Six (6) Onwards

Once athletes have been gradually returned to the water, programs may begin to design their activities within the following guidelines:

- Swimming lengths
- Stationary, in-water technical drills with distancing and no travelling. See Physical Distance Pool Diagram and resources in Appendices below
- Team routine training that has been modified to avoid physical contact between athletes and is physically distanced by 2 metres
- 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
- Routine training may not include any lifting, holding, or other physical contact. Organizations assume all risk and liability should they facilitate any routine training that includes lifting, holding, or other physical contact involving their participants

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

OAS is 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.

AquaGO! and Recreational Programming

AquaGO! and recreational programs must be delivered in a way that:

- Adheres to physical distancing requirements
- Limits touch points between any two people



Organizations may choose to permit 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. 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! or Recreational, as applicable, to ensure they are insured to take part in artistic swimming activity.

11. 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 is suspended indefinitely
- The local Public Health unit will provide direction on testing and isolation of the ill Individual and participants within the training group
- Organizations should not provide notification to participants or their families if someone in the training group becomes ill at home or during practice, including if they display signs or symptoms of COVID-19, unless directed by Public Health to do so
- Any investigated or 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 investigated or 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 have been cleared by Public Health to do so

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 a 2-metre distance 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 self-isolate and consult with their Public Health unit 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
- 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
- The local Public Health unit will provide any further 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 have been cleared by Public Health to do so.

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:

- a. Self-isolate for at least 14 days;



- b. Be symptom-free for at least 48-hours; and
- c. Have written clearance to participate in artistic swimming activity from a medical professional.

12. 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 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](#).

13. 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)



14. Appendices

Appendix 1: COVID-19 Response Coordinator Roles & Responsibilities

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 updated on policies and procedures outlined by public health and government 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 a detailed cleaning log is posted and retained to track cleaning and disinfecting activities
- 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
- Communicating with club managers and coaches on any training restrictions or recommendations
- 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 agency 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 the local public health unit for contact tracing, infection control, etc.



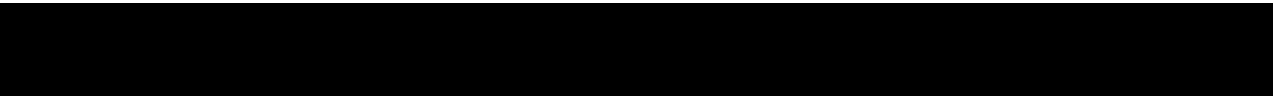
- Reporting any suspected or confirmed cases of COVID-19 through the OAS Injury or Illness Report Form
- Collaborating and coordinating with facilities in the instance that any new COVID-19 cases arise
- Modifying, restricting, postponing, or cancelling return to training due to an evolving COVID-19-related 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.



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 2: 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 3: Declaration of Compliance: COVID-19

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 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.

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

6) The Participant has not had close contact (i.e., face-to-face contact within 2 metres (6 feet) without use of appropriate personal protective equipment) with someone who is ill with COVID-19 symptoms. If so, date of last exposure: _____

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 in the past 14 days.

8) 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.

9) 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.

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, 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.

11) The Participant will follow the safety, physical distancing and general hygiene protocols issued by the provincial government, provincial health officials and the Organization.

12) If the Participant repeatedly or intentionally violates the Organization's safety, physical distancing or hygiene protocols, they will be removed from sport immediately.



- 13) The Participant understands that a representative of the Organization will submit an incident report through the Ontario Artistic Swimming OAS Injury or Illness Report Form if COVID-19 is investigated or confirmed.

- 14) 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.

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 4: Code of Conduct for Athletes: COVID-19

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 OAS Injury or Illness Report Form if COVID-19 is investigated or 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 5: Daily Self-Assessment Attestation Template

Daily Self-Assessment Attestation Template

All participants (or their parents or guardians if under 18 years) must complete the self-assessment checklist below EACH DAY before practice

Common COVID-19 symptoms:

- Fever (higher than 37.8 degrees Celsius) or chills
- Runny nose or nasal congestion
- New or worsening cough
- Difficulty breathing
- Sore throat or trouble swallowing
- Nausea, vomiting, or diarrhea
- Loss of smell or taste
- Muscle or joint aches
- Headache
- Conjunctivitis (commonly known as pink eye)

In the last 14 days, have you:

- Developed SYMPTOMS or felt unwell?
- Had CLOSE CONTACT with:
 - Someone with COVID-19-like symptoms?
 - Someone with a confirmed case of COVID-19?
 - Someone who has returned from TRAVEL outside of Canada and has developed SYMPTOMS or feels unwell?
- Returned from TRAVEL from outside of Canada?

If YES to any of the questions above, you must:

- Stay home and self-isolate
- Report your absence and inform the COVID-19 Response Coordinator that your absence is possibly COVID-19 related
- Call a local Assessment Centre to get tested for COVID-19 and follow the direction of Public Health



Appendix 6: Facility Readiness Evaluation Checklist Template

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 limitations are in place in relation to gathering sizes?
- In multi-use facilities, are gathering sizes limited for each space?
- 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 is 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)
- Will staff be wearing PPE? Are users expected to wear PPE?
- What protocols are in place for First Aid or water rescues?
- How 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 7: 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 <u>OAS Injury or Illness Report Form</u> and any required facility accident incident report</p>

COVID-19 Emergency Action Plan

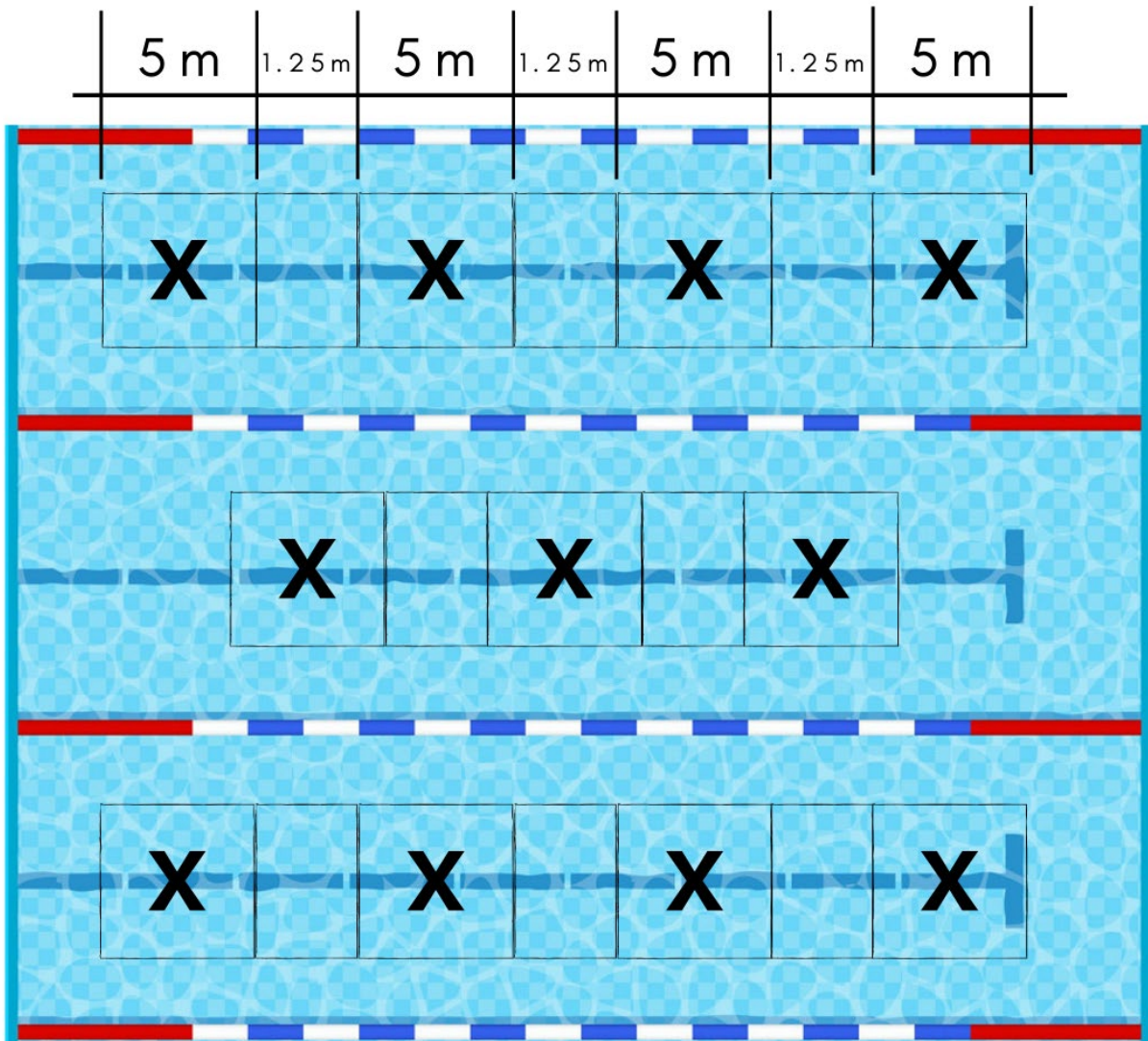
Training group protocol for suspected or confirmed case of COVID-19

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 or Illness Report Form</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>

Appendix 8: 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



APPENDIX 9

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 9

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

