

ATHLETE COVID-19 CODE OF CONDUCT

(Note: Athletes 13-17 years of age will sign in addition to Parent or Guardian)

I will help prevent COVID-19 infections by:

- Staying home when I feel sick
- Staying away from people who are coughing, sneezing or sick
- Washing my hands thoroughly and often with soap and water, and always 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 any items including food, water bottles, towels, nose clips, goggles or swim caps.

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

- I will not make a false report of COVID-19 or COVID-19 symptoms
- I understand that I will be removed from sport immediately if I do not follow the guidelines of Saskatchewan Artistic Swimming (SAS) and Saskatchewan Health, including but not limited to the guidelines for isolation/quarantine, physical distancing and hygiene
- 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.

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. This person notifies the COVID-19 coordinator.
- 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.

By signing, I acknowledge that I have reviewed and commit to follow strictly this COVID-19 Code of Conduct. Failure to abide by this Code of Conduct may result in my removal from sport.

Athlete Name: _____
(please print)

Club: _____

Signature: _____
(Athlete if 13 and over)

Date: _____

Signature: _____
(Athlete's Parent/Guardian must also sign if athlete under the age of 18)

Date: _____