



COVID-19 SASKATCHEWAN RETURN TO ARTISTIC SWIMMING GUIDELINES

Version 1– August 12, 2020

LEGAL DISCLAIMER

Saskatchewan Artistic Swimming (SAS) has prepared this document based on return to sport guidelines provided by Canada Artistic Swimming which included the latest information available to date from third-party sources, including the World Health Organization and local public health authorities.

This document is meant to provide information and guidance as to best practices based on current information. Each club is however responsible for assessing the risks in its particular environment and establishing the appropriate safety procedures to minimize those risks, while following the advice and instructions of public health and government authorities.

Additionally, it is an individual's responsibility for assessing their personal risks in consultation with medical professionals and for the outcome of their decisions and actions.

Each sport organization should comply with the requirements of the provincial and local government and health officials in terms of public gatherings and sporting events when determining when it is safe to return to activities. Nothing in this document is intended to provide legal advice. Do not rely on this document or treat it as legal advice.

The document will be updated as the situation evolves and as more information comes available. Revisions will be posted here.

Version 1: August 11th, 2020

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INTRODUCTION

Saskatchewan Artistic Swimming (SAS) is committed to a safe and healthy return to artistic swimming activity for all participants. The resumption of aquatic sport activities will be a complex process, and the priority at all times must be to keep each other safe from COVID-19. As Saskatchewan begins to reopen for business after weeks of isolation due to the COVID-19 pandemic, it is important for clubs to have a well-constructed plan for returning to the pool.

This document is meant to provide information and guidance to clubs, coaches and the artistic swimming community more generally on best practices based on current information. Policies and procedures outlined by provincial and municipal governments and public health agencies should always be adhered to when returning to any form of training. The document focuses on 'how' the reintroduction of sport activity will occur in a cautious and methodical manner from an athlete, coach, and club perspective.

This framework for return to artistic swimming activity applies to any recreational or competitive club that delivers artistic swimming programs in Saskatchewan and is registered with SAS. An approved sanction is required prior to the resumption of any in-person artistic swimming activity (Fill out Appendix 5). This document sets out a Return to Activity Plan for in-pool training with physical distancing (with a recommendation of supplementary land training to fill in the gaps). No sanction requests for club, in-person social activities will be accepted by SAS at this time. The next step is for clubs to develop their specific strategies and plans. September 1, 2020 will be the earliest that sanction requests will be granted, assuming the provincial guidelines allow us to move forward.

The situation and information around COVID-19 continues to change quickly. We know that facilities will open up on different timelines across the province. We also know that once clubs resume training, they may have to modify or even stop artistic swimming activity again as the province or municipalities adjust restrictions due to localized outbreaks or a second wave of infection. This will be frustrating to clubs and coaches, who are anxious to get their athletes back in the water to train and compete.

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

SAS would like to thank Canada Artistic Swimming, and Ontario Artistic Swimming who provided us with very thorough research for us to include in our document.

We are stronger together.

Kathleen Reynolds
Executive Director

Shaelynn Thiessen
Technical Director

Laurie Wachs
High Performance Director

Lenore Lindquist
President

GENERAL COVID-19 INFORMATION

COVID-19 is a type of coronavirus mostly found in animals, but when humans become infected, symptoms can range from mild to severe depending on a number of variables. The World Health Organization declared COVID-19 a global pandemic on March 11, 2020. Tragic consequences of this virus are being experienced around the world, including within Canada. There are many ongoing challenges for all of us to manage, and for our Canadian artistic swimming community, a safe and responsible return to artistic swimming is paramount. It is critical that everyone understands that COVID-19 can be spread prior to the onset of symptoms.

TRANSMISSION

COVID-19 is highly transmissible from person-to-person. The virus is primarily spread between people during close contact, most often via small droplets produced by coughing, sneezing, and talking. The droplets usually fall to the ground or onto surfaces rather than travelling through air over long distances. People catch COVID-19 by touching these objects or surfaces (fomites), then touching their eyes, nose, or mouth. People can also catch COVID-19 if they breathe in droplets from a person with COVID-19. The virus can persist in the air for up to three hours and on a variety of surfaces for up to 5 days (plastics and steel showing some of the longest times). The virus is most contagious during the first three days after the onset of symptoms, although spread is possible before symptoms appear (pre-symptomatic), and can even be spread from people who may not show symptoms (asymptomatic). Common symptoms include fever, cough, fatigue, shortness of breath, and loss of smell and taste. While most cases result in mild symptoms, some may progress to acute respiratory distress syndrome, multi-organ failure, septic shock, and blood clots. The time from exposure to onset of symptoms is typically around five days but may range from two to fourteen days, one of the factors making this such a hard disease to monitor and control.

Additional Information:

[Government of Canada: COVID-19](#)

[World Health Organization: Coronavirus](#)

[CDC: What you should know about the Coronavirus to protect yourself and others](#)

GOVERNMENT AND PUBLIC HEALTH INFORMATION

The timing of progression for the resumption of sport and recreational activity will be regulated by Provincial and Municipal Government's restrictions and guidelines, which will be influenced by any evidence of transmission issues within a local community. Localized outbreaks may require Provincial Sport Organizations and clubs to restrict, postpone, or cancel return to training, and all clubs must be ready to respond accordingly. The timeline for reopening will vary depending on the jurisdiction and not all Provinces and clubs will resume operations simultaneously. One representative in the organization should be designated to monitor provincial and local government websites for daily updates or changes to health guidelines.

SASKATCHEWAN PROVINCIAL HEALTH GUIDELINES

Phases of Re-Open Saskatchewan

Re-Open Saskatchewan will consist of five phases. The timing and order of the businesses/workplaces included in each phase is subject to change throughout the process based on a continuous assessment of transmission patterns and other factors.

Phase One

- Re-opening previously restricted medical services; opening of golf courses, parks and campgrounds.

Phase Two

- Re-opening retail and select personal care services.

Phase Three – June 8, 2020

- Re-opening restaurants and food services, gyms and fitness centres, licensed establishments and child care facilities; re-opening remaining personal care services; re-opening places of worship; increasing indoor public and private gatherings to 15 people and outdoor gatherings to 30 people.

Phase Four

- Re-opening indoor and outdoor recreation facilities; increasing the size of indoor public and private gatherings to 30 people.
- **Part I – June 22, 2020**
 - Child and youth day camps
 - Outdoor pools and spray parks
 - Seasonal/recreational outdoor sports and activities
- **Part II – June 29, 2020**
 - Museums
 - Movie Theaters
 - Galleries
 - Libraries
- **Part III – July 6th, 2020**
 - Indoor pools
 - Indoor rinks
 - Casinos
 - Bingo halls

Phase Five – Date TBD

Consider lifting long-term restrictions.

[Re-Open Saskatchewan Plan](#)

Contact Tracing App

Consider downloading the Contact Tracing App, released by the Canadian Federal Government. This tool can be used as another tool to help with tracing if an incident occurs.

THE ROAD BACK TO THE POOL: STEPS

Step 1: The Province Allows Sport to Start

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

Step 2: Facility or Training Space is Available

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

Step 3: Club Decides to Offer Artistic Swimming Activity

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

- Appoint a Designated COVID-19 Coordinator - a SAS registered coach in good standing, 18 years or older, to be in charge of each training session, who will be responsible for taking attendance, storing documents, supervision and enforcement of physical distancing and personal hygiene protocols.
- Complete the Club Risk Assessment Tool for Return to Sport that can be found in Appendix 1. Only clubs that have a VERY LOW RISK, LOW RISK, or MODERATE RISK will receive a sanction to resume artistic swimming activity.
 - Clubs must retain a copy of the Risk Assessment and Mitigation Checklist (found with the risk assessment tool)
- Confirm they have read the PSO Return to Sport plan and agree to comply with its requirements
- Update their Emergency Action Plan for each facility or training space (this might be done by your facility).
- Submit a sanction request to SAS clearly identifying the intended artistic swimming activities they want to operate.
- Ensure all coaches, athletes and volunteers:
 - Are registered in accordance with CAS and SAS policies and contact information is up-to-date. Registration ensures participants are insured to take part in any artistic swimming activity.
 - Are participating in activity that is sanctioned by CAS or the PTSO.
 - Have signed the proper forms for the appropriate age (all attached in the appendices):
 - Declaration of Compliance, Coach/Athlete COVID-19 Code of Conduct, Informed Consent and Assumption of Risk Form, Release of Liability.
- Parents of Younger Athletes:
 - Must consider carefully whether their child is able to follow directions about social distancing and personal hygiene practices before registering them for artistic swimming activity.
 - Parents must sign ALL required documents on behalf of the participant. Participants between 13-17 must have a parent/guardian co-sign.

Step 4: Artistic Swimming Activity Can Start

- Participants to monitor for symptoms of COVID-19 by completing a “self” health check on training days – must also have a plan in place for managing a suspected or confirmed COVID-19 Case.
- Clubs to ensure training plans comply with all public health and facility requirements.

PSYCHOLOGICAL IMPLICATIONS OF RETURNING TO SPORT

Checking in on an athlete's or coach's mental health is just as important as checking in on their physical health. Here are a few phases that an individual might go through while they begin to get back to sport, and what to focus on with each phase:

- Phase 1: Managing Emotions – keep expectations low and focused on reconnecting the athletes with each other and their training environment. Mental fatigue is likely with coaches and athletes returning to sport given the stress of adhering to new guidelines.
- Phase 2: Making sense of the situation – it is likely that athlete's commitment and motivation may have been affected during quarantine and their time away, keep in mind that athletes will return to sport at different levels of readiness. Some will be ready to go back to their pre quarantine training; others could be questioning why they are back if the pandemic isn't over.
- Phase 3: Mobilizing energy and efforts – in this phase athletes should return to focusing on performance. Short term goals should be in pursuit of long term goals. Gradual training is key in avoiding injury after being away.

For more information, please read the article [The Psychological Implications of Returning to Sport Post Isolation](#) by Lori Dithurbide.

COVID-19 AND POOL SAFETY

ARE SWIMMING POOLS SAFE?

COVID-19 has a fragile lipid outer membrane, and is therefore highly susceptible to soaps and oxidants, such as chlorine³. 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.

CDC4: [Water and COVID-19 Facts](#)

Myrtha Pools: [COVID-19 Swimming Pool Study](#); Professor Vincenzo Romano Spica, (Professor of Hygiene at the University of Rome "Foro Italico")

HEALTH MONITORING

Individuals should not participate in artistic swimming programs or any activity if, in the last 14 days, the individual, or anyone in their household has:

- Experienced symptoms or signs of COVID-19, even if mild (including fever, sore throat, dry cough, fatigue, chills and body aches, shortness of breath, chest pain, diarrhea, pink eye, or loss of smell or taste)

- A confirmed case of COVID-19, or are waiting to hear the results of a lab test for COVID-19
- Had close contact with someone who has a suspected, or confirmed case of COVID-19
- Been told by public health that they may have been exposed and need to quarantine
- Have travelled to or had a lay-over in any country outside of Canada
- Have travelled from another province in Canada (if the province requires a period of quarantine following travel from another province)

QUARANTINE (SELF-MONITORING) VS HOME ISOLATION

QUARANTINE (SELF-MONITORING)

- Quarantine for 14 days if you have **no symptoms** and **any** of the following apply:
 - You are returning from travel outside of Canada (mandatory quarantine)
 - You had close contact with someone who has or is suspected to have COVID-19
 - You have been told by the public health authority that you may have been exposed and need to quarantine

HOME ISOLATION

- You must isolate if **any** of the following apply:
 - You have been diagnosed with COVID-19,
 - You are waiting to hear the results of a lab test for COVID-19
 - You have symptoms of COVID-19, even if mild
 - You have been in contact with a suspected, probable or confirmed case of COVID-19
 - You have been told by public health that you may have been exposed to COVID-19
- Notify your doctor or local health department by phone, as testing may be indicated
- Remain at home except to get urgent medical care; cancel non urgent appointments
- Do not go to work, school, pool or other public places
- Do not use public transport
- Monitor your symptoms and seek medical attention if you are having difficulty breathing, are unable to drink fluids or if your illness is significantly worsening
- Wear a face masks when around others, particularly when physical distancing cannot be maintained
- Separate from household members, at least 2 meters at all times
- Do not have visitors
- Stay in a well-ventilated room (open windows) and use your own bathroom if possible
- Sanitize common use surfaces frequently; maintain excellent hand hygiene
- If close contacts are vulnerable in terms of their health, consider alternative accommodations
- Avoid sharing household items

DESIGNATED COVID-19 COORDINATOR

All clubs must appoint a designated COVID-19 Coordinator and submit their name to SAS on the sanctioning form in Appendix 5. The roles and responsibilities of the COVID-19 Response Coordinator include:

- Keeping updated on policies and procedures outlined by provincial and municipal governments and public health agencies, and monitoring local daily situation reports
- Working with local facilities to comply with all public health and facility requirements
- Ensuring an Emergency Action Plan is current and complete for each training facility – this may be done by the facility (know what your role is in an Emergency Situation)
- Ensuring a Health & Safety Bin that includes alcohol-based hand sanitizer and Personal Protective Equipment (PPE) is available at each training facility (depending on what your facility provides or requires you to have – the club may have to purchase your own). Masks, face shields, hand sanitizer, etc.
- Communicating with club managers and coaches on any training restrictions or recommendations
- Implementing an attendance process at every practice to help with communication if a suspected or confirmed case of COVID-19 is reported (and retaining these copies for insurance purposes)
- Ensuring training group size complies with public health agency guidelines
- Ensuring signage is in place so that all risk mitigation measures are easy to follow
- Being responsible for responding to COVID-19 concerns. Everyone in the club should know who this person is and how to contact them
- Being the primary contact for participants to self-report COVID-19 symptoms or exposure
- Liaising with the local public health unit for contact tracing, infection control, etc.
- 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
- Removing participants who feel unwell from further training.
- Immediately separating (isolating) staff, patrons, or swimmers with COVID-19 symptoms (for example, fever, cough, or shortness of breath).
- Reporting any suspected or confirmed cases of COVID-19 as directed by Public Health.
- Establishing procedures for safely transporting anyone sick to their home or to a health care provider.

TRAINING GROUP PROTOCOL FOR A POSITIVE TEST

If any athlete or coach tests positive for COVID-19, the following steps must be taken:

- The individual is removed from the training group immediately.
- Training for the training group is suspended and all team members are placed in self-isolation.
- The local public health authority will provide further management recommendations which may include further testing, and contact tracing.
- Any further team members who develop symptoms will be referred to the appropriate health authority or helpline for guidance on testing and appropriate management.

RETURN TO TRAINING AFTER HAVING COVID-19

The decision on when it is appropriate to return to the training environment following a positive COVID-19 test will require medical advice and clearance by a doctor. Recommendations will vary based on a number of factors and may include further testing in some cases.

An athlete's return to sport after a COVID-19 infection requires special consideration prior to resumption of high intensity physical activity. While there is increasing research on the multi-organ nature of COVID-19 in the acute phase, there is currently limited research on medium to long-term complications.

Any athlete, coach, volunteer or staff member who contracted COVID-19 must meet the following minimum criteria prior to returning training environment:

- Be symptom-free for 14 days before participating in artistic swimming programs or activity.
- Have written clearance from a physician.

Group Training can resume if:

- All members undergo self-isolation for 14 days and no other member develops symptoms.
- Once members are cleared by their physician they are able to return to the training (groups do not need to wait for everyone to be clear to resume training).

BUILDING A SAFE RETURN TO SPORT PLAN

ASSESS YOUR SITUATION

- Strictly adhere to the policies and procedures outlined by their provincial and municipal governments, public health agencies and facilities that have been established to ensure a safe environment for all and;
- Complete a detailed Risk Assessment (A sample Risk Assessment tool can be found in Appendix 1) to determine what the risk factor is (high-medium-low) for a return to artistic swimming in your specific jurisdiction and situation and;
- Know and follow guidelines for the number of people allowed in the facility at one time and other physical distancing requirements determined by health authorities and the facility and;
- Communicate with venue operators in advance of restarting about what their cleaning and physical distancing strategy is and how you can help implement and contribute to a safe and clean environment

FACILITY OPERATIONS

Flow and Physical Distancing - Adopt a “Get in, train and get out” Approach

Physical distancing is proven to be one of the most effective ways to reduce the spread of illness during an outbreak. In Canada, as physical distancing measures remain in force, individuals are required to maintain a minimal physical distance of 2 m (6 feet) between individuals at all times.

The recommended distances when training and exercising are larger. A recent study by a Belgian and Dutch group looked at air flow and particles when exercising. On the basis of these lab controlled (no prevailing wind etc.) results the scientist advises that for walking the distance of people moving in the same direction in 1 line should be at least 4-5 meters, for running and slow walking it should be 10 metres and for hard biking at least 20 metres. Also, when passing someone it is advised to already be in a different lane at a considerable distance e.g. 20 metres for biking.

“The greater volume and rate of breathing that occurs during exercise has the risk of spreading droplets farther,” Levine says. He doesn’t have actual data, but says, “I think it’s reasonable [to increase social distancing] based on the known changes in breathing during exercise.”

The number of participants allowed in a facility at any given time must follow the venue, municipal, provincial and public health restrictions for a maximum number of persons allowed in gathering. The facility and its users must develop a plan for movement of participants in the facility that respects these gathering restrictions.

General Risk Mitigation Strategies Checklist for Physical Distancing

- Drop-off and pick-up of athletes to happen outside the facility according to a set schedule to avoid “congregations” of people during drop off and pick up.
- Establish facility access with one entry point and a separate exit point.
- Post signage that reinforces social distancing and illness prevention measures. (The Public Health Agency of Canada has free posters and handouts available on their website – it is likely that your facility will help with this. Encourage athletes to keep space between bags).
- Multi-use facilities manage access in a way that prevents interaction/cross over between different user groups.
- Develop a facility use schedule that allows adequate time for the required sanitation to be done between each activity/user group and as frequently as necessary to mitigate the risk of COVID-19 spread.
- Close locker rooms; athletes, coaches and others should arrive at the pool dressed and ready to enter the pool (swimsuits under clothes). No use of facility lockers or storage for participant equipment or personal items.
- Prevent use of low ventilated spaces.
- Design planned access to washroom facilities and limit them to essential use.
- Design a planned flow and movement of people in the facility using floor markings and signage (out of the water).
- Planned use (including distancing diagrams and flow patterns) of the pool space to ensure an appropriate physical distance can be maintained at all times (minimum of 2 metres but may need to be greater depending on the exertion level and training being done).
- Markings on the pool deck to identify individual areas for athletes and coaches that respect the physical distancing requirements and provide each individual with their own space and that do not require one individual to walk through another person’s space to get to their space.

CLEANING, HYGIENE AND SANITATION

Surfaces frequently touched with hands are most likely to be contaminated. These include door-knobs, handrails, elevator buttons, light switches, cabinet handles, faucet handles, tables, countertops and electronics. The COVID-19 virus has been shown to last on glass and hard plastics for between 2-5 days, metal for 3-5 days and wood 4 days without washing and sanitizing.

Coronaviruses are one of the easiest types of viruses to kill with the appropriate disinfectant product when used according to the label directions.

General Risk Mitigation Strategies Checklist for Cleaning, Hygiene and Sanitation

- To ensure the disease is killed in swimming pool water aquatic facility operators should ensure water testing takes place as required by regulation or more frequently if required by protocols established by the facility.
- Restrict activities to areas with a high level of ventilation (poor ventilation has been attributed to COVID-19 airborne spread).
- Have available touchless hand disinfection /soap-water stations throughout the facility.
- Develop a facility use schedule that allows adequate time for the required sanitation to be done between each activity/user group and as frequently as necessary to mitigate the risk of COVID-19 spread.
- Ensure all no-touch fixtures in restrooms are working properly (faucets, soap dispenser, hand dryer, toilet flushing functions).
- Have standard operating procedures (SOP) for cleaning and disinfecting that frequently and effectively eliminates any viruses from public spaces and surfaces. Identify high traffic areas and disinfect these areas more frequently.
- A detail cleaning log is kept and posted.
- Ensure easy access (no touch) to garbage cans for disposal of tissues, wipes etc.
- No lost and found. All items left behind are disposed of.
- Disinfect all equipment between user groups (railings, door handles).

CONSIDERATIONS FOR BUILDING YOUR PLAN

The return to artistic swimming should only be initiated once municipal, provincial and federal regulations permit the resumption of this type of activity and with approval from your PSO. All the health, safety and strategies to mitigate risk must be adhered to. This step should involve only one training session per day per training group.

PARTICIPANTS AND GROUP SIZE

- Attention needs to be paid to the ability of participants to be able to follow all of the recommendations, age and level of artistic swimmer should be limited to participants capable of independently adhering to the recommendations and strategies to mitigate risk.
- **The decision of who is swimming and what each club offers is up to the decision of each individual club and their facility regulations.**
- Competitive Ages *Recommended* for Participation:
 - Athletes ages 8 and over (born in 2012 and earlier)
 - Special consideration can be made for 8 year olds joining 10U teams so long as the club thinks that they are capable of swimming without help and understand guidelines that are in place and this isn't their first year swimming.
- Recreation Ages *Recommended* for Participation:
 - Athletes ages 8 and over (born in 2012 and earlier):
 - Coaches are teaching from the pool deck and not in the water with the athletes
 - Participants should be strong enough to swim independently in the water without the help of a coach.
 - Recreation Athletes ages 5-8 (athletes born in 2013-2016) are able to participate in club programs such as AquaGO! or equivalent if the facility is allowing or delivering their own Redcross/Lifesaving swimming lessons

- The club will be required to follow up with their pool and know what their requirements are.
- Redcross/Lifesaving has recommended that with younger athlete's parents will be in the water with the athlete with the coach on land. This is to limit physical touching. Parents would have to register as SAS volunteers.
- Group size must fall within any group gathering limitations that are in effect locally, including any facility group size limitations.

RISK ASSESSMENT

Complete a "Risk Assessment" prior to the start of returning to training and following the completion of each week of training. Ensure any issues or recommendations are actioned before the start of any training. A sample Risk Assessment tool is found in Appendix 1.

EMERGENCY ACTION PLAN (EAP)

Update your EAP to include a COVID-19 facility plans to exit everyone from the venue in a way that respects physical distancing if it is safe to do so. Facilities that employ lifeguards will have an EAP in place which you can reference or request access to at any time.

SAFE SPORT

Your return to sport program must be designed to ensure all aspects of a safe sport environment can be implemented and followed. Open and observable training environments should be maintained at all times, with the Rule of Two applied. This includes any training or communication done virtually.

Additional Resources: Coaching Association of Canada - [Three Steps to Responsible Coaching](#) and Canada Artistic Swimming - [Safe Sport](#)

CONDUCT POLICY

Consider updating your Conduct Policy to include following the communicated protocols/processes for preventing the spread of COVID-19 and the consequences for not following them (for coaches, athletes, parents).

REGISTRATION

Ensure all coaches and athletes are duly registered in accordance with CAS and SAS policies and that all fees have been paid and they have submitted any and all forms required by SAS and/or Club.

CLUB FEES AND REFUND POLICIES

- Consider online payment or no contact payment methods only.
- Develop and communicate (in a virtual meeting and in writing) the payment policies, processes and timelines.
- Determine Refund Policies - If the season is shortened or unable to be completed.
- What fees are refundable and non-refundable?
- Under what circumstances will refunds be provided (e.g. If an athlete contracts COVID-19, If an athlete is unable to practice due to family quarantine) and what kind of documentation will be required?

COMMUNICATIONS

- A return to training plan needs to have a communication strategy and plan that includes regular communication and education with key stakeholders including athletes, coaches and others.
- Communicate early and often.
- Designate a COVID-19 Coordinator – Refer to the Designated COVID-19 Coordinator Checklist on page 10 for more information on what they are in charge of.
- Educate and inform your stakeholders. Host information sessions online prior to restarting to educate all stakeholders - club executives, coaches, athletes, and parents so that they:
 - Are familiar with the risks and how COVID-19 spreads, the steps that participants in artistic swimming activity can take to stay healthy and prevent spreading infection.
 - Clearly understand how the training will be executed and what the expectations are for athletes, coaches and parents, as well as the consequences for not following the policies, guidelines and directives.
 - Understand and commit to the physical distancing rules, and how they will be applied in the venue and during training.
 - Understand and commit to hygiene best practices, and prohibitions on sharing of equipment, water bottles, nose clips, towels, etc.
 - Commit to preventing the spread of COVID-19 by communicating immediately to the COVID-19 Coordinator if they or someone in their family feels sick, or has symptoms of COVID-19.
 - Understand and can execute the Emergency Action Plan.
 - Conduct formal training for all staff, coaches, instructors and volunteers on new procedures and protocols. Provide a check list they can use to assess the training environment before each group enters the facility for training.
 - Keep meticulous logs of users by date and time in case they need to be reached for “contact tracing”.

DAILY INDIVIDUAL HEALTH MONITORING

- All athletes, coaches and anyone else who will take part in artistic swimming training environment (“participants”) should always self-monitor for symptoms of COVID-19. The Government of Saskatchewan COVID-19 Self-assessment Tool is available [here](#).
- Athletes, coaches, and staff must complete a mandatory daily health assessment questionnaire online prior to arriving at the facility and must answer ‘NO’ to the following questions prior to attending any training session: (could be paper, or online questionnaire):
 - Do I have any of the symptoms: cough, shortness of breath, chest pain, difficult breathing, fever, chills, repeated shaking with chills, abnormal muscle pain, headache, sore throat, painful swallowing, runny nose, new loss of taste or smell, gastrointestinal illness?
 - Have I returned from a trip outside the country within the last 2 weeks?
 - Have I been in contact with or cared for someone with COVID-19?
 - Have stayed home when sick, even with mild symptoms
- Temperature check for everyone as part of the visual health check assessment prior to entering the facility is recommended if the facility does not already do this.

- 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.
- Have available on deck, pool side a First Aid kit and Personal Protective Equipment (e.g., gloves, masks, eye protection/face shields, hand sanitizer, paper towel, tissues, etc.) in the case that a minor injury must be managed by the coaches. Each club should make sure that they have access to this.
- Have readily available information about how participants can access the healthcare system virtually, or in person.

TRAINING AND PHYSICAL DISTANCING

- Physical distancing of a minimum of 2 metres must always be maintained at all times in all facility locations, including in the pool.
- Limit the number of people in the facility in accordance with municipal and provincial gathering restrictions.
- Athletes and coaches are to be separated into self-contained training groups or teams, to limit transmission, keep the same group of athletes for each training session.
- The size of training groups will be determined by the available pool space and the ability to maintain the physical distancing that is appropriate for the degree of exertion associated with training.
- An arrival schedule should be developed to coordinate the timing for coach and athlete arrivals. Individuals are to arrive on time at their prescribed arrival time. Coaches could text their athletes when to come in so it is one at a time, but not wasting hours for arrival.
- Athletes must arrive at the pool ready to train (swimsuit under their clothes) and must depart immediately after training “Get in-Train-Get out”.
- Athletes must wear goggles at all times while training.
- Respect and follow facility rules and regulations

TRAINING AND EQUIPMENT USE

- Athletes are not permitted to share any training equipment.
- Ensure athletes use a large enough yoga mat to eliminate contact between them and the pool deck when stretching or warming up.
- A plan needs to be developed for the use of music system during training. Only one individual using their personal I-pod can work the music at a time. All music equipment must be disinfected between users
- Personal items and clothing (backpacks, jackets, shoes, etc.) brought in by athletes, coaches, and staff should be kept to a minimum. Where bags must be brought in, they should be stored separately, with adequate space between each member’s items (re: backpacks left 2 metres apart along pool deck).
- Coaches should not use whiteboards so that swimmers do not congregate around them, unless physical distancing measures can be applied (large board, big printing).

TRAINING AND HYGIENE

- Upon arrival, athletes, coaches, and staff must wash their hands with soap and water or hand sanitizer (>60% alcohol) for at least 20 seconds.
- Avoid touching eyes, nose, and mouth.
- Cover mouth and nose with a disposable tissue or the crease of elbow when sneezing or coughing.

- Do not share food and drinks.
- Do not share water bottles. All water bottles must be easily identifiable. Athletes, coaches, and staff are required to fill their personal water bottles at home, prior to a leaving for the facility unless they have access to a touchless water bottle filler in the facility.
- Ensure participants have appropriate deck footwear that is worn at all times, except when in the water, to limit contact between feet and the deck.
- Upon arriving at home athletes and coaches should remove their clothing, place it in the washing machine, along with their swimsuit and towel, and wash everything using regular laundry soap and hot water (60-90°C).

DEVELOPING YOUR TRAINING PLAN

- Coaches and athletes must recognize the potential health implication of reduced training volumes experienced during the COVID-19 Pandemic. Many athletes will have experienced diminished capacity in many areas. To reduce the risk of injury, it is advisable to begin with a gradual resumption of training.
- Step One is a gradual return to the water. The focus of training is individual athlete training.
- See Appendix 2 for a sample Return to the Water Training framework.
- Incorporate the “return to the water plan” into a periodized, annual training plan. Factor in how many hours of pool time are able to be accessed and how that will impact training volume and intensity over periods of time, as seasonal plans are developed.
- Determine the “minimum” coaching plan required to support the training plan
- Create a plan for appropriate warm up/activation and post training cool down/recovery. All warm-ups and cool down protocols must adhere to the physical distancing rules. Athletes must use their own equipment (no sharing of equipment).
- There is to be NO athlete - athlete contact during training, either on deck or in the pool. If the coaches need to touch the athletes, make sure that all the appropriate PPE's are in place (face mask, shield, gloves)
- Maintain coach-athlete physical distancing during training at all times. Coaches should use verbal cues when instructing students in place of physical contact.
- Maintain coach-coach distancing at all times. Coaches are not permitted to share hand-held equipment such as stopwatches, tablets, clipboards or pens, with colleagues or others.
- Use cones, chairs or other aids on deck to visually divide the pool training space into appropriately sized areas for athletes that respect the required physical distance for a particular activity.
- Entry and exit into and out of the pool must be staggered or spread out in a manner that respects the physical distancing requirements.
- *Lap swimming:*
 - To maintain social distancing of 2 metres, swimmers should swim in the middle of the lane only. If there are no lane markers, swimmers must still maintain physical distancing of 2 metres during lane/laps swimming.
- *Individual Skills and Solo Training:*
 - Maintain appropriate physical distancing at all times.

- If possible, design the training so that athletes are never facing each other when breathing.
- Maintain a physical distance that is appropriate for the level of exertion of the training (greater exertion = heavier breathing and therefore needs a greater physical distance).
- *Routine training:*
 - No training of routines in pattern while the physical distancing rules are still in place (land and water).
 - Consider doing land drilling training outside, ensuring physical distancing is appropriate for the level of exertion of the athletes (the greater the exertion and breathing the larger the physical distance must be between athletes). Consider the air flow/wind currents and set up land drilling in a way that athletes are not downwind from each other.
 - Considering doing land drilling virtually.
 - When training routines out of pattern in the water, training must incorporate physical distancing that is appropriate for the level of exertion (consider how hard the athletes breathing and which way are they facing). The greater the exertion (and breathing when above the surface) the larger the physical distance must be between athletes.

INSURANCE AND LIABILITY

The return to sport plan is not specifically an insurance matter but it is a government matter meaning that all return to play (and return to business) guidelines that the various governments (municipal, provincial or federal) are imposing need to be adhered to / followed.

Insurance companies are not dictating when / how businesses should re-open however, given the changes being made to coverages to reflect COVID-19, the respective insurance broker/company should review any return to play / risk management plans that clubs intend to provide to their members prior to re-opening to provide appropriate feedback.

RELEVANT LINKS FEDERAL AND PROVINCIAL COVID-19 PUBLIC HEALTH LINKS

Federal COVID-19 Public Health Link - [Canada](#)

Provincial COVID-19 Public Health Link - [Saskatchewan](#)

Provincial Artistic Swimming Website Link ARTISTIC SWIMMING WEBSITE LINK - [SAS WEBSITE](#)

CONCLUSION

Return to sport in Saskatchewan will happen in a “patchwork” fashion and the lifting of restrictions will be at different times and using different steps/phases across the country depending on the evolution of COVID-19 in a particular area of Canada. Canada Artistic Swimming asks the Canadian artistic swimming community to always respect the regulations and directives from all levels of government and public health. Now is the time for our community to be leaders and continue to do our part to control the spread of the virus and keep all Canadians safe. This document has been created to assist member organizations with planning their return to the pool with the health and safety of all individuals being every organization’s priority. At no time should the information in this document be interpreted as superseding or providing the justification for not adhering to government regulations, public health directives or any return to sport guidelines in a community or facility, nor should it stop an organization from implementing whatever strategies are necessary to mitigate risk in their particular situation.

APPENDIX 1

CLUB RISK ASSESSMENT TOOL FOR RETURN TO SPORT

The Club Risk Assessment Tool (RAT) for Return to Sport is an Excel spreadsheet that lets clubs calculate risk by answering a few questions.

In order to accurately provide answers to the following risk assessment and mitigation checklist, those responsible must be knowledgeable on the current COVID-19 outbreak. They should reference the daily provincial, local and global COVID-19 situation reports provided by WHO, Health Canada and provincial health authorities.

The tool must be completed in this Excel spreadsheet (see following tabs), as the scores are automatically calculated there.

It must be ensured that this risk assessment is conducted with input from local public health authorities, and preferably personnel with expertise in risk assessment, epidemiology, and infectious disease control measures are included from the initial stages of planning.

For the overall determination, factors under consideration include:

- The current stage of the COVID-19 outbreak where training is to be and known transmission dynamics
- The geographical distribution of and number of participants, and their individual risk profile
- The risk assessment tool
- The mitigation measures that are currently in place or feasible to implement

It is important to remember that while mitigation measures can reduce the risk of COVID-19 infections, they cannot completely eliminate the threat. It is the Sport Medicine Advisory Committee (SMAC), Canadian Public Health and WHO's view that all regions with community transmission should seriously restrict gatherings that bring people together and have the potential to amplify disease and support the recommended best practice of physical distancing.

If movement restrictions (provincial, local) and physical distancing measures remain in place, the Risk Assessment may not apply as public health restrictions (e.g. maximum number of people together, quarantine post movement, etc.) take precedence and by their very nature may preclude any training.

This tool was adapted from the WHO Mass Gathering Risk Assessment and Mitigation Check List and the Canadian RATs tool specifically for sport-specific clubs in Canada to conduct a risk assessment and mitigation check list to minimize the risk of COVID-19 transmission when resuming club based training. Special thanks to Rowing Canada Aviron, in particular Dr. Mike Wilkinson and Jennifer Fitzpatrick, for their leadership in developing the original risk assessment and mitigation check list for rowing clubs across Canada.

[Club Risk Assessment & Mitigation Tool for Return to Sport](#)

Alternate [Link](#) for the Club Risk Assessment & Mitigation Tool

APPENDIX 2

SAMPLE GRADUAL RETURN TO WATER TRAINING SCHEDULE

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 (synchro age)	12 weeks
Train to Train:	11-15 yrs of age (synchro age)	10-12 weeks
Train to Compete:	15-21 yrs of age (synchro 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+ hours / week. When pools closed and access to water-based training stopped, artistic swimmers moved to dryland 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.

Choreography

Clubs and coaches could consider using the choreographies they prepared for the 2019-2020 season as their routines for the 2020-2021 season. By using the same choreographies, this will **free up time** typically allotted to developing the new choreographies and that can be used to **develop energy systems** and spend **focused time on athleticism and technical skills.**

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 200m free-style 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 back-stroke 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 feedback.

WEEK 3

10 minutes play/free

600-1000 meter swimming:

- no time requirement
- attention on technique

Basic exercises as previous week, with the addition of:

- 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

SASKATCHEWAN RETURN TO WATER

Sanctioning requests will not be approved until (at the earliest) September 1st, therefore we are not providing an example for outdoor summer training.

Who?

- Individuals registered with SAS for the 2020-2021 season, including:
 - o CAS-registered coaches in good standing only
 - o Athletes that were registered for the 2019-20 season
 - o Clubs can introduce new swimmers at their own discretion
 - o Athletes must be able to follow directions for social distancing and hygiene protocols

What?

- Gradual return to the water
- Swimming lengths or solo routine lengths (1 athlete per lane or facility)
- Stationary, in-water technical drills with distancing and no travelling (1 athlete for every 5m per lane, with adjacent lanes staggered to allow for this distance to be maintained between lanes. See Physical Distance Pool Diagram below)
- Routines that maintain physical distancing (no lifting, holding, or other physical contact)
- May be supplemented with a land-based, outdoor program

Where?

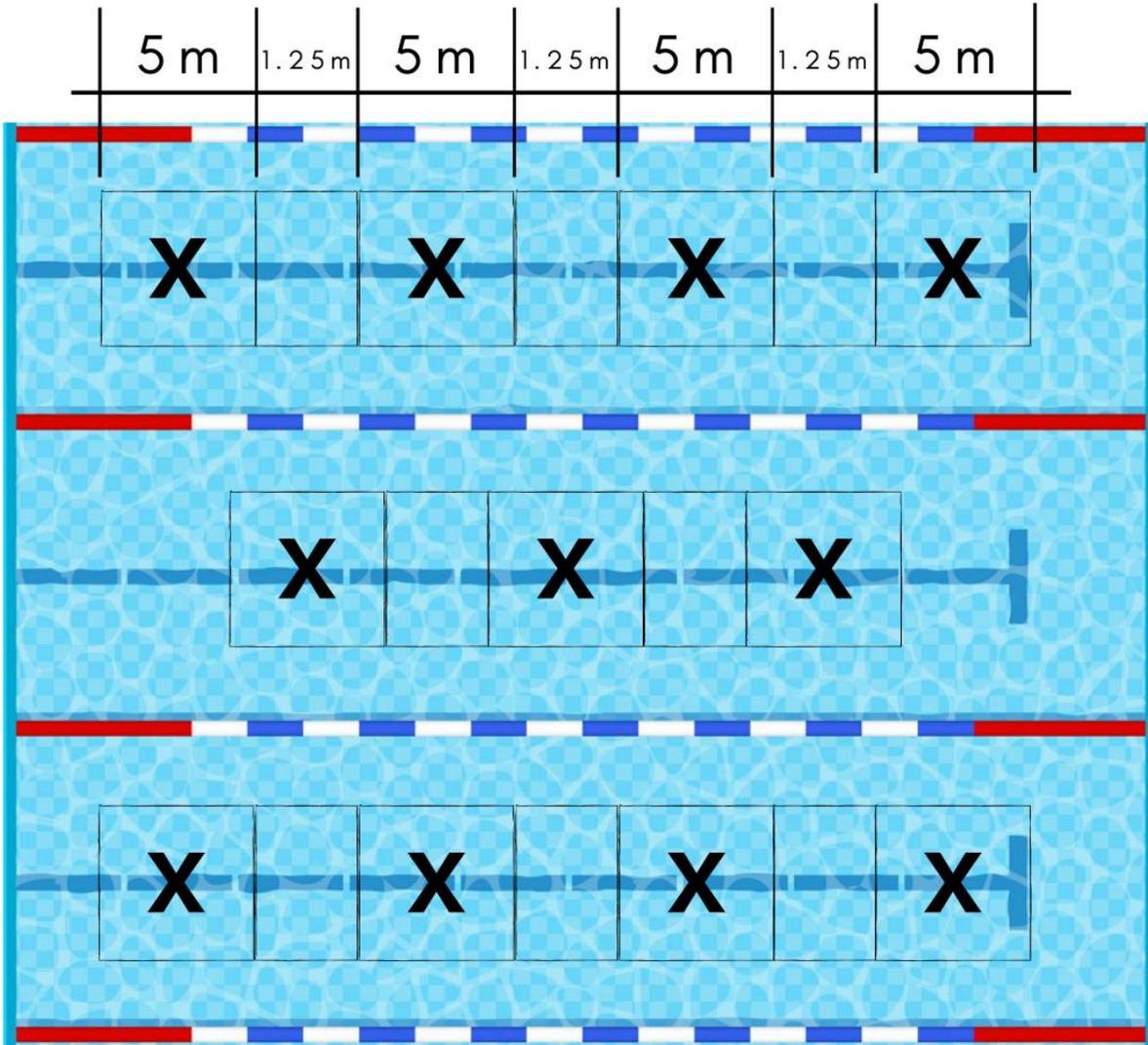
- Indoor public aquatic facilities

How?

- Athletes and coaches separated into small, self-contained training groups or teams of no more than 30 people, according to Saskatchewan guidelines set out in Re-Open Saskatchewan Phases. Group size may be restricted further by facility rules.
- Clubs might consider having the same group of athletes stay with the same coach, or have the same group of athletes rotate among coaches
- **“Get in, train and get out”**
- No organized or spontaneous socializing
- No one outside the training group is permitted in the training environment
- No spectators or non-essential visitors, including parents

SAMPLE: Physical Distancing Pool Diagram: Stationary & Technical Skills Set-Up

NOTE: This diagram has 11 swimmers. Please adhere to your own individual facility guidelines.



APPENDIX 3 – ATHLETE COVID-19 CODE OF CONDUCT pg. 27

- This is a document every athlete 13 & over must complete using the registration link. Those under 18 will have it completed by their parent/guardian. Only done once.

APPENDIX 4 – COACHES/OFFICIAL/VOLUNTEER COVID-19 CODE OF CONDUCT pg. 28

- This is a document every coach must complete using the registration link. Only done once. Reminder that they are also signing the CAS general code of conduct also when they register directly with CAS.

APPENDIX 5 – CLUB RETURN TO ARTISTIC SWIMMING SANCTION REQUEST FORM pg. 29-31

- To be filled out after completing the Risk Assessment Tool provided in Appendix 1.
- This is to inform SAS of your intent and readiness for your 2020 – 2021 season

APPENDIX 6 – SAS DECLARATION OF COMPLIANCE COVID-19 pg. 32-33

- This is a document every member must complete and fill out when they register using the registration link. Only done once.

APPENDIX 7 – RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT (UNDER 18) pg. 34 – 37

- This is the same as waiver as the release of liability waiver but for those under the age of majority. This is a document 'EVERY MEMBER under 18 years of age must complete and fill out when they register using the registration link. Those age 13-17 will sign as well as their parent/guardian. And those 12&under will have only the parent/guardian sign. Only done once.

APPENDIX 8 - RELEASE OF LIABILITY WAIVER OF CLAIMS AND INDEMNITY AGREEMENT (18 & OVER) pg. 38 – 42

- This is a document every member 18 years of age and over' must complete and fill out when they register using the registration link. Only done once.

APPENDIX 9 – SAMPLE PRACTICE ATTENDANCE SHEET pg. 43

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)

Signature: _____
(Athlete if 13 and over)

Date: _____

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

Date: _____

COACH/OFFICIAL/VOLUNTEER COVID-19 CODE OF CONDUCT

(Note: Individuals 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 the club COVID-19 coordinator if I feel sick and to stop participating in the activities of the Organization **immediately**
- I should tell the Club COVID-19 coordinator 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 activities of the Organization 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.

Coach/Official/Volunteer Name: _____

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

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

COVID-19 CLUB RETURN to ARTISTIC SWIMMING SANCTION REQUEST FORM

(Return to Sask Artistic Swimming)

Application Information

Club _____

Club President _____ President's Email _____
(print First & Last name)

Name of person submitting the request: _____

Email _____ Phone _____

Start date (of first activity) _____(m) _____(d) _____(y)

Facility(s) you intend to return to – pool and/or other _____

Age Groups 11-12 13-15 Junior Senior Masters CUASL

Estimated number of participants (registered athletes, coaches & volunteers) _____

Detailed description of activity: _____

Name of club designated COVID-19 Coordinator (responsibilities of this role are in COVID-19 Return to Artistic Swimming Guidelines document)

(first Name)

(Last name)

Email of designated COVID-19 Response Coordinator _____



I, the representative of and on behalf of the Member Club, confirm that:

1. I have read the COVID-19 SAS Return to Artistic Swimming Guidelines and agree to comply with its requirements.

Yes No

2. I have completed the Club Risk Assessment Tool for Return to Sport.

Yes No

3. I understand that any suspected or confirmed cases of COVID-19 reported by an individual who has participated in club training activity must be reported to SAS

Yes No

4. Only CAS-registered coaches in good standing will be participating in the training activity.

Yes No

5. Only athletes registered for the 2020-21 season as “artistic swimming age” 11 or older will be participating in the training activity

Yes No 10U athletes who will swim as synchro age 11 in the 2020-21 season are included on an exception basis

6. The SAS COVID-19 Declaration of Compliance has been completed for all participants in the training activity.

Yes No

7. A Release of Liability, Waiver of Claims and Indemnity Agreement or Informed Consent and Assumption of Risk Agreement (for participants under 18 years of age) has been completed for all participants in the training activity.

Yes No

8. All activities will be properly supervised by a registered coach, 18 years or older, who will be responsible for taking attendance, supervision, and enforcement of physical distancing and personal hygiene protocols.

Yes No

9. Proper safety precautions will be taken including requiring athletes to observe a buddy system when participating in sanctioned activities in public places and ensuring all aspects of a safe sport environment are implemented and followed at all times.

Yes No

Declaration

Saskatchewan Artistic Swimming may perform spot checks during our stated training dates to ensure requirements have been met and the guidelines are being followed. Our club will remember that the public may be watching our training and if they are concerned about what they see, they are able to report our activity to Saskatchewan Health Authority.

I confirm the information within this form is accurate.

Signature

Date

COVID-19 DECLARATION OF COMPLIANCE

Participant's Name (print): _____

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

Email: _____ Phone: _____

Club: _____

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

- 6) If the Participant experiences, or if anyone in the Participant’s household experiences, any signs or symptoms of COVID-19 after submitting this declaration, the Participant will immediately isolate, notify the Organization, and not attend any of the Organization’s activities, programs or services until at least 14 days have passed since those symptoms were last experienced. The Organization will compile a record of all cases of suspected or confirmed COVID-19.
- 7) The Participant has not, nor has any member of the Participant’s household, travelled to or had a lay-over in any country outside Canada, or restricted provinces as per the current Saskatchewan health orders in the past 14 days.
- 8) If the Participant travels, or if anyone in the Participant’s household travels, outside the country or to any province that isn’t suggested to according to current Saskatchewan health orders after submitting this declaration, the Participant will not attend any of the Organization’s activities, programs or services until at least 14 days have passed since the date of return.
- 9) The Participant is following recommended guidelines, including but not limited to, practicing 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.
- 10) The Participant will follow the safety, physical distancing and general hygiene protocols of the Organization.
- 11) If the Participant repeatedly or intentionally violates the Organization’s safety, physical distancing or hygiene protocols, they will be removed from sport immediately.
- 12) The content of this declaration is in effect for the entire 2020-21 season and is my responsibility to notify the Organization if anything changes as outlined above from what was declared at signing.
- 13) This document will remain in effect until the Organization, per the direction of the provincial government and provincial health officials, determines that the acknowledgements in this declaration are no longer required.

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

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

RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT

(For those participants - athletes or coaches - under 18 years of age and their parent/guardian)

Participant's Name: _____ **Club:** _____

1. This is a binding legal agreement. I understand that I may ask questions and I agree that I shall ask any questions about this agreement in advance of signing. I understand that this document is being signed by both the participant ("Participant") and by the parent/guardian of the Participant. I confirm, as applicable, that I am the parent/guardian of the Participant having full legal responsibility for decisions regarding the Participant (the "Guardian"), and that I am executing this agreement and giving up substantial rights on my own behalf and, in each case, on behalf of the Participant. In consideration of the Participant's participation in the spectating, instruction, programs, activities, training, services, coaching, competitions or events (collectively, the "Activities") of Saskatchewan Artistic Swimming (SAS) or its affiliated artistic swimming clubs ("Clubs"), the Participant and Guardian each acknowledge and agree to the following terms:

Disclaimer

2. The Participant and the Guardian each agree that SAS and its Clubs, and SAS's and the Club's respective directors, officers, employees, committee members, members, coaches, volunteers, contractors, chaperones, officials, judges, participants, agents, insurers, owners/operators of facilities, sponsors and representatives (each individually and collectively the "Organization") are not responsible for any injury, personal injury, damage, property loss or damage, expense or loss of any kind suffered by the Participant or the Guardian during or as a result directly or indirectly of any Activities of the Organization caused in any manner whatsoever including without limitation any negligence of the Organization. The Participant and the Guardian understand that negligence includes any failure on the part of the Organization to take reasonable steps to safeguard and protect from the risks, dangers and hazards, including without limitation the Risks, defined below.

I/we have read paragraphs 1 and 2 (Participant &/or also Parent/Guardian)

Description and Acknowledgement of Risks

3. The Participant and the Parent/Guardian 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, online training and competitions) 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;
 - d) injuries sustained can be severe;

- e) the Participant may come into close contact with other participants including without limitation the possibility of accidental and unexpected contact and the risk of contracting a communicable illness;
 - f) the Participant's risk of injury is reduced if the Participant follows all rules established for participation; and
 - g) the Participant's risk of injury increases as the Participant becomes fatigued.
4. In addition, the Participant and the Guardian hereby acknowledge that they are each aware of specific risks, hazards and dangers associated with or related to the Activities and that such risks, hazards and dangers include, but are not limited to, injuries or losses from:
- a) contracting a communicable disease including without limitation COVID-19 and COVID-19 related illnesses (collectively "COVID-19");
 - b) executing strenuous and demanding physical techniques including without limitation boosts, lifts and throws;
 - c) vigorous physical exertion, strenuous cardiovascular workouts, rapid movements and quick turns and stops;
 - d) exerting and stretching various muscle groups;
 - e) entering the water including without limitation by either diving or jumping;
 - f) spending extended time underwater;
 - g) spending extended times in chlorinated water including without limitation bacterial infections and rashes;
 - h) dry land training including without limitation weights, pilates, yoga, running, dance, bands, and massage;
 - i) virtual training including without limitations weights, pilates, yoga, running, dance, bands, and massage
 - j) slipping, falling or colliding with the pool, pool deck, pool bottom, walls, stands, equipment or with other participants;
 - k) failure to properly use any piece of equipment or from the failure of any piece of equipment;
 - l) contact, colliding, falling or being struck by other participants, spectators, or, equipment,
 - m) serious injury to bones, joints, ligaments, muscles, tendons and other aspects of the Participant's body or to the Participant's general health and well-being;
 - n) the Participant experiencing anxiety while performing the Activities;
 - o) abrasions, sprains, strains, fractures, or dislocations;
 - p) spinal cord injuries which may render the Participant permanently paralyzed;
 - q) head and brain injuries including without limitation concussions;
 - r) travel to and from competitive events and associated non-competitive events which are an integral part of the Organization's Activities;
 - s) privacy breaches, hacking, technology malfunction or damage;
 - t) failure of the Participant or others to act safely or to act within the Participant's own ability or designated areas;
 - u) the Organization may be unaware of or misjudge the Participant's fitness or abilities, may misjudge weather or environmental conditions, may give incomplete warnings or instructions, or equipment may malfunction;
 - v) negligence, acts or omissions of other persons, including without limitation coaches, lifeguards, spectators, participants, or employees;

- w) negligence on the part of the Organization, including without limitation failure by the Organization to take reasonable steps to safeguard or protect the Participant from any and all risks, hazards and dangers arising directly or indirectly from the Activities; and
- x) any and all other or additional risks, hazards and dangers arising directly or indirectly from the Activities (all collectively the “Risks”)

I/we have read paragraphs 3 and 4 (Participant &/or also Parent/Guardian)

5. COVID-19 The Participant and the Guardian each understand that 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:

- a) the Organization cannot guarantee that the Participant or the Parent/Guardian will not become infected with COVID-19;
- b) contracting COVID-19 is a Risk of participating in and attending the Activities; and
- c) the Participant or the Guardian may be exposed to, or infected by COVID-19, and such exposure may result in personal injury, illness, permanent disability, or death to the Participant and/or individuals with whom they come into contact.
- d) The Participant and the Guardian each acknowledge, agree, and accept the risks of exposure to and infection by COVID-19 as a result directly or indirectly of their participation, involvement or attendance at the Activities of the Organization.

I/we have read paragraph 5 (Participant &/or also Parent/Guardian)

Terms

6. The Participant and the Parent/Guardian each further agree:

- a) that when the Participant practices or trains in their own space, the Participant and the Parent/Guardian 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 Participant and the Parent/Guardian each assume all risks related to the Participant’s mental and physical condition;
- c) to comply with/advise the Participant to comply with the rules and regulations for participation in the Activities and the facility and for equipment use;
- d) 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 the Parent/Guardian will advise the Participant of the need for the foregoing;
- e) the Participant will not participate if impaired in any way;
- f) that it is the sole responsibility of the Participant to assess whether any Activities are too difficult. By the Participant commencing an Activity, the Participant and the Parent/Guardian acknowledge and accept the suitability and conditions of the Activities; and

- g) that the Participant and the Parent/Guardian are responsible for the choice of safety or protective equipment and the secure fitting of that equipment.

7. The Participant and Parent/Guardian each REPRESENT, UNDERSTAND AND AGREE, on behalf of each of them and each of their heirs, executors, administrators, assigns, and personal representatives that:

- a) the Participant's physical condition has been verified by a medical doctor within the past twelve months and that the Participant has not been advised to refrain from participation in the Activities of the Organization;
- b) the Participant is registering willingly and participating voluntarily in the Activities;
- c) the Participant and the Parent/Guardian shall be solely responsible for any injury, loss or damage that the Participant or the Parent/Guardian might sustain while participating in or attending the Activities;
- d) the Participant and the Parent/Guardian are not relying on any oral or written statements made by the Organization or its agents to agree to allow the Participant to participate in the Activities;
- e) the Participant WAIVES any and all claims that the Participant may have now or in the future against the Organization;
- f) the Parent/Guardian WAIVES any and all claims that the Parent/Guardian may have and that the Participant may have now or in the future against the Organization;
- g) the Participant and the Parent/Guardian each FREELY ACCEPT AND FULLY ASSUME all Risks arising directly or indirectly out of, associated with or related to the Participant's or the Parent/Guardian's participation, involvement or attendance at the Activities;
- h) the Participant hereby WAIVES, RELEASES, HOLDS HARMLESS and AGREES TO INDEMNIFY the Organization from liability for any and all claims, demands, losses, damages, expenses, injuries, illness, actions, costs, and legal fees, whether direct, indirect, special or consequential, and of any and all kind or nature whatsoever (collectively the "Losses") that the Participant may incur, or that might arise directly or indirectly out of the Risks or out of the Participant's participation, involvement and attendance at any Activities of the Organization including without limitation Losses that have been caused by negligence, gross negligence, negligent rescue, omissions, carelessness, breach of contract, or breach of any statutory or other duty of care of the Organization; and
- i) the Parent/Guardian hereby WAIVES, RELEASES, HOLDS HARMLESS and AGREES TO INDEMNIFY the Organization from liability for any and all claims, demands, losses, damages, expenses, injuries, illness, actions, costs, and legal fees, whether direct, indirect, special or consequential, and of any and all kind or nature whatsoever (collectively the "Losses") that the Participant or the Parent/Guardian may incur, or that might arise directly or indirectly out of the Risks or out of the Participant's or the Parent/Guardian's participation, involvement and attendance at any Activities of the Organization including without limitation Losses that have been caused by negligence, gross negligence, negligent rescue, omissions, carelessness, breach of contract, or breach of any statutory or other duty of care of the Organization.

I/we have read paragraphs 6 and 7 (Participant &/or also Parent/Guardian)

Acknowledgement

The Participant and the Parent/Guardian each acknowledge that this agreement is intended to be as broad and inclusive as permitted by the laws of the Province of Saskatchewan. In the event that any one or more of the provisions contained in this agreement shall be held to be invalid, illegal, or unenforceable in any respect, such invalidity, illegality, or unenforceability shall not affect any other provision and this agreement shall be construed as if such invalid, illegal or unenforceable provision did not exist.

The Participant and the Parent/Guardian each consent to the electronic execution and submission of the within agreement to the Organization. This agreement shall be governed by Saskatchewan law and the courts of the Province of Saskatchewan shall have sole and exclusive jurisdiction to resolve any and all disputes arising directly or indirectly out of this agreement or out of the Participant’s involvement in the Activities.

The Participant and the Parent/Guardian further acknowledge that **they are each giving up substantial rights on their own behalf and, in the case of the Parent/Guardian on the Parent/Guardian’s own behalf and on behalf of the Participant** and they each have read this agreement, that they each have executed this agreement voluntarily and that this agreement is to be binding upon each of them, and their heirs, executors, administrators, assigns and personal representatives.

** Signature of Participant required if between 13-17 years of age.*

*** Participant’s Parent/Guardian must sign if athlete under the age of 18*

Name of Participant (print)

Signature of Participant

Date of Birth

Name of Parent/Guardian (print)

Signature of Parent or Guardian

Date

RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT

(For those participants – athletes, coaches, volunteers - 18 years of age and over)

Participant's Name: _____ **Club:** _____

1. This is a binding legal agreement. I understand that I may ask questions and I agree that I shall ask any questions about this agreement in advance of signing. In consideration of my participation in the spectating, instruction, programs, activities, training, services, coaching, competitions or events (collectively, the "Activities") of Saskatchewan Artistic Swimming (SAS) or its affiliated artistic swimming clubs ("Clubs"), the Participant and Guardian each acknowledge and agree to the following terms:

Disclaimer

2. I agree that SAS and its Clubs, and SAS's and the Club's respective directors, officers, employees, committee members, members, coaches, volunteers, contractors, chaperones, officials, judges, participants, agents, insurers, owners/operators of facilities, sponsors and representatives (each individually and collectively the "Organization") are not responsible for any injury, personal injury, damage, property loss or damage, expense or loss of any kind suffered by me as a result directly or indirectly of any Activities of the Organization caused in any manner whatsoever including without limitation any negligence of the Organization. I understand that negligence includes any failure on the part of the Organization to take reasonable steps to safeguard and protect from the risks, dangers and hazards, including without limitation the Risks, defined below.

I have read paragraphs 1 and 2

Description and Acknowledgement of Risks

3. I am aware 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, online training and competitions) 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;
 - d) injuries sustained can be severe;
 - e) I may come into close contact with other participants including without limitation the possibility of accidental and unexpected contact and the risk of contracting a communicable illness;
 - f) my risk of injury is reduced if I follow all rules established for participation; and
 - g) my risk of injury increases as I become fatigued.

4. In addition, I hereby acknowledge that I am aware of specific risks, hazards and dangers associated with or related to the Activities and that such risks, hazards and dangers include, but are not limited to, injuries or losses from:
- a) contracting a communicable disease including without limitation COVID-19 and COVID-19 related illnesses (collectively “COVID-19”);
 - b) executing strenuous and demanding physical techniques including without limitation boosts, lifts and throws;
 - c) vigorous physical exertion, strenuous cardiovascular workouts, rapid movements and quick turns and stops;
 - d) exerting and stretching various muscle groups;
 - e) entering the water including without limitation by either diving or jumping;
 - f) spending extended time underwater;
 - g) spending extended times in chlorinated water including without limitation bacterial infections and rashes;
 - h) dry land training including without limitation weights, pilates, yoga, running, dance, bands, and massage;
 - i) virtual training including without limitations weights, pilates, yoga, running, dance, bands, and massage
 - j) slipping, falling or colliding with the pool, pool deck, pool bottom, walls, stands, equipment or with other participants;
 - k) failure to properly use any piece of equipment or from the failure of any piece of equipment;
 - l) contact, colliding, falling or being struck by other participants, spectators, or, equipment,
 - m) serious injury to bones, joints, ligaments, muscles, tendons and other aspects of my body or to my general health and well-being;
 - n) experience anxiety while performing the Activities;
 - o) abrasions, sprains, strains, fractures, or dislocations;
 - p) spinal cord injuries which may render me permanently paralyzed;
 - q) head and brain injuries including without limitation concussions;
 - r) travel to and from competitive events and associated non-competitive events which are an integral part of the Organization’s Activities;
 - s) privacy breaches, hacking, technology malfunction or damage;
 - t) failure of myself or others to act safely or to act within my own ability or designated areas;
 - u) the Organization may be unaware of or misjudge my fitness or abilities, may misjudge weather or environmental conditions, may give incomplete warnings or instructions, or equipment may malfunction;
 - v) negligence, acts or omissions of other persons, including without limitation coaches, lifeguards, spectators, participants, or employees;
 - w) negligence on the part of the Organization, including without limitation failure by the Organization to take reasonable steps to safeguard or protect me from any and all risks, hazards and dangers arising directly or indirectly from the Activities; and
 - x) any and all other or additional risks, hazards and dangers arising directly or indirectly from the Activities (all collectively the “Risks”)

I have read paragraphs 3 and 4

5. **COVID-19** I understand that 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:
- a) the Organization cannot guarantee that I will not become infected with COVID-19;
 - b) contracting COVID-19 is a Risk of participating in and attending the Activities; and
 - c) I may be exposed to, or infected by COVID-19, and such exposure may result in personal injury, illness, permanent disability, or death to me or individuals with whom I come into contact.
 - d) I acknowledge, agree, and accept the risks of exposure to and infection by COVID-19 as a result directly or indirectly of my participation, involvement or attendance at the Activities of the Organization.

I have read paragraph 5

Terms

6. I further agree:
- a) that when I practice or train in their own space, I am responsible for my surroundings and the location and equipment that I selected;
 - 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 and the facility and for equipment use;
 - d) that if I observe an unusual significant hazard or risk, I will remove myself from participation and bring their observations to a representative of the Organization immediately;
 - e) I will not participate if impaired in any way;
 - f) 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 Activities; and
 - g) that I am responsible for the choice of safety or protective equipment and the secure fitting of that equipment.
7. **I REPRESENT, UNDERSTAND AND AGREE**, on behalf of myself, my heirs, executors, administrators, assigns, and personal representatives that:
- a) my physical condition has been verified by a medical doctor within the past twelve months and I confirm that I have not been advised to refrain from participation in the Activities of the Organization;
 - b) I am registering willingly and participating voluntarily in the Activities;
 - c) I shall be solely responsible for any injury, loss or damage that I might sustain while participating in or attending the Activities;
 - d) That I am not relying on any oral or written statements made by the Organization or its agents to agree to participate in the Activities;
 - e) I WAIVE any and all claims that I may have now or in the future against the Organization;

- f) I FREELY ACCEPT AND FULLY ASSUME all Risks arising directly or indirectly out of, associated with my participation, involvement or attendance at the Activities;
- g) I hereby WAIVE, RELEASES, HOLDS HARMLESS and AGREES TO INDEMNIFY the Organization from liability for any and all claims, demands, losses, damages, expenses, injuries, illness, actions, costs, and legal fees, whether direct, indirect, special or consequential, and of any and all kind or nature whatsoever (collectively the "Losses") that I may incur, or that might arise directly or indirectly out of the Risks or out of my participation, involvement and attendance at any Activities of the Organization including without limitation Losses that have been caused by negligence, gross negligence, negligent rescue, omissions, carelessness, breach of contract, or breach of any statutory or other duty of care of the Organization; and

I have read paragraphs 6 and 7

Acknowledgement

I acknowledge that this agreement is intended to be as broad and inclusive as permitted by the laws of the Province of Saskatchewan. In the event that any one or more of the provisions contained in this agreement shall be held to be invalid, illegal, or unenforceable in any respect, such invalidity, illegality, or unenforceability shall not affect any other provision and this agreement shall be construed as if such invalid, illegal or unenforceable provision did not exist.

I hereby consent to the electronic execution and submission of the within agreement to the Organization. This agreement shall be governed by Saskatchewan law and the courts of the Province of Saskatchewan shall have sole and exclusive jurisdiction to resolve any and all disputes arising directly or indirectly out of this agreement or out of my involvement in the Activities.

I further acknowledge that I have read this agreement, that I have executed this agreement voluntarily and that this agreement is to be binding upon me, my heirs, executors, administrators, assigns and personal representatives.

Name of Participant (print)

Signature of Participant

Date of Birth

Date



SAMPLE DAILY ATTENDANCE SHEET

DATE: _____

Swimmer/Coach Name	Daily Health Monitoring Confirmation <i>Did you answer 'NO' to all Health Monitoring questions prior to coming to practice?</i>
	YES / NO
	YES / NO