

COVID-19 Operational Plan

NB Artistic Swimming



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Introduction

New Brunswick Artistic Swimming (NBAS) is committed to the safe and healthy return to artistic swimming activity for all participants. As our members return to sport, the top priority always must be to keep each other safe from COVID-19.

Disclaimer

This document is meant to provide clear guidance as to best practices based on current information available. It also outlines requirements that member clubs must adhere to to have artistic swimming activities, programs and services sanctioned by NBAS. This document is not intended to provide legal advice, or to establish a contractual obligation on the part of NBAS.

NBAS and its member clubs are responsible assessing the risks in their environment and establishing the appropriate safety procedures to minimize those risks, while following the advice and instructions of public health and government authorities, and facility operators. Additionally, it is an Individual's responsibility to assess their personal risks in connection with participating in artistic swimming activity in consultation with medical professionals, and for the outcome of their decisions and actions.

Should any club or Individual choose to discount or circumvent public health, government, facility, CAS, or NBAS guidelines, such action will result in the suspension of artistic swimming activities, programs, or services, and disciplinary action.

If the training facility has standards that are more stringent than what is outlined in this document, then adhere to those standards. However, if the training facilities standards are less stringent than those set out in the document, you should adhere to the NBAS guidelines.

About this document

References used in preparing this document include:

- Government of NB COVID-19 Operational Plan Guide
- [Canada Artistic Swimming Return to Artistic Swimming Resource Document](#)
- [Canada Artistic Swimming Return to Sport Compliance Checklist](#)
- Various Return to sport documents, including Ontario Artistic Swimming and Swim NB

This document was prepared by a cross functional task force, representing all members of NB Artistic Swimming. The task force is composed of the following members:

- Julie McFarlane (Chair): Head Coach, Fredericton Artistic Swimming Club, Official
- Kathy Archer: Coach, Surf City Artistic Swimming, Official
- Ann Gillis: Vice President, NB Artistic Swimming; Coach, Surf City Artistic Swimming, Official
- Suzanne Hohmann: Officials Chair and Past President, NB Artistic Swimming
- Renee Matte: Head Coach, Riptide Artistic Swimming, Learning Facilitator, NB Artistic Swimming
- Yanic Tivendelle-Poirier: Board Member, Moncton Aquasouls Synchro Club, Official



Principles of Return to Artistic Swimming

Physical Distancing

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

Hygiene

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

Equipment Cleaning

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

Individual Health Monitoring

Daily individual health monitoring processes need to be in place. If an individual presents any symptoms of Covid-19, even mild ones, they must not attend in-person activities.

Safe Sport Environment

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

Planning and Communications

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

Individual Health Monitoring

Responsibilities of Members

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

Athletes, coaches, and anyone else who will be part of the artistic swimming training environment must self-monitor for symptoms of COVID-19 by completing a COVID-19 Daily Self-assessment on training days.



Individuals **should not attend** an in-person artistic swimming program or activity if the individual has:

- Developed symptoms of COVID-19 that are unrelated to pre-existing conditions such as allergies or asthma, including fever or chills, runny nose or nasal congestion, new or worsening cough, difficulty breathing, sore throat or trouble swallowing, nausea, vomiting, diarrhea, loss of smell or taste, muscle or joint aches, headache, or conjunctivitis (commonly known as pink eye)
- Travelled to any region that would require them to self-isolate upon their return home during the past 14 days.
- Had CLOSE CONTACT with someone who:
 - o Has a confirmed case of COVID-19,
 - o Is being investigated for a case of COVID-19,
 - o Has travelled to an area that would require them to self-isolate in the past 14 days.
- Been notified by their local Public Health unit that they may have been exposed to COVID-19 and need to self-isolate.

Individuals who experience COVID-19 symptoms:

- Should call their local Assessment Center for guidance on testing and self-isolating.
- Must report their absence and advise the Organization's COVID-19 Response Coordinator if the absence is possibly COVID-19 related.
- May return to in-person artistic swimming activity after it has been determined that their symptoms are not caused by Covid-19 AND they are symptom-free for at least 48 hours.

Individuals who experience COVID-19-like symptoms that are related to an existing condition such as seasonal allergies or asthma, can continue to attend an in-person artistic swimming program or activity when they are experiencing these symptoms as normal. If they experience any change in symptoms, they should seek assessment by a health-care provider

Individuals who are at elevated risk for COVID-19 infection, or those who live with someone who is at elevated risk, should take any necessary further precautions to protect themselves. Athletes and coaches should work together to support and implement these further measures to ensure an inclusive and safe environment. If an individual is concerned about their risk level, they should consult with a medical professional and consider refraining from participating in artistic swimming activity. Information related to who may be at elevated risk for infection is available on the Government of Canada COVID-19 website.

Responsibilities of Parents

The parents or guardians of younger participants (under the age of 18) must:

- Sign the Declaration of Compliance – COVID-19 and Assumption of Risk Form providing permission for them to participate in artistic swimming activity
- Consider carefully whether their child can follow directions on social distancing and personal hygiene practices before registering them for artistic swimming activity
- Assist their child in self-monitoring for symptoms of COVID-19 and completing a “self” health check on training day
- Report any absence and advise the Organization's COVID-19 Response Coordinator if the absence is possibly COVID-19 related



- Develop a plan to pick up their child from training promptly if they are presenting with a COVID-19-like symptom while at training
- Provide in-water support if their child cannot swim independently, as required by the facility.

Requirements for Return to Artistic Swimming Activity

Step 1: Activities are permitted the province and Zone

- Subject to the Public Health and WorkSafeNB COVID-19 general guidance, artistic swimming activities are permitted when:
 - o The entire province is within the Yellow or Green Phase of recovery, OR
 - o The club is within a Zone that is in the Yellow or Green Phase of recovery, AND all participants reside within a Zone that is in the Yellow or Green Phase.
- Clubs review and understand policies and procedures outlined by public health authorities and are kept informed daily of changes.
- Clubs complete a detailed Risk Assessment (Risk assessment tool found in resources page) to assess their ability to return to sport.

Step 2: Training facility(ies) is/are available

- Clubs review and understand any policies or requirements imposed by the facility operator
- Clubs work collaboratively with other sports who will be sharing the training space, to ensure the principles of return to artistic swimming will be respected and adhered to.
- Clubs adopt a “get in, train, and get out” approach to maintain flow and physical distancing.

Step 3: Club makes decision to offer Artistic Swimming Activity

Before resuming artistic swimming activities, all clubs must:

- Submit a return to sport plan to NBAS Covid Task force for review and approval
- Appoint a designated **COVID-19 Response Coordinator**
- Completes the CAS Club Risk Assessment and Mitigation Checklist. Only clubs that have a VERY LOW RISK, LOW RISK, or MODERATE RISK (low-moderate) will receive a sanction to resume artistic swimming activity.
- Confirm they have read this document and agree to comply with its requirements.
- Have an up-to-date emergency action plan for each facility or training space.
- Submit a **Return to Sport Plan** to the NBAS Covid-19 task force for approval. See the checklist in the Appendix.
- Clubs ensure that all coaches and athletes:
 - o Are registered with CAS and NBAS and that their contact info is up to date.
 - o Have signed the Declaration of Compliance – COVID-19
 - o Have signed a new Waiver of Assumption of Risk Form (parents to sign if under 18)
 - o Clubs will also ensure that all athletes have submitted a pre-registration health survey



Step 4: Club resumes Artistic Swimming Activities

Clubs to ensure:

- Return to Sport Plan remain updated and comply with all public health and facility requirements.
- Return to Sport Plan, including physical distancing and hygiene protocols, are followed.
- All participants self-monitor for symptoms of COVID-19 by completing a daily “self” health check (see Appendix 2).
- A coach or other registered member over the age of 18 is available at every practice to oversee Covid-19 protocols: physical distancing, cleaning, hygiene and sanitation, and emergency response.
- Attendance is taken at each practice for contact tracing purposes, and that the records are quickly available if required. This includes following up with any unplanned absences to inquire if the absence is due illness.

Setting up a Safe Training Environment

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

Key Principles

NBAS member clubs must ensure they:

- Follow all applicable public health, government, and facility restrictions and regulations
- Comply with Canada Artistic Swimming (CAS) and NBAS Return to Artistic Swimming information and guidelines
- Communicate this document with their members.
- Educate coaches to ensure they are aware of the signs and symptoms of COVID-19, how the virus can spread, and can implement the protocols set out in this Framework

Physical Distancing

Return to sport must implement and uphold physical distancing protocols in accordance with requirements of public health authorities and facility operators.

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



Gathering Size

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

- Training group size, including all athletes, coaches, and anyone else who is part of the artistic swimming training environment, must respect provincial and municipal restrictions on group gathering
- Athletes should be separated into self-contained training groups or teams that remain together with dedicated coaches. Clubs might consider having the same group of athletes stay with the same coach or have the same group of athletes rotate among coaches
- Athletes should only participate in one training group and should not move between training groups
- Where multiple training groups or teams are established, they should be kept intact as self-contained training groups (i.e., the same group of people are training together, and the circle of potential contact is not expanded unnecessarily). Keeping the same group together week after week can help mitigate transmission
- Depending on facility size, it may be possible for multiple training groups to train together in one sport environment if they are able to maintain physical distance amongst themselves and between training groups
- Notwithstanding limits on training group size, coaches must ensure they observe safeguarding best practices and always conduct artistic swimming activity in an open and observable environment, or within the view or earshot of another adult (e.g., a coach, lifeguard, or parent or guardian)
- Parents, guardians, or other non-essential visitors should not attend training sessions

Get In, Train, Get Out

- Clubs should stagger drop-off and pick-up times to maintain physical distancing
- Athletes and coaches should arrive at their scheduled time for training and leave as soon as it is finished
- Drop-off and pick-up of athletes to happen outside the facility or training space. Coaches to ensure younger athletes leave the facility as a group and are supervised by an individual 18 years of age or older prior to pick-up
- Athletes and coaches should be prepared for training prior to arrival at the facility to minimize the need to use facility change rooms or washrooms
- Participants should not enter facility change rooms except where necessary (e.g., to access the pool deck or use the washroom), and anyone entering a change room should follow guidance in relation to physical distancing, limiting contact with surfaces and hygiene best practices
- Until further notice, the use of changerooms should be restricted to use of washroom facilities only. Individuals should arrive and leave in the attire required to participate in the artistic swimming activities.



Hygiene

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

- Clubs to educate athletes, coaches, and anyone else who is part of the artistic swimming training environment on personal hygiene best practices and their impact on preventing the spread of communicable diseases
- All participants must wash their hands with soap and water or hand sanitizer on arrival at the training facility
- All participants are to have a closed bag to allow for safe storing of equipment and hygienic materials (e.g., tissues, towels, etc.)
- Clubs to enforce prohibitions on sharing of equipment, water bottles, goggles, nose clips, towels, etc. for all participants. These items should be labelled to discourage accidental sharing
- Training equipment should not be shared by athletes in a group. Athletes should have their own kickboards, pull buoys, swim paddles, flotation water bottles, weights, and other equipment, which must be labelled, stored in a bag and kept separate from other athletes. All equipment should be taken home and cleaned thoroughly after each training session
- There should be no use of facility lockers or storage for athlete equipment or personal items
- Swimmers should not be discouraged from wearing goggles during in-water training activities.

Equipment Cleaning

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

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

Health and Safety Bin

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

- Health and Safety Bin to include a first aid kit and PPE (e.g., disposable, non-medical masks, eye protection (e.g., safety goggles), hand sanitizer with at least 60% alcohol, paper towel, tissues, etc.)



In Water Support

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

Where an Organization chooses to permit a household member in the pool with an athlete, the household member must be registered with NBAS to ensure they are insured to take part in artistic swimming activity.

Protocol for suspected or confirmed cases of COVID-19

Suspected or confirmed case reported outside of training activity

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

- The participant is removed from the training group immediately
- Training for this group is suspended indefinitely
- All individuals in the training session are notified, advised to self-isolate for 14 days to monitor symptoms and to notify the club COVID-19 Response Coordinator if they experience new symptoms.
 - o Advise individuals to call 811
 - o To protect the privacy of the individual, do not disclose the name of the individual with the confirmed or suspected case
- Club COVID-19 Response Coordinator to advise the facility operator of the suspected or confirmed case
- Training can resume when participants who had close contact are symptom free for 14 days

Suspected or confirmed case reported during training activity

The following steps should be taken if an individual feels sick with COVID-19 symptoms while training

- Stop training
- Where the unwell Individual is a minor (i.e., under 18 years of age), their parent or guardian should be contacted and asked to collect them from the facility immediately
 - o The unwell Individual should be separated from others and isolated and asked to wear a mask while waiting to be picked-up
 - o The unwell individual should be supervised by an adult prior to pick-up
 - o Anyone caring for the unwell Individual should try to maintain a 2-metre distance and should wear personal protective equipment (mask with face shield)
 - o Parents or guardians must pick up their child as soon as possible if they are notified their child is ill
- All participants must wash their hands with soap and water or hand sanitizer and leave the facility
- Where the participants in the training group are minors (i.e., under 18 years of age), their parent or guardian should be contacted and asked to collect them from the facility immediately



- Any areas, surfaces, or shared objects used by the unwell Individual should be cleaned and disinfected by a coach, 18 years or older, designated by the club to be in charge of the training session
- The coach will advise the Designated COVID-19 Response Coordinator that follow-up with the unwell Individual (or their parent or guardian) is required
- The local Public Health unit will provide any further direction on testing and isolation of any close contacts
- The club Designated COVID-19 Response Coordinator should keep in contact with all participants in the training group about their health
- Individuals who have been exposed to an investigated or confirmed case of COVID-19 will not be permitted to return to training until they have been cleared by Public Health to do so.

Return to training after having COVID-19

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

1. Self-isolate for at least 14 days;
2. Be symptom-free for at least 48-hours; and
3. Have written clearance to participate in artistic swimming activity from a medical professional.

Helpful Links and Resources

- Government of NB [COVID-19 Home Page](#) for Information and Updates
- Government of NB [COVID-19 Online Self-Assessment](#)
- [Covid-19 Screening Tool \(Bilingual\)](#)
- [Canada Artistic Swimming Covid-19 Resources](#)
- [Physical Distancing Poster](#)
- [Protect Yourself and Others from Getting Sick Poster](#)



Appendix 1: COVID-19 Response Coordinator Roles & Responsibilities

The NB COVID-19 Response Coordinator is Julie Macfarlane, who can be reached at juliemacfarlane313@gmail.com.

Clubs must appoint a designated club COVID-19 Response coordinator and submit their name to Julie Macfarlane.

The Roles and Responsibilities of the club COVID-19 Response Coordinator include:

- Keeping updated on policies and procedures outlined by provincial and municipal governments and public health agencies, and monitoring daily situation reports
- Working with local facilities to comply with all public health and facility requirements
- Ensuring the Emergency Action Plan is current and complete
- Ensuring a *Health and Safety Bin* which includes alcohol-based hand sanitizer and personal protective equipment (PPE) is available at the training facility
- Communicating with the club coaches, athletes and parents on any training restrictions or recommendations
- Implementing an attendance process at every practice to help with communication if a suspected or confirmed case of COVID-19 is reported
- Ensuring training group size complies with public health agency requirements
- Ensuring signage is in place
- 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
- Notifying participants of possible exposure to COVID-19 in the instance of an individual with symptoms attending training.
- 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
 - o Report an outbreak to NB Artistic Swimming
 - o An outbreak is defined as 2 or more cases of COVID-19 within a training group within a 14-day period



Appendix 2: Declaration of compliance – Covid-19

DECLARATION OF COMPLIANCE – COVID-19

Individual Name (print): _____

Individual's Parent/Guardian _____
(if the individual is younger than 19 years old)

Email: _____

Phone: _____

WARNING!

**ALL INDIVIDUALS ENTERING THE FACILITY AND/OR PARTICIPATING IN SANCTIONED ACTIVITIES
MUST COMPLY WITH THIS DECLARATION**

The New Brunswick Artistic Swimming and its affiliated clubs (collectively the “Organization”) require the disclosure of exposure or illness in order to safeguard the health and safety of all participants and limit the further spread of COVID-19. This Declaration of Compliance will be kept safely, and personal information will not be disclosed unless as required by law or with your consent.

An individual (or the individual's parent/guardian, if the individual is younger than 19 years old) who is unable to agree to the terms outlined in this document is not permitted to enter the Organization's facilities or participate in the Organization's activities, programs, or services.

I, the undersigned being the individual named above and the individual's parent/guardian (if the individual is younger than 19 years old), hereby acknowledge and agree to the terms outlined in this document:

- 1) The coronavirus disease 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 and requires all individuals (or their parent/guardian, when applicable) to adhere to the compliance standards described in this document.
- 2) The individual has not been diagnosed with COVID-19; **OR** If the individual was diagnosed with COVID-19, the individual was cleared as noncontagious by provincial or local public health authorities.
- 3) If the individual is a front-line worker (such as hospital staff, long term care staff), or other individual who interacts with individuals who have confirmed or suspected cases of COVID-19, the individual has worn proper and approved Personal Protective Equipment at all times whenever they interacted with an individual who has a confirmed or suspected case of COVID-19 in the last 14 days.
- 4) If the individual is not a front-line worker, or other individual who interacts with individuals who have confirmed or suspected cases of COVID-19, they have not been exposed to a person with a confirmed or suspected case of COVID-19 in the last 14 days.
- 5) The individual is attending or participating voluntarily and understands the risks associated with COVID-19. The individual (or the individual's parent/guardian, on behalf of the individual (when applicable)) agrees to assume those risks, including but not limited to exposure and being infected.



- 6) The individual has not, nor has anyone in the individual's household, experienced any signs or symptoms of COVID-19 in the last 14 days (including fever, 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).
- 7) If the individual experiences, or if anyone in the individual's household experiences, any signs or symptoms of COVID-19 after submitting this Declaration of Compliance, the individual will immediately isolate, notify the Organization, and not attend any of the Organization's facilities, activities, programs or services until at least 14 days have passed since those symptoms were last experienced.
- 8) The individual has not, nor has any member of the individual's household, travelled to or had a lay-over in any country outside Canada, or in any province outside of New Brunswick in the past 14 days. If the individual travels, or if anyone in the individual's household travels, outside of New Brunswick after submitting this Declaration of Compliance, the individual will not attend any of the Organization's facilities, activities, programs or services until at least 14 days have passed since the date of return.
- 9) The individual is following recommended guidelines, including but not limited to, practicing physical distancing, trying to maintain separation of six feet from others, adhering to recognized hygiene best practices, and otherwise limiting exposure to COVID-19.
- 10) The individual will follow the safety, physical distancing and hygiene protocols of the Organization.
- 11) The individual will bring their own personal items and personal equipment (such as water bottles, bags, towels, etc.) at their discretion and will not share their personal items or equipment with other individuals.
- 12) This document will remain in effect until the Organization, per the direction of the provincial government and provincial health officials, determines that the acknowledgements in this Declaration of Compliance are no longer required.
- 13) The Organization may remove the individual from the facility or from participation in the activities, programs or services of the Organization at any time and for any reason if the Organization believes, in its sole discretion, that the individual is no longer in compliance with any of the standards described in this document.

Signature: _____ Date: _____
Individual (if the individual is 19 years old or older)

Signature: _____ Date: _____
Parent/Guardian (if the individual is younger than 19 years old)



Appendix 3: Informed Consent and Assumption of Risk Agreement

New Brunswick Artistic Swimming INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT

(To be executed by parents/guardians of Participants who are younger than 19 years old)

WARNING! Please read carefully! By signing this document, you will assume certain risks and responsibilities

Participant's Name: _____ **Participant's Date of Birth:** _____

1. This is a binding legal agreement. Clarify any questions or concerns before signing. Prior to participating, an individual who is younger than the age of majority and who wants to participate in the sport of Artistic Swimming and the activities, programs, classes and services provided by, and/or in the events sponsored or organized by New Brunswick Artistic Swimming and [Insert Club/League] which may include but is not limited to: competitions, practices, training, personal or strength training, dry land training, training using machines or weights, nutritional and dietary programs, orientational or instructional sessions or lessons, and aerobic and anaerobic conditioning programs (collectively the "Activities") must have their legal parent/guardian ("the Parties") acknowledge and agree to the terms outlined in this agreement.
2. The undersigned acknowledges and agrees that they are a parent/guardian of the Participant and have full legal responsibility for the decisions of the Participant.

Disclaimer

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

We have read and agree to be bound by paragraphs 1 to 3

Description and Acknowledgement of Risks

4. The Parties understand and acknowledge that:
 - a) The Activities have foreseeable and unforeseeable inherent risks, hazards and dangers that no amount of care, caution or expertise can eliminate, including without limitation, the potential for serious bodily injury, permanent disability, paralysis and loss of life
 - b) The Organization may offer or promote online programming (such as webinars, remote conferences, workshops, and online training) which have different foreseeable and unforeseeable risks than in-person programming
 - c) The Organization has a difficult task to ensure safety and it is not infallible. the Organization may be unaware of the Participant's fitness or abilities, may give incomplete warnings or instructions, may misjudge conditions, and the equipment being used might malfunction
 - d) **(COVID-19)** The COVID-19 disease has been declared a worldwide pandemic by the World Health Organization and COVID-19 is extremely contagious. The Organization has put in place preventative measures to reduce the spread of COVID-19; however, the Organization cannot guarantee that the Participant will not become infected with COVID-19. Further, participating in the Activities could increase the Participant's risk of contracting COVID-19
5. The Participant is participating voluntarily in the Activities. In consideration of that participation, the Parties hereby acknowledge that they are aware of the risks, dangers and hazards and may be exposed to such risks, dangers and hazards. The Parties understand that the Organization may fail to safeguard or protect the Participant



from the risks, dangers and hazards of the Activities, some of which are listed below. The risks, dangers and hazards include, but are not limited to:

- a) Health: executing strenuous and demanding physical techniques; physical exertion; overexertion; stretching; dehydration; fatigue; cardiovascular workouts; rapid movements and stops; lack of fitness or conditioning; traumatic injury; sprains and fractures, spinal cord injuries, bacterial infections; rashes; and the transmission of communicable diseases, including viruses of all kinds, COVID-19, bacteria, parasites or other organisms or any mutation thereof
- b) Premises: defective, dangerous or unsafe condition of the facilities; falls; collisions with objects, walls, equipment or persons; dangerous, unsafe, or irregular conditions on surfaces; and travel to and from the premises
- c) Use of equipment: mechanical failure of the equipment; negligent design or manufacture of the equipment; the provision of or the failure by the Organization to provide any warnings, directions, instructions or guidance as to the use of the equipment; failure to wear safety or protective equipment; and failure to use or operate equipment within the Participant's own ability
- d) Contact: contact with other athletes, other equipment, vehicles, or other persons; and other contact that may lead to serious bodily injury, including but not limited to concussions and/or other brain injury or serious spinal injury
- e) Advice: negligent advice regarding the Activities
- f) Ability: failing to act safely or within the Participant's own ability or within designated areas
- g) Sport: the sport of Artistic Swimming and its inherent risks, including but not limited to [insert sport-specific risks]
- h) Cyber: privacy breaches; hacking; and technology malfunction or damage
- i) Conduct: the Participant's conduct and conduct of other persons including any physical altercation between participants
- j) Travel: travel to and from the Activities

We have read and agree to be bound by paragraphs 4 and 5

Terms

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



- c) That this Agreement is intended to be as broad and inclusive as is permitted by law of the Province of New Brunswick and if any portion thereof is held invalid, the balance shall, notwithstanding, continue in full legal force and effect

Jurisdiction

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

We have read and agree to be bound by paragraphs 6 to 8

Acknowledgement

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

Name Participant (print)

Signature of Participant (if over 13)

Date

Name of Parent or Guardian (print)

Signature of Parent or Guardian

Date

Name of Witness (print)

Signature of Witness

Date



Appendix 4: Return to Sport Plan Checklist

Completed plans must be approved by the NBAS Covid-19 Task force before club activities are can begin.

- General Information
 - Name of Club and training facilities
 - Session Dates (summer, camp, fall/winter)
- Updated Emergency Action Plan for each facility or training space (See template in Appendix)
- Complete CAS Club Risk assessment and mitigation checklist
- Plan for Coaching staff
 - Registered with NBAS and CAS
 - Have signed Declaration of Compliance COVID-19
- Plan for Athletes
 - Registered with NBAS and CAS
 - Have signed Declaration of Compliance COVID-19
 - Have completed and signed the Informed Consent and Assumption of Risk Agreement
- Individual Health
 - Prescreening questions provided to participants for daily “self” health checks: [Link to provincial assessment questions](#)
- Details for creating a safe training space.
 - How will participants enter and exit the facility?
 - What controls of Covid-19 are already in place in the facility (eg; signage, hand sainting station, pre-screening, etc).
 - How will gathering sizes (team sizes) be managed?
 - How will you avoid large numbers entering or exiting the facility at the same time (consider other patrons to the facility, as well)?
 - How will physical distancing be managed?
 - What are the hygiene and cleaning protocols?
 - Who will track attendance and follow up on any unplanned absences?
 - Who will be responsible to ensure that the plan is followed at each training session?
 - How will you respond to suspected or confirmed case of Covid-19
- Detailed training plans – include diagram of set ups for drills and lap swims which maintain physical distancing rules
 - set ups for drills -- ensure physical distancing rules
 - set up for length swims -- ensure physical distancing rules
 - physical distancing for routine swims
- Athlete bring to pool list -- ie. water bottle, mask, special training equipment
- Coach bring to pool list -- ie. mask, training plan, attendance sheets
- Club provide at pool list -- ie. hand sanitizer, equipment sanitizer
- Communication plan for coaches, athletes and parents (eg; documentation, updates, etc)



Appendix 5: Covid-19 Emergency Action Plan Template

Below are recommended updates to the Emergency Action Plan to respond to a suspected or confirmed case of Covid-19. This is intended to update the existing emergency action plan for the club.

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



	The name of the participant who has a suspected or confirmed case of Covid-19 should not be used to protect their privacy.
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