

Artistic Swimming Restart Plan

Version 1 | June 7, 2021



BC 
ARTISTIC
SWIMMING

INTRODUCTION

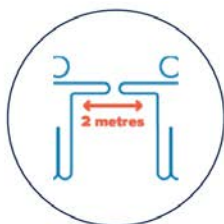
On May 25, 2021, the Government of British Columbia announced [BC's Restart: A Plan to Bring Us Back Together](#) which outlines a gradual, four-step plan to bring B.C. back together after the COVID-19 pandemic. This is exciting as it marks our ability to enter the final stage of our Return to Artistic Swimming Plan – The New Normal.

As we begin this journey, it is important that we remember, recognize, and validate that we have been through an incredibly challenging, frustrating, and emotional 15 months. Yet, we have a lot to celebrate! During that time, we came together as a community and collaborated, we showed resiliency and strength, we supported each other in new ways, and we used innovation to pull off a competitive artistic swimming season like no other.

In the spirit of welcoming this new chapter for our sport, we have created this Artistic Swimming Restart Plan to guide our transition through the New Normal. The BCAS Return to Artistic Swimming Guidelines should not be forgotten, they will continue to guide this next chapter and support us if there is cause to revert back to temporary restrictions.

The **Principles of Return to Artistic Swimming** will continue to guide our path forward. While some will wane as we move through the four-steps, it is important that we consider the overarching benefits of ongoing personal and training environment hygiene, continued health monitoring, effective planning and communications, and always creating a safe sport environment in all future artistic swimming programs.

PRINCIPLES OF RETURN TO ARTISTIC SWIMMING



MAKING SPACE
BETWEEN PEOPLE



PRACTICE GOOD
HYGIENE



ONGOING HEALTH
MONITORING



TRAINING
ENVIRONMENT
HYGIENE



MODIFY TRAINING
ENVIRONMENT &
ACTIVITIES

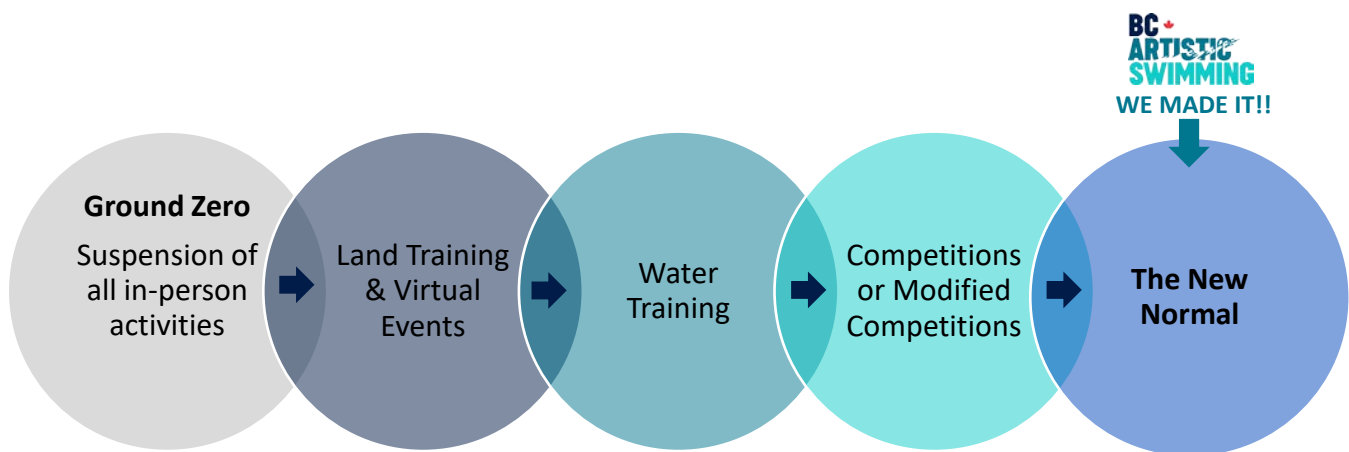


SAFE SPORT
ENVIRONMENT

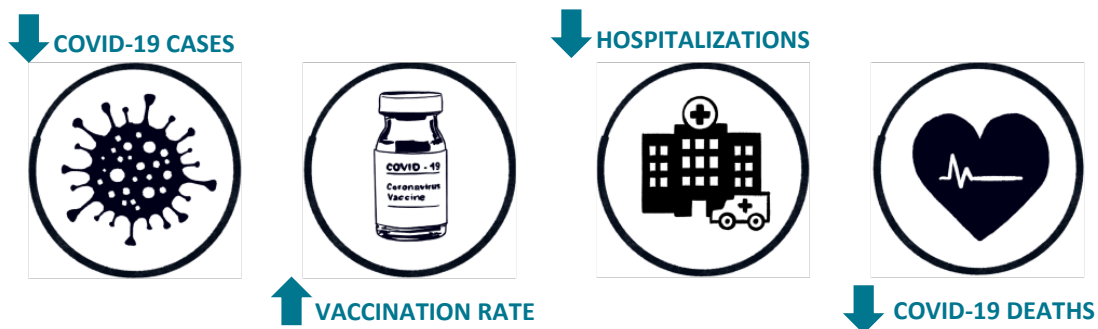


PLANNING &
COMMUNICATIONS

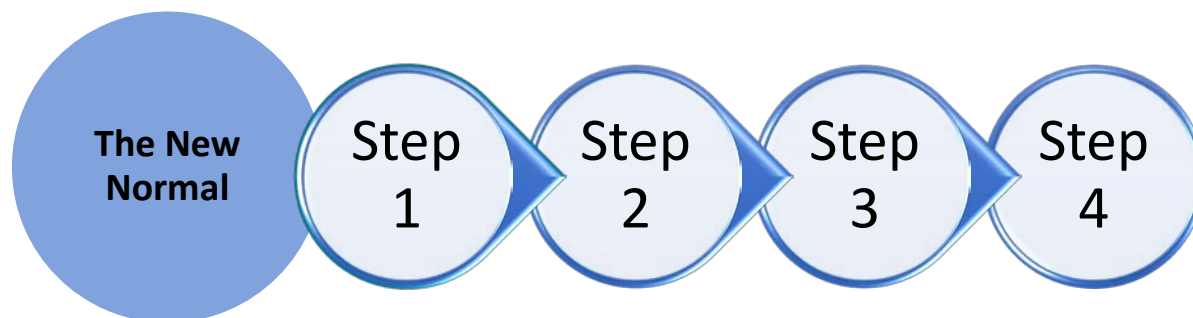
PULSE CHECK: WHERE ARE WE NOW?



As of June 7, 2021, BCAS is in **The New Normal** stage of our Return to Artistic Swimming Plan. This triggers a period where we can expect restrictions to be gradually lifted and moves us closer to participating in our sport in more traditional ways. The New Normal transition and timelines will depend on four key markers: the percentage of the population that receives the COVID-19 vaccine, and declining COVID-19 cases, hospitalizations, and deaths. The BC Government is solely responsible for tracking the markers and authorizing progression through the steps of the BC Restart Plan (Appendix 1).



THE NEW NORMAL: BCAS RESTART PLAN



BC Artistic Swimming must authorize each step of the BCAS Restart Plan. Announcements will be made as appropriate and in consideration of decisions made by the BC Government and viaSport.



BCAS RESTART PLAN* ¹ : The New Normal			
Timeline	Outdoors	Indoors	High Performance
June 7	<ul style="list-style-type: none"> ✦ Youth and adults can participate. ✦ No physical distancing in field of play. Off field of play 2 metres ✦ No travel except to home club ✦ Max group size for adults is 50. No group size limits for youth ✦ NO spectators ✦ Cohorts not required 	<p>NO CHANGE: Activities align with BCAS Return to Artistic Swimming Guidelines v5</p> <ul style="list-style-type: none"> ✦ 3-metres physical distancing required ✦ Adult participation limited to 2 people ✦ NO spectators ✦ NO travel across zones ✦ Masks required outside field of play 	<ul style="list-style-type: none"> ✦ Sport Canada carded athletes may travel across zones ✦ CSI-Pacific carded athletes can train, travel, and compete within their zone
June 15 EARLIEST	<ul style="list-style-type: none"> ✦ Increased travel allowed - TBD ✦ Up to 50 spectators 	<ul style="list-style-type: none"> ✦ Youth and adults can participate. ✦ Increased travel allowed - TBD ✦ No physical distancing in field of play ✦ Competition allowed ✦ Maximum group size TBD ✦ No cohorts required ✦ NO spectators 	<ul style="list-style-type: none"> ✦ Provincial travel restrictions lifted
July 1 EARLIEST	<ul style="list-style-type: none"> ✦ Increased group size TBD ✦ Increased number of spectators TBD 	<ul style="list-style-type: none"> ✦ Increased group size TBD ✦ Limited number of spectators TBD 	<ul style="list-style-type: none"> ✦ Increased travel allowed
Sept 7 EARLIEST	<p>RETURN TO NORMAL ARTISTIC SWIMMING TRAINING AND COMPETITIONS</p>		

¹ Developed in accordance with the viaSport Return to Sport Restart 2.0 in Appendix 2.

CLUB ROLE & RESPONSIBILITY: THE NEW NORMAL

As we enter The New Normal, everyone still has a role to play to ensure the safety of our athletes, coaches, judges, and volunteers. The following checklist will help guide clubs through The New Normal:

- ☐ Continue to **do your part!** As a province, we will only progress to more traditional training environments if we achieve the key markers required to trigger each step – vaccination rate thresholds, and declining COVID-19 cases, hospitalizations, and deaths. Please refer to BC's Restart Plan in Appendix 1.
- ☐ Restrictions may only be gradually eased in accordance with the current step of the BCAS Restart Plan. Clubs may not proceed to a new step without that step being **authorized by BC Artistic Swimming**. BCAS will update the website and announce new steps, as appropriate, and in alignment with BC Government and viaSport decisions.
- ☐ Encourage your members to **get vaccinated** and to continue to follow gathering restrictions, and physical distancing, mask wearing, and hygiene protocols. Keep in mind that vaccination is **NOT** required to participate in sport and sport organizations are not permitted to request proof of vaccination from participants. The only exception is in relation to international travel requirements.
- ☐ Respect and abide by **facility rules and protocols**. Municipalities may require more time to pivot, lift restrictions, and adapt to the changing environment. Some municipalities/facilities may progress faster than others. Be patient – we will all get there. The primary goal is to do so safely!
- ☐ **Be respectful** that your members may need time to adjust to The New Normal. Not everyone will be comfortable easing distancing or mask requirements at the same time. Be supportive of those who need time to personally adapt to the changing environment.
- ☐ Update your **Club Safety Plan** to reflect The New Normal parameters. The Club Safety Plan must be approved by the Club Executive prior to training environment changes going into effect. The up-to-date Club Safety Plan must be communicated to members and accessible to them on an ongoing basis.
- ☐ It has been almost a year and a half since our athletes have been able to train in close patterns or with contact – joined actions, acrobatic movements, highlights, etc. – and it will take time to regain confidence and retrain these skills. Please use the **Gradual Return to Contact** outlined in Appendix 3 to guide your return to training with contact.
- ☐ Clubs are encouraged to continue to **track daily attendance** and adhere to their **Illness Policy**. Traditional flu and cold season barely impacted BC last year and we can prevent them from having large-scale impacts in the future by continuing to practice good hygiene and staying home when we are sick.
- ☐ Continue to follow **best, reliable, and safe practices** that were created in response to the pandemic. Appendix 4 includes a list of relevant links and resources.

LEGAL DISCLAIMER

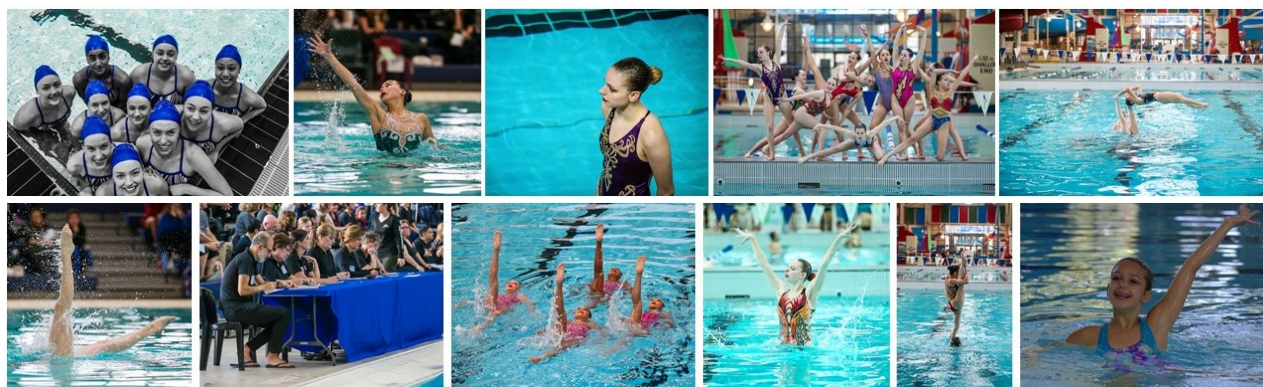
The Artistic Swimming Restart Plan is not a legal document. It is intended to be used solely for the purposes set in this document, namely as a guide for developing your return to regular artistic swimming plans. **Nothing in this document is intended to provide legal advice. Do not rely on this document or treat it as legal advice.**

The Artistic Swimming Restart Plan is not a substitute for actual law, including legislation or orders of the Provincial Health Office or WorkSafe BC. In the event of an ambiguity or conflict between the Artistic Swimming Restart Plan and applicable law (including the *Public Health Act* (BC), regulations, or orders thereunder and the Occupational Health and Safety Regulation), applicable law will prevail. Each BCAS Member Club 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, and you should familiarize yourself with these requirements.

While BC Artistic Swimming (“BCAS”) aims to provide relevant and timely information, the known information about COVID-19 and the recommended health and safety measures can rapidly change. No guarantee can be given as to the accuracy or completeness of any information provided in the Artistic Swimming Restart Plan.

This document contains links to third party web sites. Links are provided for convenience only and neither BCAS nor viaSport endorses the information contained in linked web sites nor guarantees its accuracy, timeliness, or fitness for a particular purpose. The information in those links may be updated from time to time. BCAS does not monitor those sites and is not responsible for updates. You should check back regularly to ensure your Club Safety Plan is up to date.

Anyone using the Artistic Swimming Restart Plan does so at his or her own risk. BCAS shall not be responsible for any loss or damage of any kind arising directly or indirectly from the use of or reliance on the Artistic Swimming Restart Plan, including without limitation, any reliance on the completeness or accuracy of the information provided.



Appendix 1

BC's Restart Plan:

A Plan To Bring Us Back Together

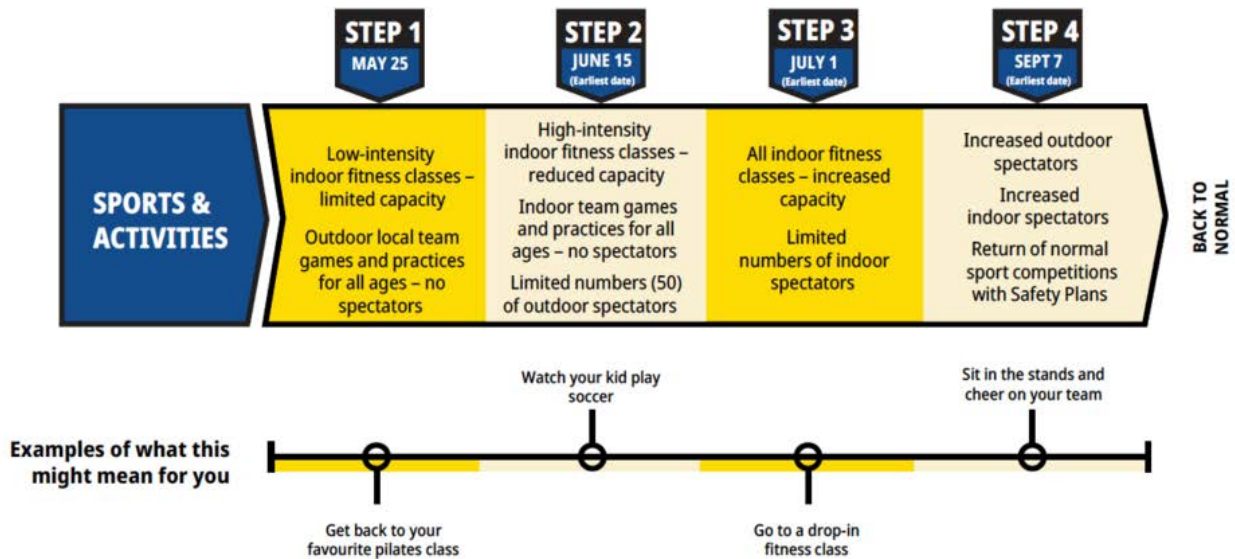
Appendix 1: BC'S Restart: A Plan To Bring Us Back Together

STEP	Criteria	PHO Guidance	Personal Gatherings	Organized Gatherings	Travel	Sports & Activities	Businesses	Offices & Workplaces
1 MAY 25	C: stable H: stable D1: 60%	Masks mandatory, indoor public spaces Physical distancing If sick, stay home and get tested	Outdoor personal gatherings – up to 10 people Indoor visitors – up to 5 people or 1 household	Indoor seated organized gatherings – up to 10 people Outdoor seated organized gatherings – up to 50 people	Recreational travel within your zone Non-essential travel between zones restricted	Low-intensity indoor fitness classes Outdoor local team games and practices for all ages – no spectators	Indoor & outdoor dining – up to 6 people Liquor service – 10PM Existing WorkSafeBC Safety Plans remain in place	Start gradual return to workplaces and offices Existing Safety Plans remain in place
2 JUNE 15 (Earliest date)	C: declining H: declining D1: 65%	Masks mandatory, indoor public spaces Physical distancing If sick, stay home and get tested	Outdoor personal gatherings – up to 50 people Indoor visitors – up to 5 people or 1 household Playdates	Indoor seated organized gatherings – up to 50 people Sector consultations on next steps on indoor and outdoor gatherings	BC recreational travel BC Transit and BC Ferries – increased services as needed	High-intensity indoor fitness classes – reduced capacity Indoor team games for all ages – no spectators Spectators for outdoor sports – up to 50 people	Liquor service – midnight Banquet halls reopen – limited capacity, Safety Plans Sector consultations on next steps on easing of restrictions	Continue return to work Small in-person meetings
3 JULY 1 (Earliest date)	C: low H: declining D1: 70%	Masks – recommended Careful social contact If sick, stay home and get tested	Return to usual on indoor and outdoor personal gatherings Sleepovers	Increased capacity, indoor and outdoor gatherings – Safety Plan Fairs & festivals with Safety Plan	Canada recreational travel	All indoor fitness classes – increased capacity Limited spectators for indoor sports	Dining – no group limit Bingo halls, casinos and nightclubs – limited capacity Operate based on new Safety Plans	Seminars and bigger meetings Operate based on new Safety Plans
4 SEPT 7 (Earliest date)	C: low H: low D1: 70%+	Masks – personal choice Normal social contact If sick, stay home and get tested	Normal social contact	Increased capacity on large organized gatherings (i.e. concerts)	Canada recreational travel	Increased indoor and outdoor spectators Return of normal sport competitions – Safety Plans	Continue to operate based on new Safety Plans	Fully re-opened offices and workplaces

C: C-19 case counts H: C-19 hospitalizations D1: minimum % of people 18+ with dose 1

BC'S RESTART: A PLAN TO BRING US BACK TOGETHER

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BC'S RESTART: A PLAN TO BRING US BACK TOGETHER

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Appendix 2

viaSport Return to Sport Restart 2.0

Return to Sport Restart 2.0

STEP 1 Effective May 25	STEP 2 June 15 (Earliest)	STEP 3 July 1 (Earliest)	STEP 4 Sept 7 (Earliest)
<p>Outdoor sport</p> <ul style="list-style-type: none"> Practices and competition allowed for youth and adults within their home club* Physical distance not required on field of play (i.e. contact is allowed). Off field of play, physical distance of 2 m must be maintained. Travel allowed to home club only (and cannot cross travel zones) Maximum group size for adults and varsity sport is 50 (if group is a mix of youth and adult, 50 person maximum must be followed) No maximum group size for youth to allow for more flexibility (e.g. adult supervision) No spectators <p>Indoor sport</p> <ul style="list-style-type: none"> Same restrictions that were in place prior to May 25 <ul style="list-style-type: none"> 3 m physical distancing required for children and adults on field of play Adult sport limited to two people No spectators Travel to home club only (and cannot cross travel zones) <p>High-performance sport</p> <ul style="list-style-type: none"> Sport Canada carded athletes (Canadian Elite or Podium levels) may travel across the three travel zones Canadian Sport Institute Pacific identified athletes** who are not Sport Canada carded can train, travel and compete within their travel zone 	<p>Outdoor sport</p> <ul style="list-style-type: none"> Increased travel allowed Up to 50 spectators <p>Indoor sport</p> <ul style="list-style-type: none"> Increased travel allowed Physical distance not required on field of play Competition allowed Maximum group size TBD No spectators <p>High-performance sport</p> <ul style="list-style-type: none"> Provincial travel restrictions lifted 	<p>Outdoor sport</p> <ul style="list-style-type: none"> Increased group size Increased number of spectators <p>Indoor sport</p> <ul style="list-style-type: none"> Increased group size Limited number of spectators <p>High-performance sport</p> <ul style="list-style-type: none"> Increased travel allowed 	<p>Return to normal sport competitions for both indoor and outdoor sport</p>

ALL STEPS: Transition between the steps will be dependent on case counts, hospitalizations, and vaccination rates. Sport specific COVID-19 guidance documents and safety plans should be adapted to fit the steps outlined in this Return to Sport Restart 2.0 Chart.

*Home club—the sport organization, club or facility with, or at which, a person is registered for ongoing sport programming

**High-performance athlete—a person who is identified by the Canadian Sport Institute Pacific as a high-performance athlete affiliated with an accredited provincial or national sports organization

NOTE: Previous Return to Sport Plans had sport groupings (i.e. Group A, B, C, and D sports) as well as a cohort model. These concepts no longer apply to the Return to Sport Restart 2.0. The focus for Restart 2.0 is indoor and outdoor. Sports must follow the restrictions based on if the sport is taking place indoor or outdoor (e.g. if a typical indoor sport shifts to an outdoor setting, the sport follows outdoor rules).

RELEVANT LINKS

- [viaSport Frequently Asked Questions](#)
- [Gathering and Events Order](#)
- [Travel Restrictions in BC](#)
- [WorkSafeBC](#)
- [B.C. Centre for Disease Control](#)
- [Mask Mandate Order](#)
- [COVID-19 \(Limits on Actions and Proceedings\) Regulation](#)
- [Workplace Safety \(December 16, 2020\)](#)
- [Government of BC COVID-19 Restrictions Information](#)

DISCLAIMER

VIASPORT BC RETURN TO SPORT GUIDANCE

viaSport's role in the Return to Sport process is to communicate timely updates and information to help the sport community plan its return. This information from viaSport is not intended for legal purposes and all sport organizations and participants are reminded to follow all current health orders and recommendations set out by the Office of the Provincial Health Officer. For the full disclaimer, please [click here](#).

Appendix 3

Gradual Return to Contact in Artistic Swimming

Developed based on recommendations
from the Technical Leaders Working Group

Appendix 3: Gradual Return to Contact in Artistic Swimming

Gradual Return to Contact in Artistic Swimming

Pattern Changes, Joined Action & Acrobatic Movement: A Gradual Return

The following information is based on the Government of BC's Restart Plan announced on May 25, 2021, and the viaSport Return to Sport Restart 2.0 released on June 1, 2021. It has been almost a year and a half since our athletes have trained in close patterns or with contact – joined actions, acrobatic movements, highlights, etc. – and it will take time to regain confidence and retrain these skills. These recommendations will guide clubs and coaches to help athletes **safely and gradually** return to these activities.

These guidelines should be implemented no earlier than the dates outlined herein **AND only** when BCAS announces that each step is active. They should be introduced starting with Step 1 whenever your athletes return to water, not in sequence to the dates listed below.

You can expect members will have different levels of comfort when asked to reduce physical distancing measures and to introduce contact so be mindful of the varied readiness and respect athletes and coaches who may wish to keep some distance and progressively reduce restrictions.

All clubs **MUST** follow the parameters and restrictions set out by the facility(ies) in which they operate.

Step 1 – No earlier than June 7, 2021

INDOOR ACTIVITIES	OUTDOOR ACTIVITIES
<ul style="list-style-type: none">NO change – all restrictions and protocols remain in place.	<ul style="list-style-type: none">NO physical distancing in field of play – 2-metres distancing outside field of playContact is allowedUp to 50 adults and/or youth can participateNO spectatorsMasks required outside the field of playTravel limited to Home Club
GRADUAL RETURN RECOMMENDATIONS 1. Pattern changes without choreography <ul style="list-style-type: none">Teach a pattern change and practice the movement (e.g., a kick pull kick) to get to the new patternTry getting the athletes to make up their own pattern changesDo laps of eggbeater while maintaining an accurate patternADVANCED: Start upside-down in a vertical underwater, tuck and change to a new pattern before surfacing. <i>*Coaches should re-teach how to kick to avoid kicking a teammate.</i> 2. Joined Actions <ul style="list-style-type: none">Play around with various connected movements without any lifting.	

Step 2 – No earlier than June 15, 2021

INDOOR ACTIVITIES	OUTDOOR ACTIVITIES
<ul style="list-style-type: none">NO physical distancing is required in field of playContact is allowedUp to TBD adults and/or youth can participateNO spectatorsIncreased travel allowed - TBD	<ul style="list-style-type: none">NO physical distancing is requiredContact is allowedAll age groups allowed to participateUp to 50 spectators permittedIncreased travel allowed - TBD
GRADUAL RETURN RECOMMENDATIONS Start with Step 1 before moving on to the following recommended progressive activities: 3. Pattern changes with choreography When doing creative development or modelling (i.e., learning a routine you see online and modeling the performance), include pattern changes with the new choreography.	

4. Teaching Partner Lifting Techniques

- a. Proper techniques for lifting a partner – where to grab; where to look; how to eggbeater; how to fall safely.
- b. Practice the set ups only before moving on to the actual lifting.
- c. Start with headfirst lifts before advancing to foot first lifts.
- d. Start with simple choreography of lifts before adding creativity.

BCAS does not recommend adding team (4 or more swimmers) acrobatic movements in this phase.

Phase 3 – No earlier than July 1, 2021

INDOOR ACTIVITIES

- **NO** physical distancing is required in field of play
- Contact is allowed
- Up to TBD adults and/or youth can participate
- Up to TBD spectators allowed
- Increased travel allowed - TBD

OUTDOOR ACTIVITIES

- **NO** physical distancing is required
- Contact is allowed
- Up to TBD adults and/or youth can participate
- Increased number of spectators TBD

GRADUAL RETURN RECOMMENDATIONS

Start with Steps 1 and 2 **before** moving on to the following recommended progressive activities:

5. Teaching Team Lifting Techniques: Ground & Stage

- a. Proper techniques for team lifts – where to grab; where to look; how to eggbeater; how to fall safely.
- b. Start with set ups only before moving on to any lifting.
- c. Start with smaller athlete lifts before adding more members – i.e., a lift with 4 athletes before a lift with 8 athletes.
- d. Simple lifts should be taught first.
 - Platforms – or anything with a wide base of support
 - If you are working with athletes that have swum together doing lifts in the past, re-learn an old highlight to get them used to something they have done in the past.

BCAS does not recommend adding any throwing or jumping actions into this phase.

Phase 4 – No earlier than September 7, 2021

ALL ACTIVITIES

- **Normal** artistic swimming activities resume without restrictions.

GRADUAL RETURN RECOMMENDATIONS

Start with Steps 1-3 **before** moving on to the following recommended progressive activities:

6. Teaching Throwing Techniques: Ground & Stage

- a. Proper techniques for team throws – where to grab; where to look; how to eggbeater; how to fall safely.
- b. Start with set ups only before moving on to any throwing
- c. Start with smaller athlete throws before adding more members – i.e., a throw with 4 athletes before a throw with 8 athletes.
- d. Simple throws should be taught first.
 - Forward jumps before backwards
 - No rotations before flipping, twisting, rotating, etc.
 - When working with athletes who swam together in the past, re-learn an old highlight to get them reacquainted with techniques.

Appendix 4

Relevant Links & Resources

Appendix 4: Relevant Links & Resources

[BC Artistic Swimming COVID-19 Resources](#)

[viaSport Frequently Asked Questions](#)

[BC Gathering and Events Order](#)

[Travel Restrictions in BC](#)

[WorkSafe BC](#)

[BC Centre for Disease Control](#)

[Mask Mandate Order](#)

[COVID-19 Regulation Limits on Actions and Proceedings](#)

[Workplace Safety](#) (December 16, 2020)

[Government of BC COVID-19 Restrictions Information](#)



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