



Victoria Synchro

Return to Artistic Swimming Plan

Revision Jan 2021(changes in red)

TABLE OF CONTENTS:

The Principles of Return to Artistic Swimming	2
COVID-19 Response Coordinator	3
Illness Policy	4
Setting Up a Safe Training Environment.....	6
Physical Distancing.....	7
Gathering Size	7
Sport Cohorts	9
Drop Off / Pick Up	11
Hygiene	12
Education	13
Governance / Required Documents	13
Appendix 1	
Saanich Commonwealth Place (SCP) Map	14
Appendix 2	
Letter from Manager of Saanich Commonwealth Place (SCP)	16
Appendix 3	
Athlete COVID-19 Code of Conduct	17
Appendix 4	
Coach COVID-19 Code of Conduct	18

The Principles of Return to Artistic Swimming

The four Aquatics Canada sport organizations (Canada Artistic Swimming, Diving Plongeon Canada, Swimming Canada and Water Polo Canada) have developed principles for a safe return to sport framework that form the foundation for the return to artistic swimming programs or activity. These principles include:

1. 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.

2. Hygiene

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

3. 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.

4. Individual Health Monitoring

Daily individual health monitoring processes need to be in place. Individuals should not return to sport if they have been unwell (even mild symptoms), have had contact with a person who has tested positive for COVID19 or have travelled outside the country in the past 14 days. Staff or athletes at risk for severe illness from COVID-19 are recommended to review their specific health concerns with their primary care provider prior to attending training sessions.

5. 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.

6. 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.

COVID-19 Response Coordinator

Victoria Synchro has a designated COVID-19 Response Coordinator. The coordinator's contact information will be provided to registered families, coaches, and BC Artistic Swimming (BCAS).

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 Saanich Commonwealth Place (SCP) to comply with all public health and facility requirements
- Ensuring a Health & Safety Bin that includes alcohol-based hand sanitizer and Personal Protective Equipment (PPE) is available and stocked in club cupboard at SCP
- Communicating with club coaches on any training restrictions or recommendations
- Receiving from coaches a record of attendance with completed health questions at every practice to help with communication if a suspected or confirmed case of COVID-19 is reported
- 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 that an individual with symptoms of COVID-19 attended training. Participants should be asked to stay home and self-monitor for symptoms
- Reporting any suspected or confirmed cases of COVID-19 to the Head Coach
- Collaborating and coordinating with facilities in the instance that any new COVID-19 cases arise
- Modifying, restricting, postponing, or cancelling return to training due to an evolving COVID-19-related outbreak or emergency within the club or at the facility
- Reporting to the Head Coach any COVID-19-related outbreak or emergency within the club.

Illness Policy

Definitions:

“Individual” refers to and includes an employee, coach, volunteer, athlete, participant, or parent/spectator.

“Training environment” refers to any in-person group training activities or events that take place either indoors or outdoors.

It is important to remember that while mitigation measures can reduce the risk of COVID-19 infections, they cannot completely eliminate the threat.

If you feel sick – stay home.

1. Disclosure

Inform an individual in a position of authority (e.g. coach, team manager, COVID-19 Risk Manager) immediately if an individual feels any symptoms of COVID-19 such as fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuff or runny nose, loss of sense of smell, headache, muscle aches, fatigues, and/or loss of appetite.

2. Assessment

- a. Individuals must conduct self-assessments on an ongoing basis and prior to joining or participating in any training environment to consider if they are experiencing any symptoms or signs of COVID-19. If individuals are unsure, they are directed to administer the BC COVID-19 Self-Assessment Tool.
- b. For those with preexisting conditions (asthma, allergies, etc.) it is recommended to discuss with your medical practitioner on how to assess your daily health.
- c. Coaches will have training on and complete a **Daily Wellness Check** with all participants, including the *Daily Health Monitoring Questionnaire and Attestation*.
- d. The COVID-19 Risk Manager, team manager, and coaches will visually monitor athletes and other participants to assess any early warning signs as to the status of their health and to touch base on how they are regarding their personal safety throughout the training event.

3. If an individual is feeling sick with COVID-19 symptoms

- a. They should remain at home and contact Health Link BC at 8-1-1.
- b. If they feel sick and/or are showing symptoms during training activities, they should be sent home immediately and direct them to contact 8-1-1 or a doctor for further guidance.
- c. No individual may join or participate in a training activity, event, or training environment if they are symptomatic.

4. If an individual tests positive for COVID-19 or is waiting for COVID-19 test results

- a. The individual must follow the direction of health officials

5. Conditions Requiring Quarantine or Self-Isolation

Individuals are required to Quarantine or Self-isolate if:

- a. They have travelled outside of Canada or the province within the last 14 days.
- b. They have come in close contact with someone who has tested positive for COVID-19.
- c. They have been advised to do so by health officials.

The name of an individual who has a confirmed case of COVID-19 or has symptoms will not be used, to protect their privacy

Setting Up a Safe Training Environment

Victoria Synchro will comply with Saanich Commonwealth Place's guidelines for returning to the facility. All participants will review and understand any policies and requirements imposed by facility operators, BC Health and to adhere to them accordingly.

Saanich Recreation Centres

COVID-19 Operational Guidelines for Saanich Recreational Centres (*pdf attached, link below*)

<https://www.saanich.ca/assets/Parks~Recreation~and~Community~Services/Documents/Community~Services/Guidelines%20for%20Saanich%20Recreation.pdf>

BC Health Resources –<https://www.healthlinkbc.ca/useful-resources-covid-19>

Saanich Commonwealth Place Facility Map of Arrival and Departure (see Appendix 1)

When phasing in new athletes, they will attend X1 per week for 2 weeks and then additional practices may be added

Youth participants (age 18 years or younger) may continue to train within their training groups and cohorts provided that all activities align with viaSport's **Phase 2** restrictions and the stipulations outlined below:

- ~~Physical distancing of 3 meters must be in place at all times.~~
- ~~Non-essential travel is not permitted, including travel to participate in competitions.~~
- ~~Youth athletes may travel from one community to another to participate in training activities with their **HOME CLUB**. Athletes and their families who travel outside of their community to participate in home club activities are encouraged not to make any other stops and should only travel from home to the training facility and return home.~~
- ~~No inter-club activities are permitted.~~
- ~~Hand and personal hygiene and enhanced cleaning protocols are to be in place.~~
- ~~Face masks are to be worn at all time except when in the water.~~
- ~~Clubs must ensure that daily health monitoring/symptom screening are in place either by the club or the facility.~~
- ~~Whenever possible, clubs are encouraged to run activities, such as dryland, in outdoor spaces.~~
- ~~Limit participation to small training groups and cohorts as defined in the BCAS Return to Artistic Swimming Guidelines.~~
- ~~No contact activities are permitted.~~
- ~~Club must minimize shared equipment and ensure stringent cleaning protocols are enforced.~~

~~Adults 19+ individual training only~~

1. Participants 22 years of age or older may participate in indoor group sport activities in groups of up to 2 people (e.g., an athlete and a coach training session) or in outdoor group sport activities

in groups of up to 4 people (e.g. four individuals may run together or train in an outdoor setting) provided they maintain a distance of 3 metres from one another at all times. As a result, athletes 22 years of age or older may train individually with a coach but may not train as a duet or team.

2. Participants 21 years of age or younger may participate in group sport activities and train within their training groups and cohorts provided all activities follow facility protocols and align with viaSport's Phase 2 restrictions and stipulations outlined below:

- Physical distancing of **3 meters** must be in place at all times.
- Non-essential travel is not permitted, including travel to participate in competitions.
- Youth athletes may travel from one community to another to participate in training activities with their HOME CLUB. Athletes and their families who travel outside of their community to participate in home club activities are encouraged not to make any other stops and should only travel from home to the training facility and return home.
- No inter-club activities are permitted.
- Hand and personal hygiene and enhanced cleaning protocols are to be in place.
- Face masks are to be worn at all time except when in the water.
- Clubs must ensure that daily health monitoring/symptom screening are in place either by the club or the facility.
- Whenever possible, clubs are encouraged to run activities, such as dryland, in outdoor spaces.
- Limit participation to small training groups and cohorts as defined in the BCAS Return to Artistic Swimming Guidelines. No contact activities are permitted.
- Clubs must minimize shared equipment and ensure stringent cleaning protocols are enforced.

Physical Distancing

Physical distancing is proven to be one of the most effective ways to reduce the spread of illness during an outbreak.

- Victoria Synchro to ensure that at least **3 meters** is maintained between all individuals, before and after artistic swimming activity.
- Victoria Synchro will develop training plans that incorporate spatial and physical distancing requirements and provide an overall vision of the movement of participants
- Victoria Synchro to provide physical distancing cues or guides (e.g., cones, lines, stickers, tape, etc.)
 - Outdoor training - coach to use cones to indicate yoga mat spacing
 - Indoor water training - 2 swimmers per lane * see lane density below
 - Indoor water training - stationary training, 4-5 per lane, with more space provided for athletes when exertion level is higher
 - Stationary training -Victoria Head Coach will provide coaches with images for suggested training configuration based on number of lanes and athletes. Coaches can also refer to CAS and BCAS images regarding spacing.

Lane Density

- Victoria Synchro will follow the guidelines of Saanich Commonwealth Place in terms of lane density during lap swimming:

During lap swimming

- 2 swimmers per lane allowed during lap swimming
- following 2 weeks of a 2 swimmer per lane plan and at the discretion of the facility, a 3 swimmer per lane plan is then allowed
- swimmers starting and ending at opposites ends of a lane to avoid being within 2 m of each other for an extended time
- consistently place the same 2 swimmers in a lane together when possible to minimize contacts
 -

As of Oct 13th ~~Relaxing Physical Distancing Restrictions~~

~~Subject to a final decision of the BCAS Board of Director's on October 5, 2020, Training Groups are permitted to introduce activities and interactions with close physical proximity or contact after October 13, 2020. The parameters and limitations of permissible contact is outlined in Appendix 14 of BCAS plan.~~

7

- ~~• Contact Activities are subject to the limitations and restrictions established by the facility. Activities and interactions with close physical proximity or contact may include

 - swimming in pattern provided all athletes are facing the same direction
 - partner drills or flexibility activities~~
- ~~• Activities and interactions with close physical proximity or contact should be limited to 30min and in intervals when possible.~~

- ~~• Coaches assigned to multiple Training Groups or Training Cohorts may not breach the 2 metres of physical distancing or have physical contact with athletes (i.e. no hands-on corrections or demonstrations). Coaches assigned to a single Training Group may breach the physical distancing and physical contact restrictions in accordance with parameters outlined in the Contact Activities section.~~
- Highlights and Joined Activities
 - Highlights and joined activities (as defined in the Glossary) may NOT be trained until further notice from BCAS. BCAS will render a decision as to the viability of highlights during the 2020-21 season by December 15, 2020. If highlight training cannot begin by January 1, 2021, highlights will be suspended for the season and competitions will be altered by BCAS and CAS to reflect this temporary modification.
- Recreation
 - Subject to a final decision of the BCAS Board of Director's on October 5, 2020, clubs are permitted to introduce Recreation programming on October 13, 2020 provided the programming aligns with:
 - applicable facility standards and protocols
- Coaches to create distance between athletes when explaining drills or providing feedback
 - Indoor water training - athletes will receive individual laminated workouts and instructions
- ~~• Club and coaches to discourage unnecessary physical contact, such as hugs or high fives~~
- ~~• Club to enforce strict physical distancing requirements for non-participants, including parents~~

Contact:

- There is to be **NO CONTACT** between participants including handshaking, high fives, hugging, or similar behaviour.

Spectators:

- No spectators are permitted at any artistic swimming activity unless the presence of a spectator is necessary in order to provide care to a child or youth.

Gathering Size

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

- As of Sept 1st, 2020 training is open to competitive athletes of all ages registered with BC Artistic Swimming for the 2020/2021 season.

SPORT COHORTS

Purpose: Establishing cohorts will limit the number of people that each individual will come into contact with, reducing the risk of transmission and ensuring quicker contact tracing by health authorities if an outbreak occurs.

A cohort is a group of participants who primarily interact with each other within the sport environment over an extended period of time.

In phase 3

- ~~All guidance related to personal hygiene, cleaning protocols and symptom screening still apply.~~
- ~~Cohorts should be used for activities in which it is not possible to maintain two meters physical distancing at all times. When in a cohort, while individuals do not need to maintain physical distancing during sport specific activities, minimized contact is still advised.~~
- ~~At least two meters distancing should be maintained between all participants when out of the pool. Entry, exit and equipment protocols still apply.~~
- ~~Cohorts should be made up of individuals of similar age and skill level.~~
- ~~As per the Viasport Phase 3 Return to Sport Guideline content update, artistic swimming is considered a “group A” sport. As such, the maximum individuals within a cohort is 100. Victoria Synchro cohorts will be kept small.~~
- ~~When members of the cohort are gathering for club activities, gatherings will not exceed 50 individuals. Coaches may be counted outside of the short number if they are able to maintain physical distancing at all times.~~
- Athletes will be separated into self-contained training groups or teams that remain together with dedicated coaches. The same group of athletes stay with the same coach to become a “Pack” or have the same group of athletes rotate among coaches. The same group of people will train together, and the circle of potential contact is not expanded unnecessarily. Keeping the same group together week after week can help mitigate transmission
- The size of the group or “Pack” will be determined by how much space the club has available for training
- Athletes should only participate in one training group and should not move between training groups
- Depending on facility size, it may be possible for multiple training groups to train together in one sport environment as long as they are able to maintain physical distance amongst themselves and between training groups

- Notwithstanding limits on training group size, coaches must ensure they observe safeguarding best practices and always conduct artistic swimming activity in an open and observable environment, or within the view or earshot of another adult (e.g., a coach, lifeguard, or parent or guardian)
- Parents, guardians, or other non-essential visitors are not permitted in Saanich Commonwealth Place during training unless there is an emergency

“Get In, Train and Get Out”

Drop Off / Pick Up

- Club Teams/Training Groups to stagger drop-off and pick-up times to maintain physical distancing
- Face masks are to be worn at all time except when in the water
- **No contact** - handshakes / high fives etc
- Facility entry/exit for Synchro will be the doors beside the PISE offices
- 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 adult prior to pick-up
- Athletes and coaches should arrive at their scheduled time for training and leave as soon as it is finished
- **Daily Wellness Check** completed with all participants, including the *Daily Health Monitoring Questionnaire and Attestation*.
- **Daily attendance log** – All athletes, coaches and any parents/guardians who drop off their children must be included in this log.
- The Daily attendance log will be sent to Ann Carmichael following each practice. It is the coach’s responsibility to send.
- 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
 - All participants should fill their personal water bottles at home, prior to leaving for the facility
 - Athletes to arrive and depart wearing their exercise clothing or training suits
 - Athletes to arrive with their own equipment bag
- 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

- Each training group will have a group representative as a contact person for the COVID-19 Risk Manager.

Hygiene

- All participants must wash their hands with soap and water or hand sanitizer on arrival at the training facility.
- It is recommended that all participants wear a mask during the check in process and while getting ready to get into the pool.
- Face masks are to be worn at all time except when in the water
- All participants to have a closed bag to allow for safe storing of equipment and hygienic materials (e.g., tissues, towels, etc.)
- Coaches are 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 will have their own flex tubing, toe bands, flotation water bottles, weights, and other equipment, which must be labelled, stored in the athlete's own bag, and kept separate from other athletes. All equipment used during training should be cleaned/sanitized before leaving the facility and taken home.
- Upon returning home thoroughly wash clothing and ensure equipment is sanitized.
- Club equipment can be used by only one athlete during each training session, and will be submerged in the chlorinated pool water both prior to and after each use
- There will be no use of facility lockers or storage for athlete equipment or personal items
- There will be plastic laundry baskets provided on deck spaced **3 metres** – one for each athlete to put their personal bag and equipment in. It will be the responsibility of each athlete to wipe down each basket after their training session in preparation for the next training "Pack"
- One coach using the sound system at a time, controls and microphone must be wiped down after each use. If using the microphone, the coaches will wear a mask, or the microphone can be wrapped in plastic and changed between each coach.
- Additional masks and cleaning supplies stored in Victoria Synchro cupboard.

Education

- Mandatory orientation for parents and athletes prior to starting training
- Entry and exit video posted on club website

- BCAS plan and club safety plan posted on club website and emailed to families, copies of the plans printed and kept in Victoria Synchro storage cupboard.
- Referral to BCAS website
 - <https://www.bcartisticswimming.ca/resources/covid-19.htm>

Governance / Required Documents
--

The following documents must be completed prior to the resumption of activity:

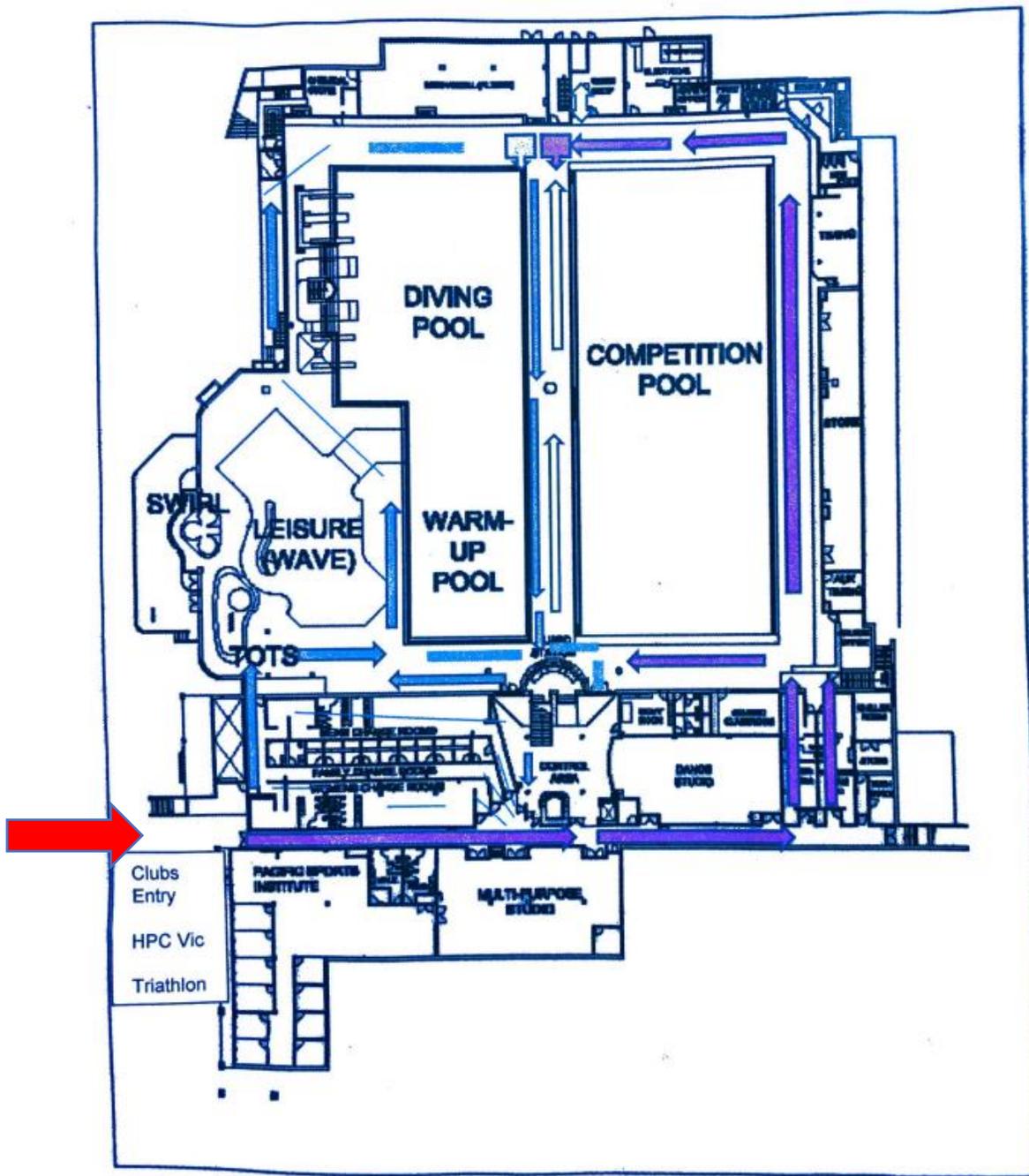
ATHLETES:

- Code of Conduct for Athletes: COVID-19 (see Appendix 2)
- BCAS Athlete waiver
- BCAS online athlete attestation
 - <https://www.bcartisticswimming.ca/resources/covid-19.htm> under 'Athlete Resources' tab
- BCAS consent for Emergency Medical Treatment
- Victoria Synchro Online Registration questions and forms

COACHES:

- Code of Conduct for Coaches: COVID-19 (see Appendix 3)
- BCAS online coach attestation:
 - <https://www.bcartisticswimming.ca/resources/covid-19.htm> under 'Coach Resources' tab

APPENDIX 1



Saanich Commonwealth Place - Pools and Lower Floor - 1:500

Entry and Exit by the Pacific Sports Institute (PIS) door at side of building

APPENDIX 2 Letter from Manager Saanich Commonwealth Place:

September 21, 2020

Dear High Performance Partners:

Thank you for your continued patience as we work to safely expand access to the facilities at SCP. We have now received approval from our Director to move towards 2 (and then 3) swimmers per lane in coached programs starting September 28.

Before moving ahead with this, each club is required to submit a plan for approval that outlines specifically:

- Traffic patterns for physical distancing from outdoor warmups to pool deck
- Physical Distancing measures used in workouts/training while in the pool
 - swimmers starting and ending at opposites ends of a lane to avoid being within 2 m of each other for an extended time
 - consistently placing the same 2 swimmers in a lane together to minimize contacts
- How new athletes will be phased in to minimize mixing of sub-cohorts
- Lists of swimmers in each training group with the expectation that swimmers will remain in a consistent sub-cohort.

After successfully executing your 2 swimmer per lane plan for a minimum of 2 weeks (Oct 12 at the earliest), Clubs will be permitted to increase to 3 swimmers per lane when they have provided a plan that details, as above how they will safely structure practices and arrange cohorts with 3 swimmers per lane. We advise that you structure your 2-swimmer plan to facilitate smooth transition to the 3-swimmer model with minimal disruption to established cohorts. Essentially you can provide one plan that covers both steps of this process if you prefer. Please note: we will be asking staff to monitor the execution of your plans and we may delay the move to 3 swimmers per lane the 2 swimmer plan is not safely executed.

When developing your plans, please refer to the Via Sport and Swim BC Phase 3 Return to Sport Guidelines including these points:

- Swimming is considered a “Group A” sport. As such, the maximum individuals within a cohort is 100.
- When in a cohort, while individuals do not need to maintain physical distancing during sport specific activities, minimized contact is still advised.
- At least two metres distancing should be maintained between all participants when out of the pool (e.g. on the deck, between training sets, pre and post workout).
- Swim BC recommends structuring clubs into “sub-cohorts” aligned with standard training groups

- Cohorts or sub-cohorts should remain together for an extended period of time. If you are looking to change an individual from cohort to cohort, or sub-cohort, a two-week break between activities is recommended.

Should you have questions, please reach out to Ann or myself. The intent is not to make this process prohibitive, but rather to ensure we successfully and safely move forward in our resumption.

Warm regards

Jennifer Jakobsen

Manager
Saanich Commonwealth Place

APPENDIX 3



Victoria Synchro
COVID-19 CODE OF CONDUCT FOR ATHLETES
(and Parents or Guardians of Athletes Under 19 Years of Age)

I will help prevent COVID-19 infections by:

- Staying home when I feel sick
- Staying away from people who are coughing, or sneezing, or sick
- Washing my hands thoroughly and often with soap and water, before and after training, practice, or competition, or when I use the washroom
- Covering my coughs and sneezes with a tissue, or my elbow. If I use a tissue, I will throw it in the garbage right away and wash my hands
- Always keeping at least 2 metres between me and others
- Not sharing food, water bottles, towels, bathing suits, nose clips, goggles, or swim caps
- Respecting the rules of artistic swimming and understanding my responsibilities in contributing to a safe environment

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

- I will be removed from sport immediately if I do not follow physical distancing or hygiene rules.

I will care for my health and safety and I understand that:

- I have a commitment to preventing COVID-19 by telling a coach, parent or guardian, or another adult if I feel sick and to stop participating in training, practice, or competition immediately
- I should tell a coach, parent or guardian, or another adult if someone else tells me about cold or flu symptoms, or I see signs they might be sick
- If I have been exposed to a suspected or confirmed case of COVID-19, I will be removed from sport and I will not be able to return to training, practice, or competition for 14 days

I will take the time I need to recover because it is important for my health and I understand that:

- If I have suspected or confirmed COVID-19, I will be removed from sport and I will not be able to return to training, practice, or competition until I have been medically cleared
- My coach or another person such as the club-designated COVID-19 response coordinator will submit an incident report through Saanich Commonwealth Place and Island Health if COVID-19 is suspected or confirmed

By signing here, I acknowledge that I have reviewed and commit to this COVID-19 Code of Conduct.

Athlete Name: _____

Signature: _____

Date: _____

(Athlete if 19 and over)

Signature: _____

Date: _____

(Athlete's Parent/Guardian if under 19)

APPENDIX 4



Victoria Synchro
COVID-19 Code of Conduct for Coaches Page 1/3
(and Parents or Guardians of Coaches Under 19 Years of Age)

I acknowledge that the requirements of this COVID-19 Code of Conduct for coaches are in addition to those in the Canada Artistic Swimming ("CAS") Conduct Policy. I confirm that I remain bound by the CAS Conduct Policy.

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
- Respecting the rules of artistic swimming and understanding my responsibilities in contributing to a safe environment

I will care for the health, safety, and mental well-being of others:

- I will answer honestly to the screening checklist
- I will not make a false report of COVID-19 or COVID-19 symptoms
- I understand that I will be removed from coaching immediately if I do not follow the guidelines of British Columbia Artistic Swimming ("BCAS") and BC Health Service, including but not limited to the guidelines for isolation/quarantine, physical distancing and hygiene
- I will respect the privacy and human dignity of others by not participating in gossip around the possibility of any members contracting COVID-19
- If an athlete, another coach or any participant tells me about cold or flu symptoms, or I see signs that they might be sick, I will follow all of the requirements of the BCAS Training Group Protocol for Suspected or Confirmed Case of COVID-19
- I will not allow an individual who has answered "yes" to any question on the screening checklist, has been unwell or is otherwise required to isolate to attend or return to any Activities until they have complied with all of the requirements to return as outlined in the COVID-19 Code of Conduct for Athletes
- I will not retaliate and will not unfairly or unreasonably penalize:
 - a) an athlete, coach or other participant that has symptoms or that has a suspected or confirmed case of COVID-19; or

b) an athlete, coach or other participant that has reported that a participant (including me) is exhibiting symptoms of COVID-19.

COVID-19 Code of Conduct for Coaches Page 2/3

I have a commitment to preventing the spread of COVID-19:

- I understand that as of the date hereof I am required by law to isolate/quarantine for:
 - a) 14 days if I return from international travel or are in close contact with a person with COVID-19, plus the longer of 10 days or until symptoms resolve if symptoms occur.
 - b) the longer of 10 days or until symptoms resolve if I have suspected or confirmed COVID-19.
 - c) 14 days if I have tested negative for COVID-19 but have known exposure to COVID-19
 - d) the longer of 10 days or until symptoms resolve, if I have a cough, fever, shortness of breath, runny nose, or sore throat that is not related to a pre-existing illness or health condition.

- I understand that “a”, “b”, “c” and “d” above and any and all other COVID-19 isolation or other requirements that may be imposed by law and the Public Health Authorities from time to time shall be referred to in this Code of Conduct as the “Required Absence Periods”. **I will not return to the Activities during the Required Absence Periods and I understand that I will be removed from coaching for that period.**

- I understand and agree that if I test positive for COVID-19 I will not participate in or attend any of the Activities of the Organization and I will be removed from coaching for the longer of 10 days or until symptoms resolve and I have submitted an up to date Declaration of Return to Sport COVID-19 which has been approved by my club.

- If I feel sick, have been exposed to a confirmed case of COVID-19 or I am in close contact with anyone who has any signs or symptoms of COVID-19, I will **immediately** isolate, notify the Head Coach and the Designated COVID19 Response Coordinator of my club and I will **not** participate or attend any programs, training, practices, competitions, activities, events or services (collectively, the “Activities”) of Victoria Synchro and any of its affiliates (collectively the “Organization”) until:
 - a) I have a negative test result for COVID 19 AND have NOT had contact with a known or suspected case of COVID-19 AND have NOT returned from travel outside of Canada AND are NOT a close contact of an ill person who has returned from travel outside of Canada within the last 14 days AND are not exhibiting any symptoms of COVID-19; OR
 - b) I have been in isolation for the legally required period as per Provincial health orders; AND
 - c) in either case, I have submitted an up to date Declaration of Return to Sport COVID-19 which has been approved by my club.

- I further understand that as a world-wide pandemic the precautions and safety requirements including the Required Absence Periods for COVID-19 may need to be changed and may change quickly. As such:
 - a) I agree to keep up to date and review regularly the BC Provincial health requirements found at BC Health Services; and

b) I agree to abide by any changes and any additional isolation or other requirements that may be mandated by law.

COVID-19 Code of Conduct for Coaches Page 3/3

Further, I understand and agree that the Required Absence Periods are minimum requirements and that Victoria Synchro has the right and ability at any time to require additional isolation or other requirements and to remove me from coaching as the circumstances require. I agree to comply with any such changes and additional requirements as may be mandated by Victoria Synchro including without limitation any and all Victoria Synchro requirements that may be issued from time to time with respect to the return to artistic swimming.

I understand that failure to abide by this Code of Conduct may result in my removal from coaching and that I may be subject to discipline in accordance with the Organization's policies.

By signing here, I acknowledge that I have reviewed and commit to follow strictly this COVID-19 Code of Conduct for Coaches.

Coach's Name: _____

Signature: _____ Date: _____

(Coach)

Signature: _____ Date: _____

(Coach's Parent/Guardian if under the age of 19)