

PWS COVID-19 Risk Management and Safety Plans

This document was approved by the Pacific Wave Synchronized Swim Club Board of Directors on July 23, 2020

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A. GUIDING PRINCIPLES

Pacific Wave Synchronized Swim Club (“PWS”) and its members will respect and follow the guidance and permissions authorized by viaSport, Canada Artistic Swimming, BC Artistic Swimming, Lifesaving BC, WorkSafeBC, and all municipalities in which training may occur; and above all remain in accordance with the orders of BC’s Provincial Health Officer.

To mitigate risks, this document outlines: the environments in which we will train and which level of athlete; the PWS Risk Management team contacts and their respective roles; our education and communications plan; the measures we will have in place prior to, during and after training; an illness and health monitoring policy and procedure; and mechanisms in place to monitor and evaluate.

Please note that this document is subject to change to remain in compliance with the BC Government, Provincial Health Officer orders and Federal health and safety.

HELP PREVENT THE SPREAD OF COVID-19 请帮助阻止新冠肺炎的传播



Symptoms of COVID-19 新冠肺炎的症状



Fever
发热



Cough
咳嗽



Shortness of Breath
呼吸困难

Symptoms may take 14 days to appear after contact.
接触病毒后可能需要 14 天才会出现症状。

Tips to prevent the spread of COVID-19

阻止新冠肺炎传播的小贴士



Wash your hands with water and soap for 20 seconds
用水和肥皂洗手 20 秒钟



Avoid contact with sick people
避免与病人接触



Don't touch eyes, nose or mouth with unwashed hands
不要触摸眼睛、鼻子或嘴巴



Avoid travelling
避免旅行



Stay at home
呆在家里





Call 8-1-1 or your primary care physician if you are sick
如果生病请致电 8-1-1

B. COVID-19 PWS RISK MANAGEMENT TEAM

We have designated the following people as our COVID-19 Risk Management team which includes: Safety Support Personnel (individuals trained to support the on-site delivery of the safety protocols outlined herein such as monitoring the health of participants, physical distancing, cleaning, use of PPE, etc.)

Title / Role	Description of Responsibility	Contact Name, Title and Email	Contact Phone
Risk Manager for Club	PWS point of contact for all Covid-19 management; current information, supplies, personnel, and documentation	Debora Broadhurst, Administrator admin@pacificwavesynchro.ca	604-418-7000 Club Voicemail: 604-216-7444
Record Keeping	Collect signed waivers and documentation from individuals (athletes and coaches), attendance records	Trish Paez-Hutt, President President@pacificwavesynchro.ca	778-773-4297
Daily Wellness Screening and Risk Managers at training events	Administer health checks at training, and remains at training and collects daily attestations and attendance: One parent per team of 10 athletes (safety protocols trained)	Tracy Lu, PS team parent Tracylv73@gmail.com Steven Kravariotis, HP team parent stevenkravariotis@gmail.com Angela Wang, HPD team parent angelawang.bc@gmail.com	778-919-0077 604-861-3471 778-929-0366
Safety Protocols at training events	First Aid Trained and manager of safety supply kit	Meng Chen, Technical Director meng@pacificwavesynchro.ca Katie Stirrat - Coach katie@pacificwavesynchro.ca Rosilyn Tegart - Coach rtegart@pacificwavesynchro.ca Elise Fagnan - Coach Elise@pacificwavesynchro.ca	514-605-0448 WeChat ID: mengmermaid 778-926-5617 604-788-7554 604-720-8525
Communication	Internal and External: education and updates	Debora Broadhurst admin@pacificwavesynchro.ca Trish Paez-Hutt president@pacificwavesynchro.ca	604-418-7000 778-773-4297
Communication: Translation	Translate PWS materials and assist families with communication	Peihong Du vicepresident@pacificwavesynchro.ca	604-808-0531 WeChat ID: Jenniedu_ca
Communication	Aquatics and Facilities Confidential disclosures club contact	Kelly Cameron, Secretary and Aquatics Rep secretary@pacificwavesynchro.ca	604-314-6010

C. TRAINING ENVIRONMENTS AND STAGES

<i>PWS training environments</i>	 BRITISH COLUMBIA <i>activity permissions</i>	 <i>activity permissions</i>	<i>PWS approved to offer this environment</i>	<i>PWS training environments risks assessed and participants</i>
Online / virtual Suspension of in-person	Strictest controls prior to May 19, 2020	“ground zero”	March 2020	Zoom for all ages and levels
Land Training outside in-person	Transition Measures May 19 to September	Outdoor Group Land Training, July 6, 2020	Approved by BCAS on July 28	Central Park and Minoru Track and Field for 11+ competitive stream
Pool Training outside in-person	Transition Measures May 19 to September	Outdoor Group Pool Training, July 6, 2020	Approved by BCAS on July 28	Steveston Pool, South Arm for 11+ competitive stream
Land Training inside in-person	Transition Measures May 19 to September	Indoor Group Land Training, not yet permitted		Watermania, Minoru Pool for 11+ competitive stream
Pool Training inside in-person	Transition Measures May 19 to September	Indoor Group Pool Training, not yet permitted		Watermania, Minoru Pool for 11+ competitive stream
All of the above	Progressively Loosen Future date TBC	Competitions		
All of the above	New Normal future date TBC	The New Normal		

D. GENERAL SAFETY PRACTICES

Physical Distancing

- ✓ Stay 2 m (6 feet) apart from all individuals, athletes, coaches, people who aren't in your household or social bubble
- ✓ **Drop Off / Pick Up** Training Groups will stagger drop-off and pick-up times to maintain physical distancing
- ✓ Individual skill training will be developed rather than group skill development
- ✓ No body contact activities will be allowed during the training session
- ✓ Parents and spectators are asked to refrain from attending training, however be accessible on short notice should your child become ill and need to leave training.

Equipment

- ✓ All participants are expected to bring their own personal protective equipment “PPE”: face mask, hand sanitizer and wipes or sanitizer spray to clean their own equipment
- ✓ All participants **MUST** bring their own training equipment as no sharing is permitted (e.g., filled water bottle, pull buoys, yoga mat, toe bands, swim caps, goggles, nose clips etc.) and everything **MUST** be labelled to discourage accidental sharing (both coaches and athletes)
- ✓ Athletes should leave their equipment in their ONE sport bag at their “mat bubble” designated spot by coaches.
- ✓ All personal equipment **MUST** be cleaned between training events and as soon as all participants return home

E. OUR TRAINING GROUPS & COHORTS

Gathering and Group Size - Keep training with the same group of athletes and coach for each training session

		Recommended Standards		
		BCAS	Facility	Club
Maximum Groups Numbers (includes all athletes, coaches, and personnel connected to the group)	Training Group Size – outdoor on land	12	Minoru Track and Field/Central Park	Max 12pp
	Training Group Size – indoor on land	*	*	*
	Training Group Size – outdoor in water	12	Steveston/City of Vancouver	Max 12pp
	Training Cohort Size – outdoor in water	Space dependent	Steveston/City of Vancouver	2
	Training Group Size – indoor in water	*	*	*
	Training Cohort Size – indoor in water	*	*	*
	Lap Swimming – max (Single lane protocol) capacity	6	Steveston	Max 3pp

* Not permitted by BCAS at this time.

F. PROTOCOLS FOR SAFE IN-PERSON TRAINING

Phase 1 + Phase 2 Outdoor Training on Land and Outdoor Training in water

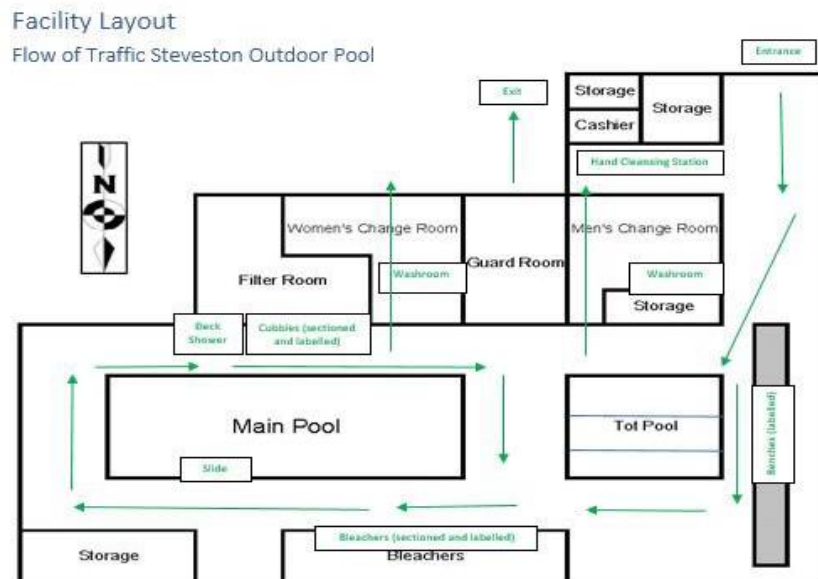
PWS will guide athletes to gradually return to sport; 2 hours in person training session (dry land + water practice) and only one session per day is permitted at this time.

Mandatory rules apply for any training session at any facility. All participants must follow the specific requirements outlined below and in the Covid-19 Illness and Health Monitoring policy and Procedures.

1. Physical Distancing rules
2. Equipment rules
3. **“Get In, Train and Get Out” rule**
4. Coaches, athletes and training group personnel (I.e. COVID Risk Manager & Safety Manager) will wear masks at all times (unless in the pool)
5. Everyone will wash hands with soap and/or use alcohol-based hand sanitizer before and after touching hard surfaces, and every 20 minutes while at training
6. Avoid touching their faces
7. Ensuring all participants and personnel comply with facility standards and requirements
8. Ensuring the Rule of Two is in effect during all training activities
9. Cough or sneeze into elbow or tissue and wash any body part that may have been in contact with droplets before returning to activity

When you arrive at the training location either for outdoor land training or for outdoor pool training, here's what to expect:

- Arrive wearing your swim suit under athletic wear (if pool training is scheduled) as there is no use of changing room before or after the practice.
- Scan your body temperature on arrival (Daily Wellness check) and confirm that you completed the daily attestation online, within 2 hours of arriving at training.
- Set up your training equipment at your designated spot and remain in this until all team members have arrived
- Follow the one-way signs or coach when moving around the facility (land or pool perimeter deck). A circulation path has been designed at Steveston Outdoor Pool that all users must abide by.
- All athletes are to have a cleansing shower before entering the pool at their designated spot
- No shower in the facility after the practice.
- Use of the washrooms is limited, only one person at a time.
- Exit the training facility (land or pool) promptly at the end of your swim session. Re-entry is not permitted.



Respect LAP SWIMMING and stationary exercises standard rules of PWS

- 1 lane = 1 swimmer at a time using the center of the lane.
- 2 lanes = Single Lane Protocol or Double Wide Protocol. A maximum of 6 athletes can swim at one time in the space equivalent to 2 lanes (2 x 25m x 2.5m), provided the start is staggered to allow appropriate physical distancing.

Single Lane Protocol is when athletes swim down the center of a lane in one direction and return using the center of a second lane.

Double Wide Protocol refers to swimming close to the lane marker of one lane and returning close the farthest point of a second lane, creating up to 5 meters between athletes. The double wide protocol assumes that the lanes on either side of the designated training space are not being used. This protocol is recommended for high exertion lap swimming.

- If more than one athlete is lap swimming at any one time, they **MUST** pace themselves to the swimmer in front to ensure physical distancing is maintained 5 m apart
- No cross point should ever happen
- Athletes will **NOT** rest on the wall and they must stay in their designated personal zone all the time.
- The size of a training cohort is dependent on the available pool space, provided there is a minimum of 2 meters per person radius for each participant.
- Athletes can only participate in **ONE** consistent training group or cohort.
- Goggles are mandatory all the time throughout the training session
- Caps are mandatory on all the time throughout the training session

(Adapted from the BC/YK LifeSaving Society Guidelines for Reopening BC's Pools & Waterfronts)

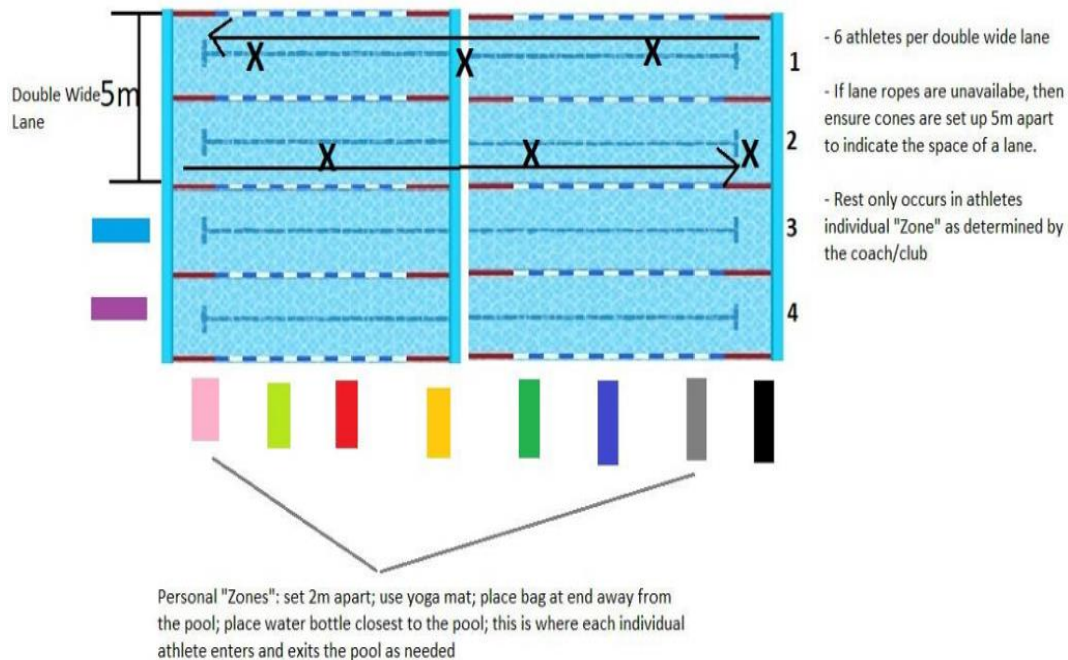


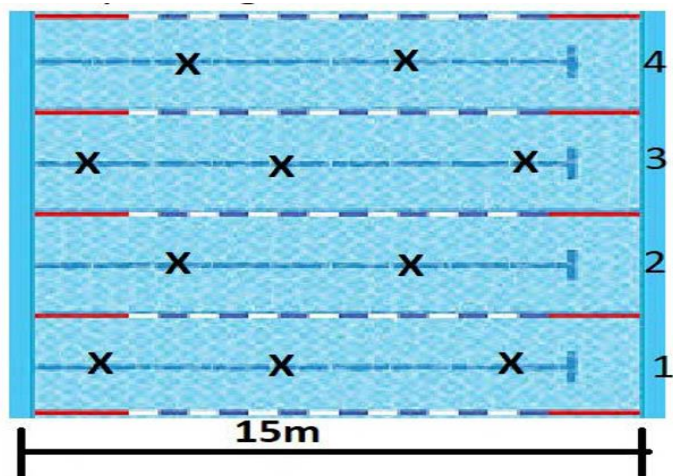
Image of in pool physical distancing

Phase 3 In-door Land Training in Person – Not permitted by BCAS at this moment

Phase 4 In-door Pool Training in Person – Not permitted by BCAS at this moment

G. EXPECTATION OF COACHES

- All coaches are responsible to check the body temperature with touchless thermometer upon arrival, in the event the assigned team parent is unavailable
- All coaches are encouraged to provide feedback after each training session to technical director and risk manager
- All coaches are responsible to call 911, risk manager and parents of the athlete if there is an emergency situation
- All coaches are to bring their own coaching tools they need to instruct their athletes
- All coaches are encouraged to wear face masks during coaching session
- All coaches must study and get CPR Level C/AED COVID-19 approved certification
- All coaches and athletes must maintain physical distance of at least 2 meters from each other during coaching sessions
- All coaches are to enforce prohibitions on sharing of equipment (water bottles, goggles, nose clips, towels, yoga mats, skipping ropes, tubing etc.)
- All coaches are encouraged to do any activities with physical distancing practices in place



H. Education Plan for Covid-19 new policies and procedures

Video of example <https://youtu.be/cJu8oNVQTRk>

1. Educational video will be posted on club social media platform and will be watched with club members during virtual online meetings.
2. BCAS Return to Artistic Swimming Guidelines are available on the BCAS website and PWS Covid-19 Risk Management and Safety Plans will be emailed to each family, copies of the plans will be printed and kept with coaches
3. Introduction and expectation session - virtual online meeting with coaches, parents and athletes by PWS President, Administration and Technical Director.
4. Follow up and Q&A session – virtual online meeting with parents ONLY with PWS President, Administration and Technical Director.
5. Simulation session – virtual online meeting with swimmers ONLY with technical director and coaches
6. Coaches expectations and standards session – virtual online meeting with technical director and coaches
7. Follow up, feedback and reflection session post training – virtual online meeting with coaches by administration manager and technical director
8. Follow up, feedback and reflection session post training – virtual online meeting with swimmers by administration manager and technical director
9. Follow up, feedback and reflection session post training – virtual online meeting with parents by administration manager and technical director

Additional Resources:

WorkSafeBC: [First Aid Protocols During the COVID-19 Pandemic](#)

Red Cross Canada: [First Aid Protocols for an Unresponsive Person During COVID-19](#)

LifeSaving Society: [Resuscitation of the Drowning Person in the Era of COVID-19](#)

WorkSafeBC: [Selecting and Using Masks in Non-Healthcare Settings](#)

WorkSafeBC: [How to Use a Mask](#)

Appendix (I) (available as a separate document emailed to all PWS members)



Covid-19 Illness and Health Monitoring Policy and Procedures

*Adapted from viaSport's BC Return to Sport Guidelines, BCAS and CAS Resource documents
*** this document will become part of the PWS Handbook ****

Definitions:

"Individual" refers to and includes an employee, contractor, 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.

"BCAS" refers to the provincial Sports Organization "PSO" BC Artistic Swimming located in British Columbia, Canada

"PWS" refers to the Pacific Wave Synchronized Swim Club located in British Columbia, Canada

All individuals are expected to remain vigilant by monitoring their own health on a daily basis, and consider whether they are experiencing any symptoms of COVID-19, even if mild. Individuals are expected to practice good hand hygiene, maintain physical distancing at all times, and wear a mask when possible arriving, during and leaving, training.

This document includes the following sections:

- A) Requirements to Return to Artistic Swimming during and following the Covid-19 Pandemic (p1)
- B) Health Monitoring and Assessment (p2)
- C) If an individual tests positive for COVID-19 or has been in contact with someone who is confirmed to have COVID-19 (p3)
- D) Conditions Requiring Quarantine or Self-Isolation (p3)
- E) Returning to Artistic Swimming following recovery of Covid-19 (p4)
- F) Understanding and Agreement

A) Requirements to Return to Artistic Swimming during and following the Covid-19 Pandemic

To ensure the safety of all club members, coaches and families, prior to participation of any in-person training, athletes and family members, coaches or individuals must:

1. Participate in the PWS online orientation to review the Safety Plan; Covid-19 Illness and Health Monitoring Policy and Procedures and amendments to PWS Handbook;
2. Provide PWS with an electronically signed statement that the athlete and family members, or coach, understand all items discussed above and agree to abide by these documents;
3. Review and sign the BCAS and PWS "release of Liability, Waiver of Claims and Indemnity Agreement" (Appendix F)
4. Review and sign the BCAS and PWS "Consent for Emergency Medical Treatment" permission form (Appendix G)
5. Review and sign the PWS Covid-19 Illness and Health Monitoring Policy and Procedure (Appendix E)
6. If the individual is symptom free, on the same day and no more than 2 hours before arriving at a training session, the individual (athlete or parent attending with that athlete) must complete the "Covid-19 Daily Health and Monitoring Questionnaire and Attestation".

I have read and agree:

B) Health Monitoring and Assessment

Individuals must conduct regular self-assessments prior to participating in any training environment. Individuals are expected to consider if they are experiencing any symptoms or signs of COVID-19, even if mild.

1. According to the BC Centre for Disease control, symptoms of Covid-19 can appear between 3 and up to 14 days after being exposed to the virus. The symptoms can include: fever, chills, new or worsening cough, shortness of breath, sore throat and painful swallowing, stuffed or runny nose, loss of sense of smell or taste, headache, diarrhea, vomiting, pink eye, muscle aches (not sport related), fatigue, and/or loss of appetite.
 - a. If individuals are unsure, they are directed to administer the [BC COVID-19 Self-Assessment Tool](#).
 - b. Contact the BC Centre for Disease Control for information about COVID-19, including how to protect yourself, your family and your community and what to do if you suspect you have the virus
<http://www.bccdc.ca/health-info/diseases-conditions/covid-19>
Non-medical information about COVID-19 is available 7:30am-8pm, 7 days a week at 1-888-COVID19 (1-888-268-4319).
 - c. No individual may join or participate in a training activity, event, or be in the training environment if they are symptomatic.
2. Upon arrival at an in-person training event the PWS COVID-19 Risk Management contact will complete a **Daily Wellness Check** with all participants, including checking their body temperature prior to individuals entering the training environment.
 - a. A PWS COVID-19 Risk Management designate and coach(es) 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. If there is any doubt as to the health of the individual, the PWS COVID-19 Risk Management designate or coach(es) have the right to refuse entry and participation of the athlete prior to training.
 - b. If an individual begins to feel sick and/or are showing symptoms during training activities, they will be sent home immediately and directed to follow the assessment process above. The parent who drove the athlete to training will be responsible to take the athlete home immediately. It is expected that the parent or guardian would be able to arrive no longer than 20-30 minutes.
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, unless urgent medical care is required and, in this case, call 9-1-1;
 - i. Do not go to work, school, the pool, non-urgent appointments, or public places, and avoid public transportation;
 - ii. Wear a face masks when around others, particularly when physical distancing cannot be maintained while maintaining excellent hand hygiene;
 - iii. Separate from household members, at least 2 metres at all times;
 - iv. Do not have visitors;
 - v. Stay in a well-ventilated room (open windows) and use your own bathroom if possible;
 - vi. Sanitize common use surfaces frequently and avoid sharing household items;
 - vii. If close contacts are vulnerable in terms of their health, consider alternative accommodations;
 - b. They should inform an individual in a position of authority with PWS (e.g. coach, team manager, COVID-19 Risk Manager) **immediately** if you feel any symptoms of COVID-19.
 - c. All other individuals in the same training group or cohort as the individual who may have been exposed will be asked to stay at home for 14 days to self-isolate and monitor themselves for possible symptoms, or as otherwise directed by public health authorities.
 - d. If the individual is tested for Covid-19 and is waiting for test results, the individual will not be permitted to join any training environments.

- e. Other individuals who may have been exposed will be informed and removed from the training environment for at least 14 days.

C) If an individual tests positive for COVID-19 or has been in contact with someone who is confirmed to have COVID-19

1. The individual will not be permitted to return to training or any artistic swimming activities until they are free of the COVID-19 virus and have been cleared to return to the training group by their BC local physician in accordance with Provincial guidelines.
2. See section E below for instructions to return to sport after recovery.
3. The coaches will close off, clean and disinfect any surfaces that could have potentially been infected/touched by the infected individual.
4. Training for the training group and coach(es) of the individual who tests positive or had close contact with a confirmed case of Covid-19 is suspended immediately and everyone will be asked to begin self-isolation for 14 days to monitor symptoms and follow steps listed in section B above. Any other individuals who had been at a training activity within 3 days prior to the positive result are also asked to follow this process. The local public health authority will provide further management recommendations which may include further testing, and contact tracing.
5. Group Training may resume after 15 days for individuals who self-isolated for 14 days and did not develop any symptoms, and have been cleared to return to the training group by their BC local physician in accordance with Provincial guidelines, or unless or as otherwise directed by public health authorities.

D) Conditions Requiring Quarantine or Self-Isolation

1. In addition to the sections above, an individual or household member of the individual who has travelled outside of Canada (international traveller) or any airplane travel within the last 14 days is not permitted to enter the training environment and must quarantine and self-isolate. We expect that the individual disclose to PWS any travel and how you travelled, and take precautionary isolation for 14 days.
 - 1.1. Under the Public Health Act, as of June 26, 2020, all international travellers are required by law to self-isolate for 14 days and to complete a self-isolation plan prior to returning to Canada
<https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support/self-isolation-on-return>
 - 1.2. For more information about how to self-isolate refer to the BC Centre for Disease Control
<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/self-isolation>
2. An individual with any 2 symptoms of COVID-19 is not permitted to enter any part of the training environment and must quarantine and self-isolate. An individual with any one of fever, vomiting or diarrhea is not permitted to enter any part of the training environment.
3. An individual from a household with someone showing symptoms of COVID-19, or who is self-isolating, is not permitted to enter any part of the training environment and must quarantine and self-isolate.
4. The individual or anyone in the individual's household has been directed by a public health officer in the course of contact tracing and have been instructed to get tested and/or self-isolate.

I have read and agree:

E) Returning to Artistic Swimming following recovery of Covid-19

1. The individual may return to training once they have fully recovered from all symptoms of the COVID-19 virus and must meet the following requirements:
 - a. has been symptom free for 14 days, and a negative test result
 - b. has approval to return to the training group by a BC local physician, registered with the BC College of Physicians, and the approval must speak to the ability to return to high level intensive physical activity,
 - c. the public health authorities approve it is safe to do so, and
 - d. the individual will provide written documentation that permissions have been granted by the aforementioned parties.
2. An athlete's return to sport after a Covid-19 infection requires special consideration prior to the resumption of high level intensive physical activity. While there is increasing research in the multi-organ nature of Covid-19 in the acute phase, there is limited research on medium to long-term complication.

F) Understanding and Agreement

By signing here, I acknowledge that I have reviewed and commit to strictly following the PWS COVID-19 Illness and Health Monitoring Policy and procedure. I understand that if PWS or any of the Municipal locations where training has occurred is contacted by a public health officer in the course of contact tracing that I agree to cooperate and comply with their instructions.

Individual's Name (please print):		
Signature (Athlete or Coach if 19 & over):		
Parent or Guardian's name if under 19 (please print):		
Signature (Athlete's or Coach's Parent/Guardian if under 19):		
Date individual attended the PWS online orientation:		
Date of signature:		

Appendix (J) (available as a separate document emailed to all PWS members)



Release of Liability, Waiver of Claims, and Agreement



Indemnity

Adapted from Ontario Artistic Swimming and approved by DLA Piper

WARNING! Please read carefully

By signing this document, you will waive certain legal rights, including the right to sue

1. This is a binding legal agreement. Clarify any questions or concerns before signing. As a participant, or the guardian of a participant who is a minor (the “Participating Minor”), in the sport of artistic swimming and the spectating, orientation, instruction, activities, competitions, programs, and services of British Columbia Artistic Swimming and Pacific Wave Synchronized Swim Club (collectively the “Activities”), the undersigned acknowledges and agrees to the terms outlined in this document.

Disclaimer

2. British Columbia Artistic Swimming, Pacific Wave Synchronized Swim Club, and their respective Directors, Officers, committee members, members, employees, coaches, trainers, therapists, 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, personal injury, damage, property damage, expense, loss of income, or loss of any kind suffered by a Participant during, or as a result of, the Activities, caused in any manner whatsoever including but not limited to, the negligence of the Organization.

I have read and agree to be bound by paragraphs 1 and 2.

Description and Acknowledgement of Risks

3. I 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 may require remote or independent training outside of a sport-specific facility owned, leased, operated or otherwise controlled by the Organization (“Remote Training”), and which may 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 fitness or abilities of any individual participant, may misjudge weather or environmental conditions, may give incomplete warnings or instructions, and the equipment being used might malfunction; and

- d. The novel coronavirus, SARS-CoV-2, which causes the disease COVID-19 (collectively “COVID-19”), has been declared a worldwide pandemic by the World Health Organization. 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 any participants will not become infected with COVID-19. Further, participating in the Activities, including any Remote Training, could increase the risk of contracting COVID-19.
4. I am participating, or enrolling the Participating Minor for participation, in the Activities including any Remote Training, voluntarily. In consideration of the Organization allowing this participation, I hereby acknowledge that I am aware of the risks, dangers and hazards associated with or related to the Activities and Remote Training. The risks, dangers, and hazards include, but are not limited to:
- a. Contracting COVID-19 or any other contagious disease or illness;
 - b. Privacy breaches, hacking, technology malfunction or damage;
 - c. Executing strenuous and demanding physical techniques;
 - d. Dryland training including weights, Pilates, running, dance, bands, circus school and massage;
 - e. Vigorous physical exertion, strenuous cardiovascular workouts and rapid movements;
 - f. Exerting and stretching various muscle groups;
 - g. Dehydration and exhaustion;
 - h. Physical contact with other participants including spotters whose role is to enhance safety and learning;
 - i. Failure to act safely or within the participant’s own ability or designated areas;
 - j. Tripping hazards, loud noises, and colliding with the pool, pool bottom, walls, stands, equipment, or with other participants;
 - k. Entering the water by either diving or jumping;
 - l. Artistic swimming techniques including boosts and lifts;
 - m. Extended time underwater;
 - n. Spending extended times in chlorinated water which may lead to bacterial infections or rashes;
 - o. The failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment;
 - p. Serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of the body or to general health and well-being, including permanent or temporary disability, or death;
 - q. Abrasions, sprains, strains, fractures, or dislocations;
 - r. Concussion or other head injuries, including but not limited to, closed head injury or blunt head trauma, damage to teeth or dental work, hearing damage or ocular damage
 - s. Spinal cord injuries which may result in permanent paralysis;
 - t. Negligence of other persons, including other spectators, participants, or employees;
 - u. Travel to and from competitive events and associated non-competitive events, which are an integral part of the Activities; and
 - v. Negligence on the part of the Organization, including failure by the Organization to take reasonable steps to safeguard or protect participants from the risks, dangers and hazards associated with participation in the Activities or Remote Training.

✓ I have read and agree to be bound by paragraphs 3 and 4.

Terms

5. In consideration of the Organization allowing me or the Participating Minor to participate in the Activities, including any Remote Training, I agree:
- That when I, or the Participating Minor, practice(s) or train(s) pursuant to a Remote Training activity, I am responsible for the Remote Training environment, including the surroundings and the location and equipment;
 - That my mental and physical condition, or that of the Participating Minor, is appropriate to participate in the Activities, including any Remote Training, and I assume all risks related to my mental and physical condition and that of the Participating Minor under my care;
 - To comply with the rules and regulations for participation in the Activities;
 - To comply with the rules of the facility or equipment;
 - That if I observe an unusual significant hazard or risk, I will remove myself or the Participating Minor from participation and bring my observations to the attention a representative of the Organization immediately;
 - The risks associated with the Activities and Remote Training are increased when I am impaired, and I will not participate if impaired in any way;
 - That it is my sole responsibility to assess whether any Activities, including Remote Training, are too difficult for me or the Participating Minor under my care. By commencing an Activity, or allowing a Participating Minor to commence an Activity, I acknowledge and accept the suitability and conditions of the Activity;
 - That COVID-19 is contagious in nature and I or the Participating Minor may be exposed to, or infected by, COVID-19 and such exposure may result in personal injury, illness, permanent disability, or death; and
 - That I am responsible for my choice of safety or protective equipment and the secure fitting of that equipment.

Release of Liability and Disclaimer

6. In consideration of the Organization allowing me or the Participating Minor to participate, I agree:
- That the sole responsibility for my safety and that of the Participating Minor under my care remains with me;
 - To ASSUME all risks arising out of, associated with or related to the participation;
 - That I am not relying on any oral or written statements made by the Organization or its agents, whether in a brochure or advertisement or in individual conversations, to agree to participate in the Activities;
 - To WAIVE any and all claims that I may have now or in the future against the Organization;
 - To freely ACCEPT AND FULLY ASSUME all such risks and possibility of personal injury, death, property damage, expense and related loss, including loss of income, resulting from my participation or that of the Participating Minor in the Activities;
 - To FOREVER RELEASE AND INDEMNIFY the Organization from any and all liability for any and all claims, demands, actions, damages (including direct, indirect, special and/or consequential), losses, actions, judgments, and costs (including legal fees) (collectively, the "Claims") which I or the Participating Minor have or may have in the future, that might arise out of, result from, or relate to my participation in the Activities, or that of the Participating

Minor, including my decision to allow the Participating Minor to participate in the Activities, even though such Claims may have been caused by any manner whatsoever, including but not limited to, the negligence, gross negligence, negligent rescue, omissions, carelessness, breach of contract and/or breach of any statutory duty of care of the Organization;

- g. To FOREVER RELEASE AND INDEMNIFY the Organization from any action related to exposure to or infection by COVID-19 as a result of, or from, any action, omission or negligence of myself or others, including but not limited to the Organization;
- h. That the Organization is not responsible or liable for any damage to my vehicle, property, or equipment that may occur as a result of the Activities;
- i. That negligence includes failure on the part of the Organization to take reasonable steps to safeguard or protect me or the Participating Minor from the risks, dangers and hazards associated with the Activities; and
- j. This release, waiver and indemnity is intended to be as broad and inclusive as is permitted by law of the Province of British Columbia and if any portion thereof is held invalid, the balance shall, notwithstanding, continue in full legal force and effect.

Jurisdiction

- 7. I agree that in the event that I file a lawsuit against the Organization, I will do so solely in the Province of British Columbia and further agree that the substantive law of the Province of British Columbia will apply without regard to conflict of law rules.

I have read and agree to be bound by paragraphs 5-7.

Acknowledgement

- 8. I acknowledge that I have read and understand this agreement, that I have executed this agreement voluntarily, and that this agreement is to be binding upon myself, my heirs, spouse, children, parents, guardians, next of kin, executors, administrators and legal or personal representatives. I further acknowledge by signing this agreement I have waived my right to maintain a lawsuit against the Organization on the basis of any claims from which I have released herein.

Participant Name:

Please PRINT

Parent/Guardian Name: if Participant is a minor

Signature:

(Participant or Parent/Guardian if individual is a minor)

Date:

(dd/mm/yy)

Appendix (K) (available as a separate document emailed to all PWS members)



Consent for Emergency Medical Treatment

Adapted from Ontario Artistic Swimming and approved by DLA Piper

I, _____, give permission to the officials and coaches of British Columbia Artistic Swimming to make decisions concerning medical care and treatment, and where necessary to authorize such care and treatment in emergency situations.

I understand that the officials and coaches of British Columbia Artistic Swimming will make every reasonable effort, in the circumstances, to contact me regarding my child's/ward's medical status in the event an emergency arises. If I cannot be reached in an emergency, I hereby give my permission to the licensed physician, dentist, athletic therapist, nurse, or other medical professional whose services might be required to provide medical care and treatment.

By signing here, I indicate that I have the understanding and capacity to communicate health care directives for my child/ward and that I am fully informed as to the contents of this document and understand the full import of this grant of powers to the officials and coaches of British Columbia Artistic Swimming.

Participant Name:

Please PRINT

Parent/Guardian Name:

if Participant is a minor

Signature:

(Participant or Parent/Guardian if individual is a minor)

Date:

(dd/mm/yy)