

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 to be bound by section A.

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 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 to be bound by Sections B, C and D.

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)