

**NOVA
SCOTIA** 
ARTISTIC 
SWIMMING

RETURN TO SPORT 2020-2021 Season

Submitted: August 11, 2020

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Our Mandate

Sport makes an important contribution to the physical and emotional well-being of Canadians, especially young Canadians. As Nova Scotia continues to reopen for after months of isolation due to the COVID-19 pandemic, it is important for our PSO and Clubs to have a well-constructed plan for returning to the pool. The resumption of sport and recreational activities will be a complex process and will require that a purposeful, phased-in process be implemented to ensure the safety of athletes, coaches, other personnel and the wider local community.

Nova Scotia Artistic Swimming (NSAS) is committed to promote, develop and support Artistic Swimming through the implementation of an integrated sport system that is accessible to all Nova Scotians by providing opportunities for enjoyment and the pursuit of individual goals during these unprecedented times.

The Principles of Return to Artistic Swimming Activity

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:

Physical Distancing

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

Hygiene

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

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.

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 COVID- 19 or have travelled outside Atlantic Canada 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.

Safe Sport Environment

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

Planning and Communications

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

COVID-19 And Pool Safety

Are Swimming Pools Safe?

¹COVID-19 has a fragile lipid outer membrane, and is therefore highly susceptible to soaps and oxidants, such as chlorine. According to the Centre for Disease Control (USA), there is no evidence that COVID-19 can be spread to humans through the use of pools, hot tubs or spas. Proper operation maintenance and disinfection with chlorine or bromine of pools should inactivate the virus (CDC 2020)

¹ [Medical Info for Pan Am Aquatics, UANA Sports medical Commission](#)

As new information and research becomes available, the general knowledge about pool safety will continue to increase and will influence decisions made by facility management.

General pool safety is among the ongoing challenges for all partners to manage, and for the Canadian aquatic community, a safe and responsible return to the pool plan is critical.

²CDC: [Water and COVID-19 Facts](#)

[Myrtha Pools: COVID-19 Swimming Pool Study](#); Professor Vincenzo Romano Spica, (Professor of Hygiene at the University of Rome “Foro Italico”)

Our Process

Over the last three and half months, Nova Scotia Artistic Swimming has had zoom meetings with its clubs as well as with its Board to discuss and prepare this plan. We created a cross functional task force representing all members of the NS Artistic Swimming. The task force members are:

- Nadine Jewer (President of NSAS)
- Laura Casey (Coaches Rep)
- Ally Merrill (Head Coach of Atlantis Synchronized Swimming Club)
- Elizabeth Pugh (Secretary of NSAS)
- Jenna McNutt (VP of Officials)
- Dan Latremouille (President of Atlantis Synchronized Swimming Club)
- Damion Stabledon (Participation Chair)
- Caitlin Menczel (Technical Chair)
- Faye Evans (Competitions Chair)

Our President has been on numerous calls with the Canada Artistic Swimming (the National Sport Organization “NSO”) gathering information from the rest of the country on how we are going to navigate these uncharted waters that lie ahead for Artistic Swimming’s upcoming season. Our National Association has provided us with a document for things to consider when returning to sport. They have formed a Task Force group and our President is on this group to represent Atlantic Canada. This group will continue to provide the country with further information for the season as the situation continues to develop.

² [CDC is the Center for Disease Control and Prevention in the USA](#)

Key Steps to Return to the Pool

We have identified a number of steps in the return to pool program as identified below. We are currently at step 3 and ready to move to step 4 but also recognize we may have to return to a previous step as the situation continues to develop.

Step 1: The Province Allows Sport to Start

Information is to be provided to clubs so they can understand the risks and how COVID-19 spreads, the steps that participants in artistic swimming as an activity can take to stay healthy and prevent spreading infection, and recognized hygiene best practices. Information related to preventing COVID-19 and proper hygiene is available. Clubs must review and understand public health agency guidelines and be aware of local daily situation reports. Each community may need to adjust to meet its unique circumstances

Step 2: Facility or Training Space is Available

Clubs are to review and understand any policies and requirements imposed by the facility operator. Clubs are to conduct site visit to understand the unique risks and challenges for each physical location

Step 3: Club Decides to Offer Artistic Swimming Activity

Mandatory steps that clubs must take to be ready to return to artistic swimming activity:

- Appoint a Designated COVID-19 Response Coordinator
- Complete the Club Risk Assessment Tool for Return to Sport that can be found in the CAS COVID-19 Return to Artistic Swimming Resource Document
- Update their Emergency Action Plan for each facility or training space
- Ensure all coaches and athletes:
 - Are registered in accordance with CAS and NSAS policies and contact information is up-to-date.
 - Have signed the Declaration of Compliance – COVID-19 and a new Waiver or Assumption of Risk Form (Minors)
- Ensure all athletes:
 - Have submitted a pre-registration health survey
 - Have signed the COVID-19 Code of Conduct for Athletes
- Designate a CAS-registered coach in good standing, 18 years or older, to be in charge of each training session, who will be responsible for taking attendance, supervision and enforcement of physical distancing and personal

- hygiene protocols
- Clubs submit a sanction request to NSAS clearly identifying the intended artistic swimming activities they want to operate

Step 4: Artistic Swimming Activity Can Start

- Participants to monitor for symptoms of COVID-19 by completing a “self” health check on training days
- Clubs to ensure training plans comply with all public health and facility requirements

The Nova Scotia Artistic Swimming season typically runs from September to May. This plan is designed so that on approval we can have clubs ready, subject to pool availability to have swimmers back in the pool for training immediately following approval of this document.

Individual Health

It is the responsibility of all participants to undertake their own personal risk assessment and determine whether they are willing and able to return to sport in person at this time.

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

Please refer to the *Government of Nova Scotia COVID-19 self-assessment tool*.
<https://when-to-call-about-covid19.novascotia.ca/en>

- Individuals should not attend an in-person artistic swimming program or activity if, in the last 14 days, the individual, or anyone in their household has:
 - Experienced symptoms or signs of COVID-19 (and where unrelated to pre-existing conditions such as allergies or asthma), including fever, sore throat, dry cough, fatigue, chills and body aches, shortness of breath, diarrhea, pink eye, or loss of smell or taste
 - A confirmed case of COVID-19, or are waiting to be tested or receive the results of a lab test for COVID-19
 - Had close contact with someone who has a suspected or confirmed case of COVID-19
 - Been notified by their public health unit that they may have been exposed to COVID-19 and need to self-isolate.

- Have travelled to or had a lay-over in any country outside of Atlantic Canada
- Individuals diagnosed with COVID-19 must not attend an in-person artistic swimming program or activity until advised that their case is resolved by their public health unit
- Individuals who are at elevated risk for COVID-19 infection, or those who live with someone who is at elevated risk, should take any necessary further precautions to protect themselves. Athletes, coaches and club managers should work together to support and implement these further measures to ensure an inclusive and safe environment. If an individual is concerned about their risk level, they should consult with a medical professional and consider refraining from participating in artistic swimming activity. Information related to who may be at elevated risk for infection is available on the Government of Canada COVID-19 website.

The parents or guardians of younger athletes (under 18 years of age) must:

- Sign the Declaration of Compliance – COVID-19 and Assumption of Risk Form providing permission for the athlete to participate in artistic swimming activity.

Designated COVID-19 Response Coordinator

All clubs must appoint a designated COVID-19 Response Coordinator who reports to the respective club board and whose name is submitted to NSAS.

The roles and responsibilities of the COVID-19 Response Coordinator may 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 facilities to comply with all public health and facility requirements
- Ensuring an Emergency Action Plan is current and complete for each training facility
- Ensuring a Health & Safety Bin that includes alcohol-based hand sanitizer and appropriate Personal Protective Equipment (PPE) is available at each training facility
- Communicating with club managers and coaches on any training restrictions

or recommendations

- Implementing an attendance process at every practice to help with communication if a suspected or confirmed case of COVID-19 is reported
- Ensuring training group size complies with public health agency guidelines
- Ensuring signage is in place so that all risk mitigation measures are easy to follow
- 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
- Liaising with the local public health unit for contact tracing, infection control, etc.
- Reporting any suspected or confirmed cases of COVID-19 through the NSAS Injury or Illness Report Form
- Collaborating and coordinating with facilities in the instance that any new COVID-19 cases arise
- Modifying, restricting, postponing, or cancelling return to training with the Clubs Board of Directors due to an evolving COVID-19-related outbreak or emergency within the club or at the facility

Protocol for suspected or confirmed cases of COVID-19

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

- The athlete is removed from the training group immediately.
- If the individual is under 18 a parent or guardian should be contacted to collect them from the facility
- The unwell individual should be isolated and asked to wear a mask while waiting to be picked up
- All other group participants must wash their hands with soap and water or hand sanitizer and leave the facility
- All areas or shared objects should be sanitized
- In-person training for the training group is suspended and all team members are placed in self-isolation. Provincial Public Health (811) will provide further management recommendations which may include further testing, and contact tracing.
- Any further team members who develop symptoms will be referred to the

appropriate health authority or helpline for guidance on testing and appropriate management.

- All individuals in the training session are notified, advised to self-isolate for 14 days to monitor symptoms and to notify the club COVID-19 Response Coordinator if they experience new symptoms.
- In order to protect the privacy of the individual, do not disclose the name of the individual with the confirmed or suspected case
- The Club COVID-19 Response Coordinator is to advise the facility operator of the suspected or confirmed case
- Pool training can resume when participants who had close contact with the individual are symptom free for 14 days or have received clearance to return from Provincial Public Health (811).

Return to Training after Having COVID-19

The decision on when it is appropriate to return to the training environment following a positive COVID-19 test will require medical advice and clearance by a doctor. Recommendations will vary based on a number of factors and may include further testing in some cases. An athlete's return to sport after a COVID-19 infection requires special consideration prior to resumption of high intensity physical activity. While there is increasing research on the multi-organ nature of COVID-19 in the acute phase, there is currently limited research on medium to long-term complications. Any athlete, coach, or staff member who contracted COVID-19 must meet the following minimum criteria prior to retuning training environment:

- Be symptom-free for 14 days, have written clearance from a physician, or are in accordance with Provincial Public Health Guidelines (811).

Plan Considerations

Our plan was guided by the following:

- Adherence to the core personal public health measures from the government of Nova Scotia:
 - Physical Distancing
 - Practicing good hygiene
 - Staying informed
 - Being prepared to follow and promote public health advice

- Alterations to programs and services according to Sport Nova Scotia parameters in the following areas:
 - Environment
 - Equipment
 - Physical Distancing
 - Education (individual precautions)

- Identification of moderate to high risk factors present in typical artistic swimming programming and creating risk-mitigation guidelines in each of the following areas:
 - General
 - Practice/Training
 - Competition

- A multi-phased approach to Back to Sport planning which will allow Nova Scotia's independent artistic swimming clubs to adapt to changing public health guidelines as they return to training in fall 2020

General Messaging

Disclaimer

The guidelines and recommendations in this document are not legal or medical advice. Given the extremely fluid environment of COVID-19, all guidelines and recommendations are subject to change. This document will be updated periodically as the situation evolves and more information becomes available.

This document is meant to provide information and guidance as to best practices based on current information. Every Artistic Swimming club in the province of Nova Scotia is responsible for assessing the risks and unique facility regulations in its particular environment. Artistic Swimming clubs are subsequently responsible for establishing appropriate safety procedures to minimize those risks, while following the advice and instructions of public health and government authorities.

Additionally, it is an individual's responsibility for assessing his or her personal risks in consultation with medical professionals and for the outcome of his or her decisions and actions.

Each sport organization should comply with the requirements of the provincial and

local government and health officials in terms of public gatherings and sporting events when determining when it is safe to return to activities.

Nova Scotia’s Artistic Swimming Clubs and Participants are directed to always keep in mind, and where applicable, adhere to the following core principles when conducting and/or attending artistic swimming programming:

- 1) Organizers or club leaders should complete a “Risk Assessment” prior to the start of returning to training and subsequently as necessary. Risk assessments should be tailored to the specific facilities accessed by participants in the sport. It is impossible for clubs to mitigate the public health risks presented by COVID-19 without first conducting an adequate risk assessment
- 2) Organizers or club leaders should ask athletes, coaches, officials, volunteers, and others who may be present during artistic swimming practices or events to stay home if they have any symptoms of COVID-19 or have been in contact with someone who has or had the virus in the previous 14 days. Before returning to play, an athlete must have met the required criteria outlined by NS Public Health.
- 3) Organizers or club leaders should communicate the importance of following the publicly recommended physical distancing and sanitations practices for all who attend artistic swimming practices and events, even those who appear to be healthy and have had no contact with someone who is at-risk of contracting the virus.
- 4) All artistic swimming participants and individuals otherwise attending practices or events in the sport should demonstrate that they are following sanitary practices recommended by public health authorities and required by the facilities attended. These include, although may not be limited to:
 - a. Practicing proper hygiene at home and on the way to artistic swimming programs, as it can help reduce the risk of infection or spreading infection to others
 - b. Regular handwashing with soap and water for at least 20 seconds, especially after using the washroom. Alternatively, using alcohol-based hand sanitizer if soap and water are not available. Clubs may have these readily available or ask members to bring their own.

- c. Avoiding touching one's eyes, nose, or mouth during artistic swimming programming.
 - d. When coughing, sneezing, or engaging in any other conduct that involves heavy breathing/exhalation:
 - Cough or sneeze into a tissue or the bend of one's arm, not one's hand
 - Use a tissue and dispose of any used tissues as soon as possible in a lined waste basket and wash one's hands afterwards
 - Keep physical distancing of 2 m or 6 feet with people outside their team or group
- 5) Wearing a mask, particularly when in close proximity with others, may decrease the risk of spreading germs and/or disease from person to person. This applies to surgical procedure masks as well as non-medical, cloth masks. Wearing a mask does not replace proper physical distancing measures. Masks must be worn in public areas and when physical distancing is not possible.
- 6) All artistic swimming participants are encouraged to avoid gathering in large groups where social distancing is not feasible. The group size within any in-person gatherings planned by or in association with Nova Scotia's artistic swimming clubs must adhere to the limitations set by the provincial government.

Phase 1: Return to Training

General Risk Mitigation for Physical Distancing

- Drop-off and pick-up of athletes is to happen outside the facility according to a set schedule to avoid "congregations" of people during drop off and pick up.
- If possible, establish facility access with one entry point and a separate exit point.
- Complete a daily "self" health check (and stay home if feeling sick)
- Athletes, coaches and others should arrive at the pool dressed and ready to enter the pool (swimsuits under clothes). There will be no use of facility lockers or storage for participant equipment or personal items.

- Design planned access to washroom facilities and limit them to essential use.
- Encourage and enforce personal hygiene protocols
- Each participant is to bring their own water bottle
- There will be no sharing of equipment, and equipment shall be labeled to discourage accidental sharing
- Bags must be closed to ensure safe storing of equipment and hygienic materials (e.g., tissues, towels, etc.)
- Clubs are to develop an attendance process at every practice to help with communication if a suspected or confirmed case of COVID-19 is reported. These records are to be provided to the Covid coordinator and are to be retained for a period of a minimum of two years.
- Design a planned flow and movement of people in the facility using floor markings and signage (out of the water).
- Report any suspected or confirmed case of COVID-19 shall be done as per Provincial requirements.

Phase 1 (A)

- There will be no contact and physical distancing of at least 2 metres will be maintained between participants
- Plan the use (including distancing diagrams and flow patterns) of the pool space to ensure an appropriate physical distance can always be maintained (minimum of 2 metres but may need to be greater depending on the exertion level and training being done).
- Provide guidance as per pools regulations on the pool deck to identify individual areas for athletes and coaches that respect the physical distancing requirements (use of cones, lines, stickers, tape might be an option) and provide each individual with their own space and that do not require one individual to walk through another person's space to get to their space.
- Backpacks will be left 2m apart.

Phase 1 (B) Groups of Ten

As of August 2020, Nova Scotia Public Health allows groups of up to ten to gather without physical distancing. Many sports teams are using this guidance for their teams.

- ASNS therefore proposes to allow groups of artistic swimmers to congregate in groups up to:
 - learn to swim: Up to six, which aligns with the Aqua Go program (the learn to swim program) (The recommended coach to swimmer ratios are 1:4, and 1:6 depending on the level).
 - Pre-competitive teams: Up to eight
 - Competitive teams: Up to ten.
- Physical distancing will always be maintained between groups while training.
- Coaches must maintain a physical distance of 2m from the swimmers, as they may be involved with more than one team or group. Coaches should wear a mask when physical distancing is not possible or practical. If coaches are required to make contact with athletes for training purposes... must follow public protocol re sanitizing between athletes.
- Athletes will be encouraged to face the same direction to avoid face to face breathing during training in or out of pattern
- These groups or teams will not change for the duration of the session or season.
- The number of groups allowed in the pool or facility will be determined by the facility.
- Athletes within a team may place backpacks closer than 2m.

Phase 1 (C)

- Physical distancing between swimmers is eliminated.
- Athletes may begin to do face to face breathing during training

If there is a change in the Public Health protocols, the group sizes and physical distancing requirements will be adjusted accordingly. If there is a change in guidance from our NSO, a revised Return to Sport Plan will be submitted.

Training and Environment

- Athletes and coaches shall be separated into small, self-contained training groups or teams of no more than 10 people, according to Nova Scotia guidelines for Re-opening Our Province. Group size may be restricted further by facility rules. We will continue to adhere to maximum numbers in the pool as dictated by NS Health Authority. Important to note that once participants are within a group of 10, they must stay in the same groups and cannot switch to different groups.

- Coaches should stay with their training group for the duration of the group's session. In situations where a coach changes training groups, they must adhere to public health protocols.
- The number and size of training groups will be determined by the available pool space and the ability to maintain the physical distancing that is appropriate for the degree of exertion associated with training.
- An arrival schedule should be developed to coordinate the timing for coach and athlete arrivals. Individuals are to arrive on time at their prescribed arrival time.
- Athletes must arrive at the pool ready to train (swimsuit under their clothes) and must depart immediately after training "Get in-Train-Get out".
- Respect and follow facility rules and regulations
- No one outside the training group is permitted in the training environment
- Spectators or non-essential visitors, including parents are discouraged
- Routines with no lifting, holding, or other physical contact and distancing

Training and Equipment Use

- Clubs are to enforce prohibitions on sharing of all equipment. Personal items should be labeled to discourage accidental sharing.
- In Phase 1 (A), training equipment should not be shared by athletes in a team or group. Athletes should have their own kickboards, pull buoys, swim paddles, flotation, water bottles, weights and other equipment, which must be labelled, stored in a bag and kept separate from other athletes. All equipment should be taken home and cleaned thoroughly after each training session.
- In Phase 1(B) and (C), equipment may be shared between members of a team or group. If equipment is to be shared, it must be sanitized as per NS Public Health protocols.
- Clubs will develop a plan for the use of the music system during training.
- There will be no use of facility lockers or storage for athlete equipment or personal items.
- Coaches should not use whiteboards so that swimmers do not congregate around them, unless physical distancing measures can be applied (large board, big printing).
- Clubs to ensure proper sanitation equipment is available at all facilities used for training, including hand sanitizers and alcohol rubs and gels with at least 60% alcohol to sanitize any shared equipment.

- Sanitation practices should follow the Canadian Government guidelines for cleaning hard surfaces
- Coaches to clean and disinfect any shared equipment, including sound equipment and microphones, between uses and before and after training sessions.

Training and Hygiene

- Upon arrival, athletes, coaches, and staff must wash their hands with soap and water or hand sanitizer (>60% alcohol) for at least 20 seconds.
- Encourage and enforce physical distancing and personal hygiene practices
- Clubs will recommend post training cleaning and sanitizing of personal clothing and equipment used in training sessions.
- Clubs should consider a HEALTH and SAFETY Bin at each training facility that includes Personal Protective Equipment (PPE) for at least two people, to be used by the coach and athlete in the case of injury where the coach needs to attend to the injury and physical distancing cannot be maintained. It should include appropriate PPE (e.g., disposable, non-medical masks, disposable gloves, eye protection (e.g., safety goggles), hand sanitizer with at least 60% alcohol, alcohol wipes, paper towel, tissues, etc).

Phase 2: Return to Competition

Setting	Adaptations
General	<p>Environment: Phase 1 adaptations apply Equipment: Phase 1 adaptations apply Training: Phase 1 adaptations apply</p>
Practice/Training	<p>Environment: Phase 1 adaptations apply Equipment: Phase 1 adaptations apply Training: Phase 1 adaptations apply</p>
Competition	<p>Spectators:</p> <ul style="list-style-type: none"> - Spectators will be encouraged to view competitions via online resources when possible. - Spectators that are on site will be encouraged to view only events in which their unit member(s) is/are participating. <p>Competitors:</p> <ul style="list-style-type: none"> - No sharing of any equipment including water bottles, gelling supplies, suits, caps, goggles, nose plugs, club gear, makeup, etc. - No sharing of food or drink. - No use of team coolers. - No use of deck space for warm up activities if competition is in progress. There may be a classroom that could be used for this purpose at a facility. Once competition in the pool is complete, athletes leave facility and the group warming up head to pool deck. - Gear for each team must be stored in designated area depending on facilities layout and organization of athletes in and off pool deck to ensure social distancing is adhered to. - Competitors will follow a strict rotation from facility entrance to exit in order to limit contact between groups including lap warm up, competition warm up, competition, cool down and exit. - No showering will be allowed on the premises, though it is recommended to shower as soon as possible after exiting

competition facilities.

- No team huddles

Officials:

- Officials will facilitate the movement of competitors through the facility rotation.
- Officials will flash marks instead of using paper chits.
- Announcements will be used instead of whistles for event change over.
- When possible, limit sharing of equipment and disinfect before and after change over.

Volunteers:

- When possible, limit sharing of equipment and disinfect before and after change over.
- Volunteers are to be on deck only when scheduled or as directed by officials. Volunteers must wear a mask as their movements may not allow for physical distancing.

Coaches:

- Coaches will assist officials in facilitating the movement of competitors through the facility rotation.
- Coaches will follow adaptations for coaching as outlined in Phase 1,

All:

- Members are required to maintain physical distancing as per phased guidelines above.
- Building maximum capacities will be followed as dictated by the competition facilities.
- When maintaining physical distancing is not possible, participants must wear a mask.
- If an individual is displaying symptoms consistent with COVID-19 that are not caused by a previous medical condition, they will be isolated and removed from the premises.
- Deck shoes must be worn when on deck.

	<p>Logistics:</p> <ul style="list-style-type: none">- All competition fees are non-refundable.- Only local competitions will be held.
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Phase 3: Return to Events

Setting	Adaptations
General	<p>Environment: Phase 1 adaptations apply</p> <p>Equipment: Phase 1 adaptations apply</p> <p>Training: Phase 1 adaptations apply</p>
Practice/Training	<p>Environment: Phase 1 adaptations apply</p> <p>Equipment: Phase 1 adaptations apply</p> <p>Training: Phase 1 adaptations apply</p>
Competition	<p><u>All Levels</u></p> <ul style="list-style-type: none"> • Athletes are permitted to travel within Atlantic Canada for competitions, as long as the “Atlantic Bubble” is in place • Provincial Championships to be held, with adaptations (TBD)

Phase 3 notes

- All competition modifications to remain in place. Any competition change recommendations must be reviewed and approved by NSAS in consultation with Public Health
- Provincial Championships within our Province will be held
- Atlantic Events TBD based on governmental interprovincial guidelines. Currently the Atlantic Bubble would allow for this to occur.
- National Events TBD based on governmental interprovincial guidelines

Phase 4: Return to the New Normal

Per lifting or changing of recommended public health measures, guidelines to be reviewed and adjusted as needed.

Final Thoughts and Next Steps

In thoroughly assessing our sport of Artistic Swimming, we feel we can return safely with the above adjustments. The plan we have presented takes into account the core public health measures and messages, the Sport Nova Scotia guidelines, and our own measures as a sport to mitigate the risk of COVID-19 transmission.

Upon submitting the Nova Scotia Artistic Swimming Return to Sport plan, we will await feedback and suggestions from Sport Nova Scotia, the Provincial Government, and Public Health.

Upon approval of our RTS plan, the key to successful implementation will be education. Engaging our key stakeholders will be crucial. This includes:

- NSAS will work closely with our NSO to develop new training protocols and update coaches, officials etc on adjusted rules;
- NSAS to have representation on the Canadian Artistic Swimming - Task Force for COVID 19;
- Facility and recreational leaders understanding the impacts on facilities and programming;
- Sport Nova Scotia Regional Sport Consultants assisting with the transition to the new normal;
 - Information packages being made available for parents to review when participating in programming at CLUB level;
 - There will be constant communication via web and social media platforms.

Nova Scotia Artistic Swimming understands the “perfect environment” for the upcoming season is not possible. Our main goal through this plan is to use the science we know as of now and the messaging from public health to formulate a new normal for the time being. Our PSO feels adherence to these guidelines gets our swimmers back in the pool, gets them physically active, and enjoying Artistic Swimming in the safest way possible.

Acknowledgements

Nova Scotia Artistic Swimming (NSAS) would like to thank and acknowledge the following organizations for their work in the development of return to sport guidelines that we have referred to in the development of this Framework for Return to Artistic Swimming Activity:

Ontario Artistic Swimming
Canada Artistic Swimming

This Framework is based on the latest public information available related to COVID-19 and will be updated periodically as circumstances evolve and new information becomes available.

Revisions

Revisions will be listed here:
Version 1: August 9, 2020