



2022
CANADIAN CHAMPIONSHIPS
CHAMPIONNATS CANADIENS
ARTISTIC SWIMMING | NATATION ARTISTIQUE



20 MASTERS
22 MAITRES
ARTISTIC SWIMMING | NATATION ARTISTIQUE

COVID PROTOCOLS & GUIDELINES

v 1.0 | 2022-05-05



CANADA
ARTISTIC
SWIMMING

01 GUIDING PRINCIPLES & CONTACT INFORMATION

<p>Guiding Principles</p>	<p>These guidelines were designed to make the 2022 Canadian Championships (CASC) and Canadian Masters Championships (CMASC) competitions as safe as possible for everyone, but rely heavily on the participation and goodwill of all participants.</p> <p>RESPECT: Respect everyone's safety: if you're not feeling well, don't come to the pool!</p> <p>COMMON SENSE: It's glaringly obvious that the best way to maximize safety is to minimize contacts: let's always keep this in mind! Everyone's goal should be to spend the least possible amount of time at the pool while providing the athletes with the preparation they need to enjoy a safe and successful competition experience.</p> <p>RIGOUR: We have purposely not put in place a bunch of unenforcable rules, but we're hoping that you can all collectively be very rigorous in your application of the few masking, distancing and self-isolation guidelines in this document.</p> <p>ACCOUNTABILITY: Let's hold each other accountable for respecting our guidelines: it's ok to tell someone to put their mask on!</p>
<p>COVID Officer</p>	<p>The 2022 CASC COVID Officer will be CAS Senior Manager of Sport Safety Ryan Gushulak.</p> <p>During the competition, please contact Ryan (they/them) if you have questions or need guidance. They will also be available at the Coaches Meeting to answer questions.</p>

02 VACCINATION

<p>Vaccination</p>	<p>All coaches and athletes taking part in the 2022 CASC & CMASC are encouraged to be fully vaccinated.</p>
---------------------------	---

03 DAILY SCREENING

<p>Club Daily Screening</p>	<p>Each club is responsible to monitor all participants (athletes, coaches, chaperones) health and screen them daily for symptoms.</p> <p>As per Université Laval's COVID Guidelines, any participant feeling COVID-related symptoms should refrain from coming to the pool, unless they have had COVID within the past 2 months.</p>
<p>Daily Reporting Form</p>	<p>Clubs are responsible to fill out the Daily Screening Reporting Form, before they can come to the pool.</p> <p>The link will be added to the App and website for easy access.</p>

04 MASKING

Summary	All participants (athletes, coaches, officials, staff, volunteers, etc) are required to wear a mask at all times during the event. This includes during physical efforts such as stretching and activation. Athletes do not have to wear masks when they are in the water.
Exceptions	Participants are allowed to be unmasked, for short periods of times, in the following situations: <ul style="list-style-type: none"> • Athletes are allowed to stay unmasked after coming out of the water after a performance, while they stand and wait to receive their marks. They should then put their masks back on as they walk back to the warmup pool to swim down. • Athletes are allowed to stay unmasked when they are in the Last Call Room and are waiting for their turn to compete. Note that masks must still be worn in the First Call Room. • Athletes are allowed to stay unmasked when they wait on stage before their music starts during practices with music. • All participants may remove their masks while actively eating or drinking. Note that sitting at a table while having a conversation and leisurely drinking water is NOT considered actively drinking and participants should remain masked during this time and lower their masks to take sips.
Spacing	Special care must be taken during spacing when athletes are out of the water. The participants of only one routine at a time are allowed on the start deck before their music starts. Next routines should wait until they have started to get out of the water and go to their starting position, and people should stay distance if they happen to walk by each other.
Spectators	Spectators are expected to always wear masks during the event.
Containers	Athletes should have containers with their names on them to keep masks when they are in the water so they can find them easily again. Still, athletes should plan on using 4-5 masks per day.

05 COVID-RELATED SYMPTOMS, TESTING & ISOLATION

Summary	As per Université Laval COVID protocol, participants with COVID-related symptoms should refrain from coming to the pool, unless they have had COVID in the past 2 months.
What to do if you have symptoms and you have not had COVID in the past 2 months?	Participants with symptoms should self-isolate and do a rapid test. If the rapid test is positive, participants must self-isolate for at least 5 days and follow Quebec isolation guidelines . If the rapid test is negative, continue to self-isolate and take another test in 24-36 hours. If the second result is negative, you may resume activities and come to the pool. Find out which isolation requirements apply to you with this self-assessment tool
Developping symptoms at the hotel	Please follow procedure above and make sure to report in your Daily Screening Form.
Developping symptoms at the pool	If a participant develops symptoms while at the pool, please follow the steps below: <ul style="list-style-type: none"> • Inform the CAS COVID Officer, Ryan Gushulak, immediately. • The participant will be placed in an isolation area • Please arrange for immediate pickup of participant to be transported to self-isolation area at the hotel. <p>Once the participant has been safely transported back to self-isolation, an antigen rapid test can be administered, procedure above must be followed.</p>

06 DISTANCING

Interclub distancing	<p>Participants should always endeavour to remain distant from other participants not in their “club bubble”.</p> <p>This applies in all situations, whether on deck, in the halls / athlete areas, or in the water.</p>
Congregating	<p>Please make sure to respect inter-club distancing at all times, including when waiting for registration, for accreditation or shopping with one of our vendors.</p>

07 COVID-RELATED EVENT RULES

When to get to the pool	<p>We will not be enforcing a strict rule about when you have to get to the pool in relation to your start times, and when you have to leave.</p> <p>We will be expecting that you will plan to spend the least amount of time possible at the pool to keep everyone safe.</p>
Awards	<p>Award Ceremonies will take place on the Starting Platform (unless otherwise specified). Athletes should refrain from shaking hands or hugging each other, and will be given medals to hang around their own necks.</p> <p>Athletes will be allowed to remove their masks for a brief moment after the ceremony to allow for pictures to be taken.</p>
Eating	<p>We ask that you please try to plan your schedules to eat at your hotel, whenever possible. Tables will be set-up in the foyer behind the pool to allow clubs to offer food to athletes who will be able to eat there or in reserved sections of the stands. We ask to respect inter-club distancing at all times while sitting at those tables and eating.</p> <p>For safety reasons, clubs are asked to avoid “buffet-style” service and to plan on providing single portions to all members when eating at the pool.</p>
Landrill	<p>Landrill should be performed at hotel or outside whenever possible.</p> <p>While at the pool, landrill is only possible on pool deck (not in hallways or athlete areas), and should be performed with masks, whenever appropriate interclub distancing is possible (the referee has the power to stop landrill sessions that are considered unsafe at any time during the competition).</p>
Purchasing from vendors	<p>We will have event merchandise available (Wed-Sat), as well as Jolyn suits (Fri-Sat). Please make sure to always respect interclub distancing when visiting these vendors.</p>
Gelling	<p>All gelling should be done at the hotel, before arriving at the pool. We will have a gel station available for touch-ups with hot water at your disposal. Interclub distancing should always be respected at this station, and participants must remain masked.</p>
Athletes Watching routines	<p>Athletes are allowed to stay and watch routines in the designated Athlete Bleachers.</p>
Make-up	<p>Make-up should be done at hotel, before getting to the pool, whenever possible. Make-up touch-ups are allowed at the venue, while always respecting interclub distancing.</p> <p>No make-up should be shared.</p>