



20 QUALIFIER 22 QUALIFICATIONS

SASKATOON, SK ARTISTIC SWIMMING | NATATION ARTISTIQUE

COVID PROTOCOLS & GUIDELINES

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CANADA
ARTISTIC
SWIMMING

01 GUIDING PRINCIPLES & CONTACT INFORMATION

Guiding Principles	<p>These guidelines were designed to make the 2022 Qualifier competition as safe as possible for everyone, but rely heavily on the participation and goodwill of all participants. We would</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 allways 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>
COVID Officer	<p>The 2022 Qualifier COVID Officer will be CAS Safe Sport Manager 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 MANDATE

Proofs of vaccination	<p>As previously communicated, all coaches and athletes taking part in the 2022 Qualifier must be fully vaccinated, and present proof of vaccination in order to gain accreditation.</p> <p>More information is available in the Headshot & Vaccination Proof Guidelines document.</p>
Exemptions	<p>Exemptions may be granted on various grounds, but proofs of negative COVID tests may then be required. Please contact Stéphane Côté to request exemptions.</p>

03 DAILY SCREENING

Club Daily Screening	<p>Each club is responsible to monitor all participants (athletes, coaches, chaperones) health and screen them daily for symptoms.</p> <p>Any participant feeling COVID-related symptoms should refrain from coming to the pool and follow the isolation procedures below, which are mandated by the province of Saskatchewan.</p>
Daily Reporting Form	<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	Participants with COVID-related symptoms should refrain from coming to the pool. Participants are expected to follow the Saskatchewan self-isolation requirements, as per Appendix A.
Developing symptoms at the hotel	Please follow the Saskatchewan procedures. Participants with symptoms should start self-isolation and take an antigen rapid test and follow guidelines.
Developing 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. Once the participant has been safely transported back to self-isolation, an antigen rapid test can be administered, and Saskatchewan isolation guidelines followed.

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>There will be no in-person award ceremonies at this event. As per Qualifier rules, ribbons will be awarded for positions 1-6 in the in-person rankings</p>
Eating	<p>We ask that you please try to plan your schedules to eat at your hotel, whenever possible. A few tables will be set-up in different locations 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, as well as Jolyn suits. 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>

COVID-19: When to Self-Isolate

Self-isolation is an important step to prevent the spread of COVID-19 in Saskatchewan.

It means staying home and avoiding situations where there is a potential to spread the infection to others, such as work, school, social or cultural gatherings, and public places.

Here are situations when it is necessary to self-isolate.

This chart does not override direction based on public health assessments.



What If?	Is it recommended to Self-Isolate?	How Long should I have to Self-Isolate?
I have symptoms and a positive test result.	Yes	Isolate for five days from onset of symptoms regardless of vaccination status.
I don't have symptoms, but have a positive test result.	Yes	Isolate for five days from the time you received your result regardless of vaccination status.
I have symptoms, but no known contact with someone who has tested positive for COVID.	Self-isolate and self test at home with a rapid antigen test.	If the test results are negative, self-isolate until at least 48 hours after symptoms resolve. If the test results are positive, self-isolate for five days regardless of vaccination status.
I don't have symptoms and have no known exposure. I have taken a rapid antigen test at home.	No, unless you test positive.	If test positive, it is recommended to self-isolate for five days from the time of the test. Confirmatory PCR testing through the Saskatchewan Health Authority is not required.
Someone in my household is sick and self-isolating.	Self-isolation is not required unless a positive result is received.	You should self-monitor for symptoms. If you develop symptoms, you should immediately self-isolate and self test. If you test positive, it is recommended to self-isolate for five days.

February 28, 2022