

I acknowledge that the requirements of this COVID-19 Code of Conduct for athletes are in addition to those in the Canada Artistic Swimming (“CAS”) Conduct Policy. I confirm that I remain bound by the CAS Conduct Policy.

I will help prevent COVID-19 infections by:

- Staying home when I feel sick
- Staying away from people who are coughing, sneezing or sick
- Washing my hands thoroughly and often with soap and water, and always before and after training, practice or competition, or when I use the washroom
- Covering my coughs and sneezes with a tissue or my elbow. If I use a tissue, I will throw it in the garbage right away and wash my hands
- Always keeping at least 2 metres between me and others
- Not sharing any items including food, water bottles, towels, nose clips, goggles or swim caps
- Respecting the rules of artistic swimming and understanding my responsibilities in contributing to a safe environment

I will care for the health, safety and mental well-being of others:

- I will answer honestly to the screening checklist
- I will not make a false report of COVID-19 or COVID-19 symptoms
- I understand that I will be removed from sport immediately if I do not follow the guidelines of Alberta Artistic Swimming (“AAS”) and Alberta Health Service, including but not limited to the guidelines for isolation/quarantine, physical distancing and hygiene.
- I will respect the privacy and human dignity of others by not participating in gossip around the possibility of any members contracting COVID-19

I have a commitment to preventing the spread of COVID-19:

- I understand that as of the date hereof I am required by law to isolate/quarantine for:
 - a) 14 days if I return to or enter Alberta from outside of Canada
 - **plus if I become sick with symptoms, I will isolate an additional 10 days** from the beginning of symptoms or until symptoms resolve, whichever is longer;
 - b) **the longer of 10 days** from the start of symptoms or until symptoms resolve if I have symptoms that are not related to a pre-existing illness or health condition: cough, fever, shortness of breath, runny nose, or sore throat.
 - c) **the longer of 10 days** from the start of symptoms or until symptoms resolve if I have tested positive for COVID-19;
 - d) **14 days** if I have tested negative for COVID-19 and have a known exposure to COVID-19;
 - e) **14 days** and monitor for symptoms if I am a close contact of a person who tested positive for COVID-19 (provides care, lives with or has close physical contact without appropriate use of personal protective equipment, or comes into direct contact with infectious body fluids) and if I develop symptoms I must further isolate for an additional 10 days from the start of symptoms or until symptoms resolve, whichever takes longer;

- I understand that “a”, “b”, “c”, “d” and “e” above and any and all other COVID-19 isolation or other requirements that may be imposed by law and the Public Health Authorities from time to time shall be referred to in this Code of Conduct as the “Required Absence Periods”. **I will not participate or return to the Activities during the Required Absence Periods and I understand that I will be removed from sport for that period.**
- I understand and agree that I cannot participate after a Required Absence Period until I have submitted an Attestation for Return to Sport COVID-19 which has been approved by my club.
- I further understand that as a world-wide pandemic the precautions and safety requirements including the Required Absence Periods for COVID-19 may need to be changed and may change quickly. As such:
 - a) I agree to keep up to date and review regularly the Alberta Provincial health requirements found at [Alberta Health Services](#); and
 - b) I agree to abide by any changes and any additional isolation or other requirements that may be mandated by law.

Further, I understand and agree that the Required Absence Periods are minimum requirements and that AAS has the right and ability at any time to require additional isolation or other requirements and to remove me from sport as the circumstances require. I agree to comply with any such changes and additional requirements as may be mandated by AAS including without limitation any and all AAS requirements that may be issued from time to time with respect to the return to artistic swimming.

I understand that failure to abide by this Code of Conduct may result in my removal from sport and that I may be subject to discipline in accordance with the Organization’s policies

By signing here, I acknowledge that I have reviewed and commit to follow strictly this COVID-19 Code of Conduct for Athletes.

Athlete Name: _____

Signature: _____

(Athlete)

Date: _____

Signature: _____

(Athlete’s Parent/Guardian if under the age of 18)

Date: _____



NAME: _____

DATE: _____

CLUB: _____

Member Type:

Athlete

Associate

Coach

Official

Consent for Use of Personal Information

1. I, the Participant and/or the Parent/Guardian of the Participant:

(Please provide your initials as consent to the applicable section)

a) Authorize the _____ Club, Alberta Artistic Swimming, Canada Artistic Swimming and Sport Canada (collectively the "Organizations") to collect, disclose and use personal information about the Participant for the purposes described in the Organizations' respective *Privacy Policies*. This consent is in compliance with the *Personal Information Protection Act, PIPEDA* and the Canadian Anti-Spam Legislation

_____ Initial Here

b) Grant permission to the Organizations to photograph and/or record the Participant's image and/or voice on still or motion picture film and/or audio tape, and to use this material to promote the sport of artistic swimming or the Organizations through the media of newsletters, websites, television, film, radio, print and/or display form and waive any claim to remuneration for use of audio/visual materials used for these purposes.

_____ Initial Here

2. I understand that I may withdraw such consent at any time by contacting the Organizations' respective Privacy Officers. The respective Privacy Officer will advise the implications of such withdrawal.

The Organizations do not sell or distribute your personal information to any other third party not listed herein

Participant's Name: _____

Date of birth: Day _____ Month _____ Year _____

Address: _____

Postal Code: _____ Telephone: (_____) _____

Provincial Health Number (optional): _____

Parent or Guardian's Name: _____ Telephone Number: _____

Parent or Guardian's Name: _____ Telephone Number: _____

Alternate emergency contact (if parents are not available)

Name: _____ Telephone: _____

Address: _____

Doctor's Name: _____ Telephone: (_____) _____

Dentist's Name: _____ Telephone: (_____) _____

Date of last complete physical examination: _____

The following information is being collected to be used in an emergency and by coaches, chaperones and others when supervising the Participant. Please circle the appropriate response and provide details below if you answer "Yes" to any of the questions.

You may choose not to respond to some or all of the questions, however, by doing so, that information may not be available in case of emergency and may negatively impact the care the Participant receives. Initial here if you choose not to respond to some or all of the questions: _____ (Participant and Parent/Guardian if under 18)

- | | | |
|-----|----|---|
| Yes | No | Previous history of concussions |
| Yes | No | Fainting episodes during exercise |
| Yes | No | Epileptic |
| Yes | No | Wears glasses, If YES, are lenses shatterproof? |
| Yes | No | Wears contact lenses |
| Yes | No | Wears dental appliance |
| Yes | No | Hearing problem |
| Yes | No | Asthma |
| Yes | No | Trouble breathing during exercise |
| Yes | No | Heart Condition |
| Yes | No | Medication |
| Yes | No | Diabetic – Type 1 _____ Type 2 _____ |
| Yes | No | Wears a medical information bracelet or necklace, If YES, for what? |
| Yes | No | Allergies |



- Yes No Has any health problem that would interfere with participation in artistic swimming
- Yes No Has had an illness that lasted more than a week and required medical attention in the past year
- Yes No Has had injuries requiring medical attention in the past year
- Yes No Has been admitted to hospital in the last year
- Yes No Surgery in the last year
- Yes No Presently injured. Injured body part: _____
- Yes No Vaccinations up to date
Date of last Tetanus Shot: _____
- Yes No Hepatitis B vaccination

Please give details if you answered "Yes" to any of the above. Use separate sheet if necessary

Medications: _____

Allergies: _____

Medical conditions: _____

Recent injuries: _____

Any information not covered above: _____

I understand that it is my responsibility to keep the club advised of any change in the above information as soon as possible.

I, _____, (Participant and Parent/Guardian if under 18) give permission to the Organization to make decisions concerning my/my child's medical care and treatment, and where necessary to authorize such care and treatment in emergency situations. I understand the "Organization" to mean Alberta Artistic Swimming, its affiliated clubs, and their respective directors, officers, employees, contractors, coaches, officials, members, chaperones, agents and representatives.

I understand that the Organization will make every reasonable effort, in the circumstances, to contact _____ at _____ regarding my/my child's medical status in the event an emergency arises. In the event that _____ cannot be reached in an emergency I hereby give my permission for any emergency care and also give permission to the licensed physician, dentist, athletic therapist, nurse, or other medical professional whose services might be required to provide medical care and treatment to me/my child.

I also authorize the release of my/my child's personal health information to the appropriate people as deemed necessary. By signing here, I indicate that I have the understanding and capacity to communicate health care directives for myself/for my child 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 Organization.

Date: _____ Signature of Participant: _____

Date: _____ Signature of Parent or Guardian (if Participant under 18): _____



RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT (FOR THOSE UNDER 18 YEARS OF AGE AND THEIR PARENT/GUARDIAN)

**BY SIGNING THIS DOCUMENT YOU WILL WAIVE CERTAIN LEGAL RIGHTS INCLUDING WITHOUT LIMITATION
THE RIGHT TO SUE OR CLAIM COMPENSATION
PLEASE READ CAREFULLY!**

This is a binding legal agreement. I understand that I may ask questions and I agree that I shall ask any questions about this agreement in advance of signing. I understand that this document is being signed by both the participant ("Participant") and by the parent/guardian of the Participant. I confirm, as applicable, that I am the parent/guardian of the Participant having full legal responsibility for decisions regarding the Participant (the "Guardian"), and that I am executing this agreement and giving up substantial rights in each case on my own behalf and on behalf of the Participant.

In consideration of the Participant's participation in the spectating, instruction, programs, activities, training, services, coaching, competitions or events (collectively, the "Activities") of Alberta Artistic Swimming ("AAS") or its affiliated artistic swimming clubs ("Clubs"), the Participant and Guardian each acknowledge and agree to the following terms:

Disclaimer

1. The Participant and the Guardian each agree that AAS and its Clubs, and AAS's and the Club's respective directors, officers, employees, committee members, members, coaches, volunteers, contractors, chaperones, officials, judges, participants, agents, owners/operators of facilities, sponsors and representatives (each individually and collectively the "Organization") are not responsible for any injury, personal injury, damage, property loss or damage, expense or loss of any kind suffered by the Participant or the Guardian during or as a result directly or indirectly of any Activities of the Organization caused in any manner whatsoever including without limitation any negligence of the Organization. The Participant and the Guardian understand that negligence includes any failure on the part of the Organization to take reasonable steps to safeguard and protect from the risks, dangers and hazards, including without limitation the Risks, defined below.

Description of Risks

2. The Participant and the Guardian are each aware 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, online training and competitions) which 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;
 - d) injuries sustained can be severe;
 - e) the Participant may come into close contact with other participants including without limitation the possibility of accidental and unexpected contact and the risk of contracting a communicable illness;
 - f) the Participant's risk of injury is reduced if the Participant follows all rules established for participation; and
 - g) the Participant's risk of injury increases as the Participant becomes fatigued.
3. In addition, the Participant and the Guardian hereby acknowledge that they are each aware of specific risks, hazards and dangers associated with or related to the Activities and that such risks, hazards and dangers include, but are not limited to, injuries or losses from:
 - a) contracting a communicable disease including without limitation COVID-19 and COVID-19 related illnesses (collectively "COVID-19");
 - b) executing strenuous and demanding physical techniques including without limitation boosts, lifts and throws;
 - c) vigorous physical exertion, strenuous cardiovascular workouts, rapid movements and quick turns and stops;
 - d) exerting and stretching various muscle groups;
 - e) entering the water including without limitation by either diving or jumping;
 - f) spending extended time underwater;
 - g) spending extended times in chlorinated water including without limitation bacterial infections and rashes;
 - h) dry land training including without limitation weights, pilates, yoga, running, dance, bands, and massage;
 - i) virtual training including without limitations weights, pilates, yoga, running, dance, bands, and massage
 - j) slipping, falling or colliding with the pool, pool deck, pool bottom, walls, stands, equipment or with other participants;
 - k) failure to properly use any piece of equipment or from the failure of any piece of equipment;

I have read page 1 initial here (Participant, 11 & older, and also Parent/Guardian if under 18): _____

- l) contact, colliding, falling or being struck by other participants, spectators, or, equipment;
- m) serious injury to bones, joints, ligaments, muscles, tendons and other aspects of the Participant's body or to the Participant's general health and well-being;
- n) the Participant experiencing anxiety while performing the Activities;
- o) abrasions, sprains, strains, fractures, or dislocations;
- p) spinal cord injuries which may render the Participant permanently paralyzed;
- q) head and brain injuries including without limitation concussions;
- r) travel to and from competitive events and associated non-competitive events which are an integral part of the Organization's Activities;
- s) privacy breaches, hacking, technology malfunction or damage;
- t) failure of the Participant or others to act safely or to act within the Participant's own ability or designated areas;
- u) the Organization may be unaware of or misjudge the Participant's fitness or abilities, may misjudge weather or environmental conditions, may give incomplete warnings or instructions, or equipment may malfunction;
- v) negligence, acts or omissions of other persons, including without limitation coaches, lifeguards, spectators, participants, or employees;
- w) negligence on the part of the Organization, including without limitation failure by the Organization to take reasonable steps to safeguard or protect the Participant from any and all risks, hazards and dangers arising directly or indirectly from the Activities; and
- x) any and all other or additional risks, hazards and dangers arising directly or indirectly from the Activities (all collectively the "Risks")

COVID-19

4. **The Participant and the Guardian each understand that COVID-19 has been declared a worldwide pandemic by the World Health Organization and COVID-19 is extremely contagious. The Organization has put in place preventative measures to reduce the spread of COVID-19; however:**
 - a) **the Organization cannot guarantee that the Participant or the Guardian will not become infected with COVID-19;**
 - b) **contracting COVID-19 is a Risk of participating in and attending the Activities; and**
 - c) **the Participant or the Guardian may be exposed to, or infected by COVID-19, and such exposure may result in personal injury, illness, permanent disability, or death to the Participant and/or individuals with whom they come into contact.**
5. **The Participant and the Guardian each acknowledge, agree, and accept the risks of exposure to and infection by COVID-19 as a result directly or indirectly of their participation, involvement or attendance at the Activities of the Organization.**

Additional Terms

6. The Participant and the Guardian each further agree:
 - a) that when the Participant practices or trains in their own space, the Participant and the Guardian are responsible for the Participant's surroundings and the location and equipment that is selected for the Participant;
 - b) that the Participant's mental and physical condition is appropriate to participate in the Activities and the Participant and the Guardian each assume all risks related to the Participant's mental and physical condition;
 - c) to comply with/advice the Participant to comply with the rules and regulations for participation in the Activities and the facility and for equipment use;
 - d) that if the Participant observes an unusual significant hazard or risk, the Participant will remove themselves from participation and bring their observations to a representative of the Organization immediately/the Guardian will advise the Participant of the need for the foregoing;
 - e) the Participant will not participate if impaired in any way;
 - f) that it is the sole responsibility of the Participant to assess whether any Activities are too difficult. By the Participant commencing an Activity, the Participant and the Guardian acknowledge and accept the suitability and conditions of the Activities; and
 - g) that the Participant and the Guardian are responsible for the choice of safety or protective equipment and the secure fitting of that equipment.

I have read page 2 initial here (Participant, 11 and older, and also Parent/Guardian if under 18): _____

Release and Waiver of Liability

7. **The Participant and Guardian each REPRESENT, UNDERSTAND AND AGREE, on behalf of each of them and each of their heirs, executors, administrators, assigns, and personal representatives that:**
- a) **the Participant's physical condition has been verified by a medical doctor within the past twelve months and that the Participant has not been advised to refrain from participation in the Activities of the Organization;**
 - b) **the Participant is registering willingly and participating voluntarily in the Activities;**
 - c) **the Participant and the Guardian shall be solely responsible for any injury, loss or damage that the Participant or the Guardian might sustain while participating in or attending the Activities;**
 - d) **the Participant and the Guardian are not relying on any oral or written statements made by the Organization or its agents to agree to allow the Participant to participate in the Activities;**
 - e) **the Participant WAIVES any and all claims that the Participant may have now or in the future against the Organization;**
 - f) **the Guardian WAIVES any and all claims that the Guardian may have and that the Participant may have now or in the future against the Organization;**
 - g) **the Participant and the Guardian each FREELY ACCEPT AND FULLY ASSUME all Risks arising directly or indirectly out of, associated with or related to the Participant's or the Guardian's participation, involvement or attendance at the Activities;**
 - h) **the Participant hereby WAIVES, RELEASES, HOLDS HARMLESS and AGREES TO INDEMNIFY the Organization from liability for any and all claims, demands, losses, damages, expenses, injuries, illness, actions, costs, and legal fees, whether direct, indirect, special or consequential, and of any and all kind or nature whatsoever (collectively the "Losses) arising directly or indirectly out of the Risks or out of the Participant's participation, involvement and attendance at any Activities of the Organization including without limitation Losses that have been caused by negligence, gross negligence, negligent rescue, omissions, carelessness, breach of contract, or breach of any statutory or other duty of care of the Organization; and**
 - i) **the Guardian hereby WAIVES, RELEASES, HOLDS HARMLESS and AGREES TO INDEMNIFY the Organization from liability for any and all claims, demands, losses, damages, expenses, injuries, illness, actions, costs, and legal fees, whether direct, indirect, special or consequential, and of any and all kind or nature whatsoever (collectively the "Losses) arising directly or indirectly out of the Risks or out of the Participant's or the Guardian's participation, involvement and attendance at any Activities of the Organization including without limitation Losses that have been caused by negligence, gross negligence, negligent rescue, omissions, carelessness, breach of contract, or breach of any statutory or other duty of care of the Organization.**

The Participant and the Guardian each acknowledge that this agreement is intended to be as broad and inclusive as permitted by the laws of the Province of Alberta. In the event that any one or more of the provisions contained in this agreement shall be held to be invalid, illegal, or unenforceable in any respect, such invalidity, illegality, or unenforceability shall not affect any other provision and this agreement shall be construed as if such invalid, illegal or unenforceable provision did not exist.

The Participant and the Guardian each consent to the electronic execution and submission of the within agreement to the Organization.

This agreement shall be governed by Alberta law and the courts of the Province of Alberta shall have sole and exclusive jurisdiction to resolve any and all disputes arising directly or indirectly out of this agreement or out of the Participant's involvement in the Activities.

The Participant and the Guardian further acknowledge that **they are each giving up substantial rights on their own behalf and, in the case of the Guardian, on the Guardian's own behalf and on behalf of the Participant** and that they each have read this agreement, that they each have executed this agreement voluntarily and that this agreement is to be binding upon each of them, and each of their heirs, executors, administrators, assigns and personal representatives.

Name of Participant
(Please Print)

Signature of Participant
Aged 11 & older

Date

Club Name

Name of Parent/Guardian
(Please Print)

Signature of Parent/Guardian

Date

Club Name