

BCAS FAQ's

1. Q – Are we able to adjust the daily health screening now that schools have simplified their symptoms on their daily health checks?
A – BCAS must adhere viaSport's guidelines. Here is viaSport's response: "Recently, we have received a number of questions regarding the differences in the daily health check for schools and what is currently being used in sport. We have discussed this with the Ministry of Tourism, Arts and Culture. At this time we have decided to not make any changes to the viaSport guidance. We will continue to monitor this and will let you know should anything change."
2. Q – What will the fees be for the virtual training meets?
A – The fees for the land skills will be the same as the fees are to enter a figure event.
3. Q – Is there an event video submission fee?
A – There is no additional video fee like we would normally charge in a normal season as we are deliberately offering virtual events.
4. Q – Are the strength skills and land skills a separate event?
A – No. The draw for two strength skills and two flexibility skills combine to form one land skills event.
5. Q – Do you have any suggestions for getting high quality videos (especially for routines)?
A – The National Officials Committee is supposed to be contemplating and drafting recommendations so we are waiting to hear what they develop. We will share them once they are available as it will be important to have consistency in angles for judging purposes.
6. Q – If competitions in BC are in-person, can a club still choose to do virtual and submit recordings?
7. A – Yes
8. Q – Was there a deadline set to decide if in person January & February meets will occur?
A – Yes – the decision deadline is listed on the 2020-2021 Competition Plan document for each event:
NS Qualifier – December 15th
PS Qualifier (Mable Moran) – March 1st
NS Provincials – January 1st
PS Provincials (Jean Peters) – March 1st
9. Q – If an athlete has an injury and cannot perform one of the land skills, are they still able to register and compete the other skills?
A – Yes – the athlete must submit a doctor note to BCAS (ed@bcartisticswimming.ca) as outlined in section 4.8 of the [BCAS Technical Package](#). The athlete would receive a score of zero for that one skill but still be able to see her results for the other three skills. The overall score (combination of the 4 skills combined) will reflect a score of zero and affect the swimmers placing; however, the individual skill results will still provide great feedback on how the athlete is doing.
10. Q - Do recreation parents have to register themselves in the CAS e-Reg system?
A - I don't think that many clubs are currently set up to have members register themselves with the exception of coaches because it's mandated by CAS. It would be more appropriate for clubs to register the parents in the system at the time that they register the athletes. Add the athlete as a Rec Swimmer then add at least one parent as a volunteer associated with that swimmer. If

parents/guardians will share the in-water responsibilities, they should all be added as well to ensure they are covered by insurance.

11. Q - Do recreational athletes have to do the online athlete attestation?

A - Yes – it should be done with their parents as they would be under the age of 19.

12. Q - My understanding is that right now, since indoor land training is not approved by BCAS, training at private gyms is also not approved. Example: our HP athletes would not be able to train at Fortius right now, correct? Or can we do that right now? Is there a difference between our club doing indoor land training and the training being provided to us from a third party like Fortius? Once indoor land training is approved, would this also mean gym training is approved as well?

I ask because our HP athletes have always done strength training at Fortius to supplement their water training. While they are well versed in gym training, I feel more comfortable having them train while supervised by qualified professionals rather than going to train on their own at a gym. Since our training time per day is still limited, I would like to supplement the decrease in pool hours by doing gym training once we are at that stage in our gradual return to sport program.

A - You are correct that indoor land training is not currently approved, and this would extend to additional training with Fortius. That said, the Board will be discussing the timeline for reopening indoor land training during its meeting tonight. We will also be discussing the 2-hour in-person daily training limits to determine a timeline or plan to increase this allowance so I should have a more comprehensive response for you tomorrow. All that being said, BCAS cannot prevent any athlete at any time from choosing of their own free will to go to a gym or to work with a personal trainer. They cannot, however, currently do so at the directive of the club or a coach and any training outside of the club would not be covered by BCAS' insurance. S&C is considered a part of the 'normal' activities associated with training in our sport provided such training is approved by BCAS, which at this time it is not. By no means should this be interpreted as me advising that you circumvent the rules, rather I'm just demonstrating that there are gaps in what we can control but those gaps also mean that insurance coverage is not provided.

13. Q - We are currently still having outdoor dry land training but foresee this will become more difficult into October and November. We have a space that is city approved to hold 13 people following 2m social distancing and none of our three competitive groups exceeds 12 including athletes, 2 coaches and a Covid safety officer. We truly believe we can do indoor dry land training safely and are just waiting for BCAS approval.

A - The BCAS position on indoor land training will be included in the next Version of the Return to Artistic Swimming Guidelines (v.4) that is published on the website.

14. Q - Our coaches are the only coaches on deck wearing masks. We are surrounded by user groups who are not wearing masks, walking by us to enter or exit the pool. The masks make it so that only the athletes who are directly underneath the coach are hearing instruction. I can't help but wonder what the point is of our coaches wearing masks to protect all the other user groups who aren't wearing them, at the expense of our athletes. There are 16 lanes in use when we train and we only have 2-4 of them, so you can imagine the background noise. We are used to having a pool almost to ourselves when we train. The facility has asked us to minimize use of our microphone and sound system.

15. A – We're not in a position to debate the benefits of wearing a mask but do know that there are many issues with other aquatic sports operating in ways that are dismissive of COVID-19 guidelines. We cannot police the other user groups but can control how we operate. If you have specific concerns about how the other user groups are behaving, I encourage you to raise your

concerns with the facility operators or public health. The viaSport guidelines recommend that ALL participants wear masks in the training environment (i.e. field of play) whenever physical distancing cannot be maintained and mandate it at all times when outside the training environment. Based on your description, I'm not sure if physical distancing is being respected within the training environment (pool and deck). With this in mind, coaches should continue to wear face masks in the training environment if physical distancing is not possible. The other consideration is that when a coach projects their voice, the droplets travel further than when they speak in normal conversation so a coach should ensure that they are able to physical distance by 5m when projecting their voice across the pool to avoid the droplets falling on the athletes directly underneath the coach. It sounds like the facility has created less than ideal conditions for your club and I'm sorry to hear that. I can report that aquatic sports have been audited by public health on an ongoing basis here in the Lower Mainland so best to follow the recommended protocols as I'm unaware of repercussions of a public health audit.

16. Q - The requirement of the Covid safety officer to be at all training sessions is going to be a strain on our already small club. We are only 22 families trying to cover 12.5 hours of training each week and at least 4 of our families can never cover hours due to their work schedules. I can see that our resources are going to wear thin. Our observations have been that the Covid Safety Officer being on site for all training was useful for the first week, to establish routine, but now, the coaches have things under control and the Covid Safety Officer is really not needed. I understand the need for screeners at the beginning of practice, but do you foresee the need for the constant presence of a Covid Safety officer moving forward? Again, we are the only user groups at our pool that have this requirement.

A - Our guidelines do allow for COVID-19 Safety Support Personnel to complete the screening – this could be the coach at your discretion, but daily screening is required. Someone needs to administer screening and should be taking temperatures, but the club can determine the best person to do this on a daily basis. The online assessment tool that was shared by a member from West Coast Masters can also help to streamline the process as the health screening results are automatically sent to the coach of COVID-19 Risk Manager. The cost to use it is only \$75 so it may be something you want to contemplate. The daily screening requirements are also still in effect per viaSport so it has to be done but the club has some discretion in how you do it provided you collect information in the Daily Health Monitoring form.

17. Q - We are wondering if BCAS is planning to update it's Covid health screen questionnaire to match the one that has been approved for use in public schools?

A - No, not unless viaSport updates theirs and they announced last week that they will not be changing it at this time. If it is changed, we will advise.