

Appendix 14

Training Strategies, Tips & Recommendations

Developed by:
BCAS Technical Leaders Working Group

A special thank you to the following people for their commitment to the safety of our members and for their passion to support artistic swimming in BC!

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Appendix 14: Technical Leaders’ Strategies, Tips & Recommendations

The **BCAS Technical Leaders Working Group** has been established with the primary objective to consider safe training activities/recommendations relating to each stage of the Return to Artistic Swimming Plan. The working group will consider technical and tactical recommendations to deliver artistic swimming within the provincially mandated safety measures established by BCAS (through viaSport and the Ministry of Health) and municipal/private facility operators (through BCRPA and the LifeSaving Society).

The Technical Leaders Working Group recommends the following strategies to ensure a safe training environment.

OUTDOOR LAND TRAINING	
Participant Age	The following age groups are eligible to participate in outdoor group land activities: <ul style="list-style-type: none"> • 11-12 • 13-15 • Junior / 16-20 • Senior • University • Masters
Development Stage	The following stages of development are eligible to participate in outdoor group land activities: <ul style="list-style-type: none"> • Provincial Stream • National Stream • University & Masters – Recreation & Competitive
Group Size	The maximum size of each training groups is 12 – maximum of 10 athletes and 2 team support personnel, subject to Safe Sport requirements and facility standards.
Safe Sport	The Rule of Two must be in effect for all activities. This can include 2 certified coaches or 1 certified coach and 1 parent/volunteer. All parties must have a valid Respect in Sport certification.
Daily Health Monitoring	<p>Complete a daily attendance log (Appendix 10) that can be used for contact tracing if necessary.</p> <p>The COVID-19 Risk Manager or a coach or trained volunteer must administer the Daily Health Monitoring Questionnaire with all participants prior to entering the training environment.</p> <p>It is recommended that Clubs administer a “temperature check” with a contactless thermometer for all participants prior to entering the training environment.</p> <p>All questionnaires must be submitted to the COVID-19 Risk Manager following the training session. The COVID-19 Risk Manager must keep the questionnaires on file.</p>
First Aid	<p>A First Aid Kit must be on site during all training sessions.</p> <p>At least one coach or volunteer on site must have valid First Aid training that has been updated with training on administering First Aid in the COVID-19 era.</p> <p>The First Aid Kit must include appropriate PPE, including gloves, masks, and face shields for each coach as well as a touchless thermometer.</p>
Equipment	<p>No equipment sharing is permitted.</p> <p>Notify athletes to limit the content of their training bag to the following essentials: <ul style="list-style-type: none"> • Athletes are limited to 1 bag • Personal hand sanitizer </p>

	<ul style="list-style-type: none"> • Full water bottle – no refill at training site • Band-aids • Gloves • Yoga mat • Cleaning supplies – standard household surface cleaner such as Lysol Wipes <p>Coaches are encouraged to distribute the lesson plan, in advance, of the training session identifying any additional equipment that athletes may need (e.g., skipping ropes, toe bands, resistance bands, etc.)</p> <p>Coaches are encouraged to have a measuring tape and PPE available for each session.</p>
Training Plan	<ul style="list-style-type: none"> • Training is limited to one uninterrupted 2-hour in-person training session per day per training group. • No stations or rotations • Maintain individual 2-5 metre “Mat Bubbles” at all times • Landrill: Not done in pattern • Flexibility: No partner stretching • Aerobic: <ul style="list-style-type: none"> ○ Maintain “Mat Bubble” e.g., skipping, plyometrics ○ Running: set lanes and stagger starts to maintain appropriate physical distancing • Equipment: allocate time for personal equipment cleaning before athletes leave and before they enter their vehicle.

VIRTUAL EVENTS

Virtual Events	<ul style="list-style-type: none"> • No breath holding is permitted • No MAX effort exertion tests – coaches must set limits • No acrobatics • No extreme flexibility
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TRAINING IN WATER

A. Individual Skills Training in Outdoor Pools

In addition to the recommendations established for Outdoor Group Land Training, the following strategies should be implemented for Training in Water in Outdoor Pools:

Facility Use	<ul style="list-style-type: none"> • Athletes should avoid using the change rooms, even if the facility has opened them to the public. Clubs continue to be encouraged to follow the “Get-in–Train–Get-out” philosophy. • Training groups are encouraged to complete deck warm up and cool downs outside the facility’s “gates” and in accordance with the Outdoor Group Land Training guidelines. This will ensure you use pool time efficiently and allow for better physical distancing. • If a radius of 2 meters per of personal space cannot be maintained at all times within the confines of the facility or when entering the pool and/or moving to/from “Personal Zones”, face masks are mandatory. • Designate a “Club Zone” to prevent others facility patrons from walking through your training space. Discuss with your facility how you can safely establish a perimeter without blocking or interfering with important pool safety markers.
Training Groups & Cohorts	<ul style="list-style-type: none"> • “Training Groups” are self-contained groups of athletes, coaches and personnel that have minimal interaction with other training groups. They have a maximum size of 12 individuals.

	<ul style="list-style-type: none"> • “Training Cohorts” are formed when training groups share pool space while maintaining their self-contained groups within the facility. The size of a training cohort is dependent on the available pool space, provided there is a minimum of 2 meters per person radius for each participant. • Athletes can only participate in one training group or cohort. An athlete is deemed to be assigned to a training group or cohort once they share a training environment (land or pool) with other athletes. • The arrival of training groups to a training cohort activity should be staggered to avoid large gatherings of people. • Only 1 training cohort is allowed in the training environment at any one time. The previous training cohort and all their equipment must be cleared from the deck space before another enters. • All shared equipment must be cleaned before the training cohort leaves the training environment. • It is recommended that Clubs allocate 10-15 minutes of transition time between training cohorts. • If an individual from a training group or cohort presents with COVID-19 symptoms or test positive for COVID-19, the entire training group must follow the protocols outlined in the “Management of Symptomatic Individuals” or “Protocol for Managing a Positive Test or Outbreak.”
Training Plan	<ul style="list-style-type: none"> • Training is limited to one uninterrupted 2-hour in-person training session per day per training group. <p>PERSONAL ZONES</p> <ul style="list-style-type: none"> • Designate “personal zones” for each athlete that provide them with a minimum of 2 meters per person radius of space. (see Diagram D) • Athletes must use their personal zone for rest and water breaks. • Keep it FUN! Find creative ways for athletes to personalize their “personal zone.” • Personal zones must extend to in water training activities (see Diagrams A & B) <p>LAP SWIMMING</p> <ul style="list-style-type: none"> • 1 lane = 1 swimmer at a time using the centre of the lane. • 2 lanes = Single Lane Protocol or Double Wide Protocol. A maximum of 6 athletes can swim at one time in the space equivalent to 2 lanes (2 x 25m x 2.5m), provided the start is staggered to allow appropriate physical distancing. <ul style="list-style-type: none"> ○ Single Lane Protocol is when athletes swim down the centre of a lane in one direction and return using the centre of a second lane. (see Diagram C) ○ Double Wide Protocol refers to swimming close to the lane marker of one lane and returning close the farthest point of a second lane, creating up to 5 meters between athletes. Per Diagram D below, the double wide protocol assumes that the lanes on either side of the designated training space are not being used. This protocol is recommended for high exertion lap swimming. • Athletes may NOT rest on the wall, except in their designated personal zone. • If more than one athlete is lap swimming at any one time, they MUST pace themselves to the swimmer in front to ensure physical distancing is maintained.
Group Size	<ul style="list-style-type: none"> • Training Cohort size will be dependent on the available pool space. • Each athlete must have a minimum of a 2-metre radius of personal space. The radius should increase to 5-7 meters if the level of exertion is elevated. • Designate personal zones for each athlete by creating their own personal space with their yoga mat, bag, and water bottle.
PPE	<ul style="list-style-type: none"> • All participants are encouraged to wear face masks upon arrival at the facility and until they enter the pool.

	<ul style="list-style-type: none"> Coaches are encouraged to wear face masks at all times.
Equipment	<p>COACHES</p> <ul style="list-style-type: none"> The use of club equipment should be limited and avoided if possible. Coaches are encouraged to have their own microphone cover if using the sound equipment. The microphone MUST be cleaned after each use. Microphone use should be limited to one coach per day. Use of the sound system to play music is allowed but strict cleaning protocols must be in place and only one person should operate the system each day. <p>ATHLETES</p> <ul style="list-style-type: none"> Athletes MUST bring their own water bottles that have been filled at home. Athletes MUST bring their own training equipment (e.g., pull buoys, yoga mat, toe bands, etc.) While in the water, athletes MUST wear goggles at all times. It is recommended that athletes use mesh bags, like those used by speed swimmers, for wet equipment/clothing and anything that touched the facility's surfaces. All personal equipment MUST be cleaned between training events and as soon as they return home.
Communications	<p>As pools open, Clubs are encouraged to communicate the following message to their members:</p> <p><i>As facilities begin to reopen, please ensure that athletes take their time to SLOWLY reacquaint themselves with the pool. This is the longest that many of our athletes have even been out of water and they should not expect to return at the same capacity as when artistic swimming activities were suspended in March. Canada Artistic Swimming has created an excellent tool to help guide athletes who opt to return to public swimming.</i></p>
Education & Training	<p>As Clubs resume in person training activities, the Technical Leaders Working Group recommends the following:</p> <ol style="list-style-type: none"> Take the time to understand your pool rules and flow – day 1 may just be a walk-through of the changes to the training environment and protocols. Teach athletes and coaches about “personal zones” and their use. It is their space to lay out their yoga mat, rest during training, and store belongings – limited to essentials and all items stored in their bag when not in use. Educate athletes about the importance of a slow and steady return to water plan to avoid injury.

B. Individual Skills Training in Indoor Facilities

BC Artistic Swimming will now consider applications from Member Clubs to participate in Indoor Water activities on a case-by-case basis provided they meet the requirements outlined herein.

C. Advanced Group Training

These activities are not currently active. This section will be updated as appropriate

COMPETITIONS OR MODIFIED COMPETITIONS

These activities are not currently active. This section will be updated as appropriate

THE NEW NORMAL

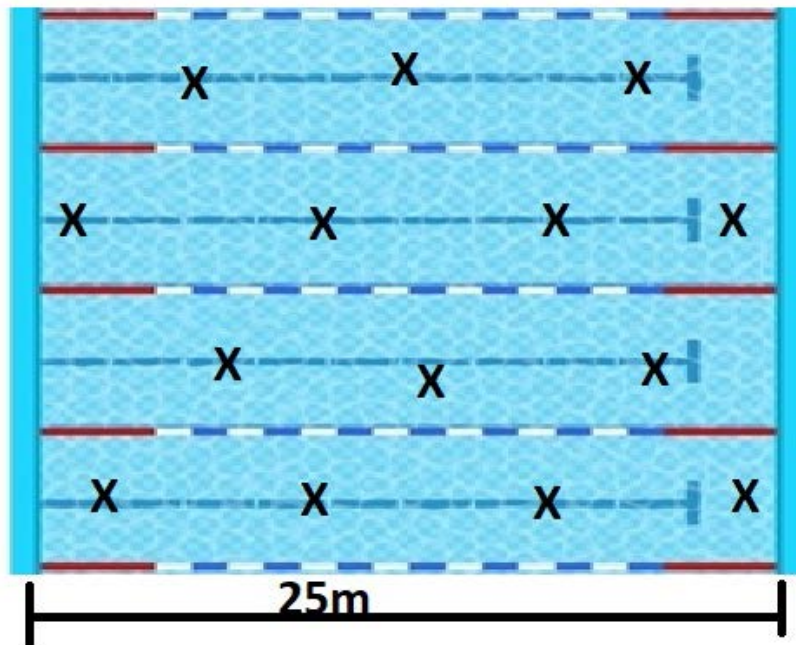
These activities are not currently active. This section will be updated as appropriate

Return to Artistic Swimming In-Water Diagrams

Developed by the Technical Leaders Working Group

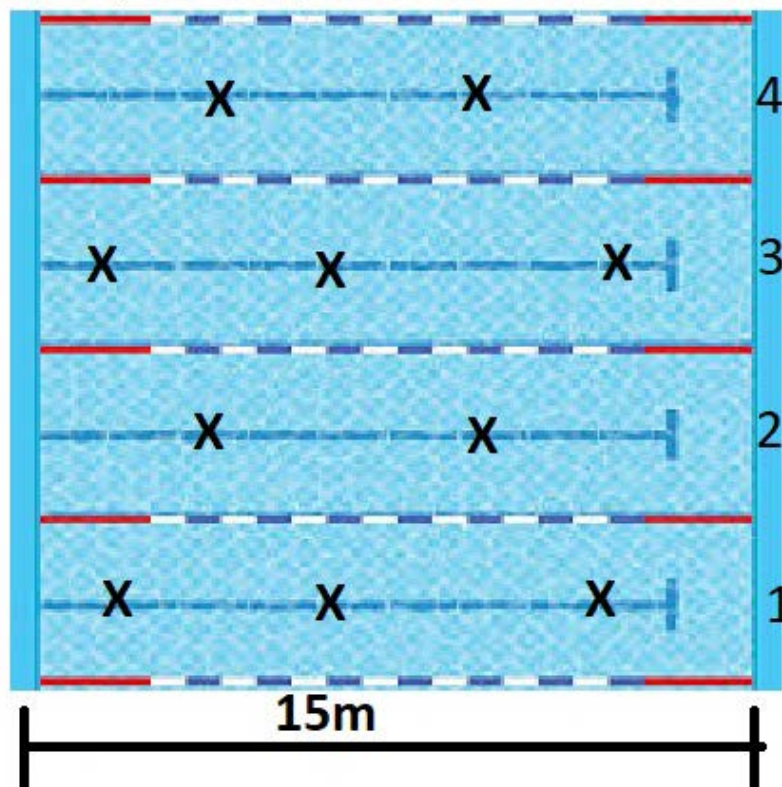
A. Technical / Stationary Training – 25m

(Adapted from the Alberta Artistic Swimming Return to Artistic Swimming Guidelines)



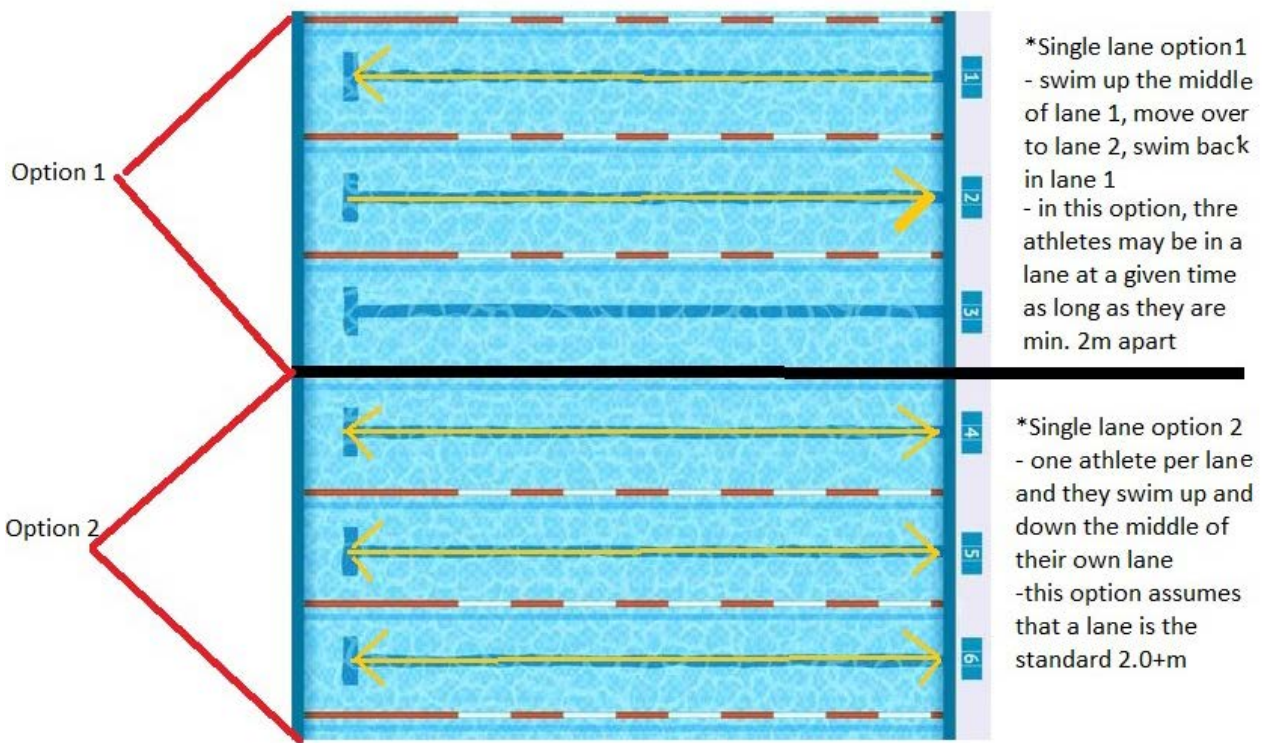
B. Technical / Stationary Training – 15m

(Adapted from the Alberta Artistic Swimming Return to Artistic Swimming Guidelines)



C. Lap Swimming – Single Lane Protocol

(Adapted from the BC/YK LifeSaving Society Guidelines for Reopening BC's Pools & Waterfronts)



D. Lap Swimming – Double Wide Protocol

(Adapted from the BC/YK LifeSaving Society Guidelines for Reopening BC's Pools & Waterfronts)

