Outlined below are the basic protocols NASC is following to reduce the risk of COVID-19 spread.
Questions? Please email COVID Coordinator at covidcoordinatorNASC@gmail.com

The club must follow all rules set out by Ontario Artistic Swimming in their framework for return to sport: [https://ontarioartisticswimming.ca/oas-framework-for-return-to-artistic-swimming/](https://ontarioartisticswimming.ca/oas-framework-for-return-to-artistic-swimming/)

Before attending any practices, every participant is required to fill in the OAS Declaration of Compliance for COVID-19, and the COVID-19 Code of Conduct, in which they agree to follow all of the protocols required to keep everyone safe and healthy.

All swimmers and coaches must do a self assessment in the 2 hours before attending any in-person practice. *Parents or guardians must complete the form for swimmers under 18 yrs* [https://docs.google.com/forms/d/e/1FAIpQLSel5uMEN-d6S2YkdUBeDCh4kVpzDjh1HoCyJfxL6ye3uLB69g/viewform?usp=sf_link](https://docs.google.com/forms/d/e/1FAIpQLSel5uMEN-d6S2YkdUBeDCh4kVpzDjh1HoCyJfxL6ye3uLB69g/viewform?usp=sf_link)

If the answer to any of the questions on the self-assessment is yes, the swimmer or coach cannot attend practice. The COVID Coordinator should be notified of any absence that is possibly COVID-related.

When swimmers and coaches arrive at the pool, a designated coach takes attendance and confirms completion of the self-assessment before entering.

Swimmers and coaches must respect all physical distancing rules and stay 2m apart, inside and out of the facility, including in the pool.

Masks are worn at all times except when in the pool or when actively coaching (including arrival on deck, in the changerooms, and exiting the facility).

Swimmers arrive in their suit and do not use the changerooms before practice. Changeroom use after practice is discouraged. If swimmers need to use the changeroom, they must use only designated spots, keep distanced from others, wear masks, and be out within 10 minutes.

Hand sanitizer is used when entering the facility, and is also available on deck.

Equipment is cleaned before and after each use.

There is no sharing of any equipment.

No spectators are permitted.

If there is a positive case of COVID-19, the club must follow direction from Ottawa Public Health. The COVID Coordinator and the facility will be informed, and will assist OPH as required.