

Are volunteer coaches insured like paid coaches?

All coaches, paid or volunteer, are insured provided the coach delivering a service or program meets the following criteria:

- A. The coach is compliant with all Canada Artistic Swimming (CAS) and Alberta Artistic Swimming (AAS) policies and registration requirements.
- B. The coach is a member in good standing with AAS and CAS.
- C. The coach can only lead activities that are on behalf of an AAS Member club.
- D. The activity has been sanctioned by AAS.

What virtual training is sanctioned by Alberta Artistic Swimming?

AAS will sanction virtual training led by an AAS member coach that meets the criteria outlined in the question above or a third-party contractor who has met the following requirements:

- meets the CAS Screening Policy for “designated persons”;
- provides a certificate of insurance, submits the AAS release and has provided proof of screening that meets the CAS Screening Policy to the club;
- has been included on the Club’s coach roster;
- the program aligns and adheres to the Return to Artistic Swimming 2020-2021 Guidelines.

Virtual training will be sanctioned ONLY if the virtual training:

- has been included on the Club’s 2020-2021 Club Sanction Form; OR
- a ‘Virtual Training Sanction Form’ has been submitted to the office;
- you have not received notification that there are any concerns or limitations; AND
- the form includes all the requested information in order for AAS to consider it for sanctioning.

As with all sanctions, if you change the activities that you are delivering or who is delivering them then you need to submit an updated form.

Are there any exceptions to virtual training that is sanctioned by AAS?

Yes, we will NOT sanction any virtual training, even if led by an AAS member coach that includes acrobatic movements, headstands or breath holding.

Does AAS sanction virtual training by third party provider individuals we recommend on YouTube, Instagram or others?

AAS does NOT sanction virtual training of third party provider individuals online.

Can we still recommend links to our members to third party workouts?

Yes, as long as you understand it is NOT sanctioned. If the club is recommending links to external video or online resources for virtual training to your athletes to access online our insurer has said that in these cases, it needs to be made clear to athletes that the choice is up to them whether or not they want to participate in a video link program. In the case of minors, you need to communicate with their parents on these activities. Additionally, you need to provide a disclaimer with your communication about the video links being sent.

Do we need to provide a disclaimer if we are providing virtual training?

Yes, include the following statement to your athletes, and their parents in the case of a minor, when providing them with any virtual training programs.

The information and content provided by _____ in this video, including examples, images, reference and suggestions are provided for general informational purposes only. All information shared is provided in good faith, however we make no representation, warranty, guarantees or endorsements of any kind, expressed or implied, relating to the video, the content of the video of the activities described. This information and video recording is accepted on the condition that it will not be the basis of any claim, demand or cause for action. Any reliance you place on the list of activities and links provided is therefore strictly at your own risk and is your responsibility to perform due diligence before acting upon any of the information provided. Always exercise caution when performing any physical activity without proper safety equipment or direct supervision from a certified coach.

Can Club Board Members or parent volunteers lead virtual training sessions or activities for athletes on behalf of the club?

No. Virtual training sessions or activities for athletes on behalf of the club are only to be led by coaches who meet the criteria indicated above.

Can Club Board Members or parents coordinate and participate in social connection sessions with athletes on behalf of the club?

Yes, if these individuals are members in good standing of Alberta Artistic Swimming and have completed screening in compliance with our CAS and AAS policies. We will create a sanction form for clubs to submit for these types of connections to ensure compliance and sanctioning. Please let us know if you need this sanction form.

Are Social Media Challenges Sanctioned?

AAS currently only sanctions those social media challenges that we have created. We are still establishing some guidelines to be used to consider sanctioning of other social media challenges that are deemed to be of low risk to the organization.

NOTE: in our current environment, in addition to all of the answers to the questions above Alberta Artistic Swimming clubs still have a duty of care to their athletes and members so need to be mindful of this in any decision making on club activities. Additionally, virtual training done by AAS coaches must follow a rule of two whereby private virtual training sessions between one coach and one athlete are not sanctioned or in alignment with our policies.

IF YOU ARE UNCLEAR ABOUT ANY ACTIVITIES OR VIRTUAL TRAINING THAT YOUR CLUB IS ORGANIZING OR DOING, CONTACT US TO VERIFY IT IS OR WOULD BE SANCTIONED IN ADVANCE AS WE CANNOT ADDRESS THESE RETROACTIVELY. YOU CAN CONTACT JENNIFER FLOWERS, [JFLOWERS@ALBERTAARTISTICSWIMMING.CA](mailto:jflowers@albertaartisticswimming.ca).