



SWIMMING CANADA – NON SWIMMING ACTIVITIES

To: Swimming Canada member provinces: Ontario, NB, NS and Nfld

From: Serge Roy
BFL Canada

Re: Activities run by Swim Clubs

Underwriters have been kind enough to accept certain non-swim related activities; most of them, without restrictions. Some activities are acceptable, however, with minor restrictions.

For activities that are not indicated on this list, please contact your Provincial Section office who (if approved) will pass the request to BFL. It is important to send your request at least 30 days prior to the date of the event. BFL will obtain Underwriters approval afterwards.

Activities automatically covered under the policies

- . Normal gym activities (exercises, calisthenics, surgical tubing, weights, medicine balls, cardio, etc).
- . Road or track cycling
- . Running, power walking on city streets
- . Running up and down bleachers
- . Gymnastics such as balance beam, rungs, parallel bars, etc. **Note that trampoline activities are NOT covered.**
- . Diving from a board or platform
- . Cross training such as basketball, soccer, water polo, synchronized swimming
- Cross Country Skiing and Snowshoeing: .

- Volunteers would need to accompany all under age members.
- All member swimmers, coaches and parent volunteers would still need to complete your online Covid attestation survey.
- Snowshoeing and cross country skiing activity to be done on land only (activity on any frozen body of water is strictly prohibited).

Activities covered under the policy with restrictions

- . Indoor wall climbing where facility has the insurance coverage
- . Canoeing (still waters), kayaking (still waters), hiking (non demanding) – waivers must be signed and these activities must be led by a certificated instructor.
- . Camping if waivers are signed

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