



SYNCHRO CANADA HEALTH AND WELLNESS POLICY

Overview

The health, fitness, and well-being of all National Team athletes is of paramount concern to Synchro Canada. Synchro Canada retains an integrated support team (IST) made up of professionals such as a National Team Physician (NTP), a National Team Nutritionist, an Athletic Therapist/Physiotherapist, and a Strength and Conditioning Expert to monitor the health of the athletes. From time to time Synchro Canada also retains the services of other local medical and para-medical professionals to provide additional support to National Team athletes.

It is expected that all National Team athletes will take responsibility and be accountable for their health and wellness. All National Team athletes will be healthy and fit to participate fully in all National Team activities, including selections, training, demonstrations, travel, and competitions. In the event of illness or injury, appropriate steps will be taken to preserve the health and safety of the athlete and other team members, while also taking into account the overall training and competitive requirements of the team.

This policy describes the monitoring that will be undertaken by Synchro Canada as well as the procedures that will be followed in the event of illness or injury. Appendix C also contains detailed information on the treatment and management of eating disorders, which are conditions known to be more prevalent in judged sports such as synchronized swimming.

Medical and nutritional monitoring

Each athlete may be asked to undergo a pre-participation medical examination before confirming their selection to the National Team. National Team athletes may also be asked to submit to nutritional evaluations and monitoring, established and/or supervised by Synchro Canada's National Team Nutritionist.

All National Team athletes will sign an informed consent form authorizing the disclosure of health information to those necessary on the high performance team and IST of Synchro Canada. It is understood that Synchro Canada will maintain the confidentiality of such medical information and will use it only for the purposes of providing medical services and performing medical evaluations pursuant to this policy.

Procedure to be followed in the event of illness or injury

As soon as an illness or injury prevents an athlete from participating fully in any National Team activities, the athlete will inform the National Team Head Coach (NTHC). Within 48 hours, the NTHC will inform the Chief Executive Officer (CEO).

As soon as possible, the athlete will be examined by a local physician (preferably the NTP) who will prepare a diagnosis and prognosis for recovery. The results of this examination will be shared with the NTP. Any continued participation by the athlete in training or competition will be subject to the terms and conditions prescribed by the consulting physician.

Any decision as to the athlete's removal from training or removal from the team, whether on a short term or long term basis, will be made jointly by the NTHC and the CEO. This decision will be communicated by the NTHC verbally and in writing to the athlete, with rationale for the decision. If the athlete is a minor, then the decision will be communicated verbally and in writing to the athlete's parents or legal guardian.

After the athlete has been informed, the NTHC will inform others if necessary, including other National Team coaches, Team Managers and relevant personnel in the National Office.

An athlete facing removal from training or from the team may obtain a second diagnosis from an independent physician, whose views will be considered by the NTP. Such a consultation must be initiated by the athlete and must be carried out in a timely manner. Any costs associated with this second diagnosis will be the responsibility of the athlete.

Athletes removed from training due to injury or illness will be supported by Synchro Canada with a complete and thorough recovery and reintegration plan. The recovery and reintegration plan will be written based on feedback from the appropriate Synchro Canada IST experts and coaching staff, as well as any other outside experts deemed necessary. The plan will be reviewed and updated on a regular basis. All coaches, IST members and appropriate Synchro Canada staff will be notified of any changes made to the plan and the rationale for making those changes. In general, an athlete out of the water and the daily training environment for a period of three consecutive months will be recommended for removal from the athlete pool until the next trials process.

In the event of an eating disorder illness, the provisions of Appendix C will also apply.

Ethical statement in relation to drugs and doping

Synchro Canada adheres to the anti-doping policies of FINA and the rules of the World Anti-Doping Program. Synchro Canada strictly prohibits the use of restricted drugs or performance-enhancing drugs and methods. Synchro Canada is also opposed to the use of nutritional supplements and strongly discourages their use by National Team athletes.

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