

Canadian Sport Institute Ontario (CSIO) Covid-19 Testing Guidelines

Updated June 9, 2021

1. Preamble

The availability of testing and screening for Covid-19 in Ontario is dynamic and evolving. This guideline provides an overview of the available options, which are subject to change.

The Covid-19 testing options available at CSIO are only for the use of asymptomatic individuals without a known exposure.

All symptomatic persons or those with a close contact to a confirmed case should be directed to designated provincial assessment centres. These individuals will not have access to the Toronto Pan Am Sports Centre or other CSIO-affiliated sites. For information about Public Health Testing (at a Covid-19 assessment centre, participating community lab or pharmacy) please refer to <https://covid-19.ontario.ca>.

2. Eligibility

CSIO can provide or facilitate asymptomatic Covid-19 testing to eligible National Team athletes, coaches and other staff who meet any of the following criteria:

- Asymptomatic testing required prior to entering a training camp bubble
- Asymptomatic testing required to maintain a training camp bubble (conducted on site at CSIO or regionally in Ontario)
- Asymptomatic testing required prior to domestic or international travel for training or competition
- Asymptomatic testing required upon return to a training facility from domestic travel
- Asymptomatic testing for the purpose of supporting a local training node

CSIO will **not** provide Covid-19 testing under the following circumstances:

- Any individual who will be returning from international travel and is under a Government of Canada ordered 14-day quarantine period
- Any individual that exhibits Covid-19 symptoms
- Any individual who has been in close contact to someone who tested positive for Covid-19
- Any individual who has tested positive for Covid-19 within the last 90 days due to the risk of a false positive result (except when requested specifically by the NSO)

3. Testing Options

3.1 Private Lab Testing (PCR)

- a. *Group Testing* - Third party independent lab testing for groups provided by *Mount Sinai Services (MSS)*, to be arranged in advance. Expected turnaround times are 24-48h from sample arrival at the lab, however, have been typically about 24h based upon experience to date.
- b. *Individual Testing* - CSIO will also facilitate testing for individual athletes through the Cleveland Clinic, with expected turnaround of 24-48h.

3.2 Point of Care (POC) Testing

CSIO is currently able to support three rapid point of care testing programs supported by the following respective organizations:



- a. *Rapid Covid-19 Testing Program (Antigen), CDL Rapid Screening Consortium*
Beginning April 6, we will offer rapid testing through the Creative Destructive Lab Rapid screening Consortium (CDL RSC).
- **Mandatory twice weekly screening for anyone accessing CSIO at TPASC**
 - **Screening is self-administered**, observed by a trained person
 - Data will be collected and anonymized, then shared with the CDL RSC in order to support their nationwide monitoring for Health Canada
 - Rapid antigen screening is available at the following locations:
 - CSIO at TPASC (since January 6)
 - Milton Velodrome (since May 10)
 - Beach Volleyball National Training Centre at Downsview (since May 31)
 - Athletics Canada East Hub at York University (since June 7)
 - Training and test kits can also be provided to deliver rapid antigen screening for events taking place at CSIO or remotely
- b. *Abbott ID-Now Point of Care Testing (Molecular – NAAT), Ministry of Health*
The ID-Now provides molecular testing with a nasal, nasopharyngeal or throat swab, and is used as a screening tool for asymptomatic individuals. The device is high-speed and low-throughput, meaning results can be delivered quickly (15 minutes) but only one sample can be processed at a time.
- c. *Songbird Point of Care Testing (Molecular - NAAT), Own the Podium*
CSIO is collaborating with OTP to deliver Covid-19 screening using the Hyris bCUBE from Songbird Life Sciences at the CSIO location at TPASC. Testing must be pre-arranged through Own the Podium.

4. Understanding the Differences Between Asymptomatic Testing vs Screening Options

Point of Care Covid-19 Antigen Screening (CDL RSC)

- Sample collection **self-administered** on-site at CSIO
- Results obtained and shared in 15 minutes
- POC tests cannot diagnostically confirm presence of Covid-19
- Positive screens must be referred to Public Health Testing Program for diagnostic tests to confirm Covid-19
- Mandatory for all staff and athletes entering CSIO at TPASC

Point of Care Covid-19 Molecular Screening (Songbird and ID Now)

- Sample collection performed by nurse or physician, analysis performed by trained staff at CSIO or remotely
- Results obtained in 3-6 hours (Songbird) or >15 minutes (ID Now)
- POC tests cannot diagnostically confirm presence of Covid-19
- Positive screens must be referred to Public Health Testing Program for diagnostic tests to confirm Covid-19

CSIO Third Party Covid-19 Testing (MSS and Cleveland Clinic)

- Sample collection performed by nurse or physician at CSIO, Cleveland Clinic, or remotely
- Remotely collected samples are transported a laboratory facility for processing and analysis
- SARS-CoV-2 DNA based diagnostic PCR test
- Results obtained in 24-48 hours after arrival at laboratory
- Positive results get reported to Public Health Ontario
- Documentation to support international travel if requested

5. Arranging Asymptomatic Testing or Screening with CSIO

Advance notice is required for all testing requests, in order to arrange for appropriate staffing coverage. One week notice is required for testing requests, and two weeks or more is preferred. Costs for testing will vary depending on the requested location, number of requested tests and timing. Costs for testing arranged through CSIO are significantly lower than publicly available asymptomatic testing.

The following steps outline the process for arranging tests, and we will work with you to confirm the appropriate testing method for your needs if needed. Please direct all requests to our Coordinator, PSRI, Haginaa Sivapunniyan, at hsivapunniyan@csiontario.ca.

5.1 Laboratory Certified PCR Testing

1. NSO representative submits request to CSIO through Haginaa at hsivapunniyan@csiontario.ca
2. CSIO will work with the NSO representative to confirm appropriate testing location, testing details and schedule, and provide a spreadsheet to collect the required participant information
3. CSIO will contact MSS or Cleveland Clinic for availability and make arrangements for testing
4. CSIO will confirm specific testing day requirements depending on the location
5. The testing individuals will proceed to the pre-arranged testing location to complete testing
6. Results will be sent to CSIO's CMO, Dr. Dilkas for review once test results are analyzed and received
7. Results and documentation will be communicated back to NSO members by CSIO

Results will be available within 24-48 hrs.

The cost for Group Testing through MSS is \$145-175/test. The NSO will be invoiced for the full cost of testing after completion. An itemized invoice can be provided if requested NSO.

The Cost for Individual Testing through Cleveland Clinic is \$175/test, paid on-site at Cleveland Clinic prior to testing taking place.

5.2 Point of Care Testing (Antigen) at CSIO

1. NSO representative submits request to CSIO through Haginaa at hsivapunniyan@csiontario.ca
2. The PSRI Coordinator will contact NSO representative and provide registration information through the Thrive Health app used for booking
3. Athletes, coaches and staff book appointments through Thrive Health App (in advance or on site)
4. Upon arrival at CSIO, the screening participant will confirm consent, then self-swab (dual anterior nasal swab) at one of the testing stations under supervision and/or instruction of the Screening Coordinator
5. The screening participant will leave the screening area and proceed to their intended location
6. Results will be communicated via email within 15 minutes after the sample is collected
 - a. If an individual tests positive they will be contacted via phone immediately and required to immediately exit the building, isolate, and book a test through public health (minors will be required to isolate in a secure room while they wait for pickup from a guardian or chaperone)
 - b. If an individual screens inconclusive, they will be contacted via text and requested to return to complete a followup test
7. If requested by the NSO, a summary of participation will be communicated back to NSO at the end of each week to verify compliance in regular participation in the screening program

The results will be available within 15 minutes. This service is free, with CSIO covering all costs to deliver the program.



5.3 Point of Care Testing (Antigen) at Events and/or Satellite Sites

1. NSO representative submits request to CSIO through Haginaa at hsivapunniyan@csiontario.ca
2. The PSRI Coordinator will contact NSO representative arrange an introductory session to clarify roles, responsibilities, logistical requirements, and reporting requirements
3. The NSO will identify individuals to be trained as Screening Coordinators, and the PSRI will provide training resources and evaluation to be completed before screening takes place
4. Individuals participating in the program are provided registration information for the Thrive Health app
5. At the screening site, the screening participant will confirm consent, then self-swab (dual anterior nasal swab) under supervision and/or following instruction by the NSO Screening Coordinator
6. The screening participant will leave the screening area and proceed to their intended location
7. The NSO Screening Coordinator will input the result in the Thrive Health system and results will be communicated immediately to the screening participant

The results will be available within 15 minutes from sample collection. This service is free, with CSIO providing all training resources and test kits. The NSO must be able to commit human resources to act as Screening Coordinator(s) to deliver the program.

5.4 Point of Care Testing (Songbird) at CSIO

1. NSO representative to request service to OTP Allan Wrigley at awrigley@live.com
2. OTP/NSO will contact CSIO Director, Performance Services Ryan Atkison with the request for Songbird Screening
3. CSIO will work with the NSO representative to confirm appropriate testing location, testing schedule, required timeline for results, and provide a spreadsheet to collect the required participant information
4. Results will be sent to CSIO's CMO, Dr. Dilkas for review once test results are analyzed and received
5. Results will be communicated back to NSO members by Dr. Dilkas or the CSIO Medical Coordinator with appropriate documentation where required
6. CSIO will invoice the NSO for the costs of the screening service. An itemized breakdown of the cost incurred can be provided when requested by the NSO.

Results will be available within 2-6 hrs from sample collection. The cost for this service is \$50-75 / test for sample collection and analysis, or \$30-50 / test for analysis only, payable to CSIO.

5.5 Point of Care Testing (ID Now) at CSIO

1. NSO representative submits request to CSIO through Haginaa at hsivapunniyan@csiontario.ca
2. CSIO will work with the NSO representative to confirm appropriate testing location, testing schedule, required timeline for results, and provide a spreadsheet to collect the required participant information
3. The testing individuals will proceed to the pre-arranged testing location to complete testing
4. Results will be sent to CSIO's CMO, Dr. Dilkas for review once test results are analyzed and received
5. Results will be communicated back to NSO members by Dr. Dilkas or the CSIO Medical Coordinator with appropriate documentation where required
6. CSIO will invoice the NSO for the costs of the screening service. An itemized breakdown of the cost incurred can be provided when requested by the NSO.

Results will be available within 15-60 minutes from sample collection. The cost for this service is \$50 / test for sample collection and analysis, or \$20 / test for analysis only, payable to CSIO.