

Returning to the Training Environment at CSIO – Phase 12

As of August 17th, 2021, CSIO is opening our Sport Lab and S&C spaces to all registered athletes by appointment only. Open Hours continue to be available by appointment only for AAP carded athletes. The capacity limit for strength training in CSIO remains limited to the number of individually spaced training stations (14). We have also reopened our hydrotherapy room for supervised rehab and hot/cold recovery.

Health and safety of everyone who enters our HP environment continues to be a top priority for CSIO and our existing protocols are unchanged. Participation in our rapid testing program continues to be mandatory for all staff and athletes accessing CSIO.

Who is eligible to access the Training Environment at CSIO during Phase Twelve?

- Athletes who are healthy, asymptomatic, and have not been in contact with anyone confirmed or suspected to have contracted the COVID-19 virus within the last 14 days; **AND**
- Permitted to train under the safety protocols put in place by their NSO/PSO; **AND**
- Follow the safety protocols put in place at CSIO; **AND**
 - Have not travelled outside of Canada in the past 14 days, **OR**
 - Are fully vaccinated and exempt from international travel quarantine

Safety Protocols at CSIO

- All visitors must complete the required waivers in advance of accessing the facility
- All visitors are requested to travel alone or with members of their household, and must wear a mask if arriving by public transit or ride-sharing
- All visitors are required to follow TPASC screening protocols when entering the facility
- All visitors must check in at the CSIO front desk, and we will track attendance in the CSIO space as required by [Ontario Regulation 364/20](#)
- CSIO will limit the number of people and movement inside the facility at any given time
- The CSIO locker rooms are restricted to washroom access only, and athletes are required to come prepared for their appointment (training/treatment/pool ready), except athletes accessing the hydrotherapy tubs who may use the shower before and after
- All visitors will wash their hands after entering and before exiting CSIO
- All shared spaces will be professionally cleaned and disinfected at the end of each day
- Physical spacing of greater than 2m is required at all times within CSIO & TPASC, except when receiving medical or therapy services, or during an emergency
- A CSIO staff member may provide support to parasport athletes (less than 2m apart) if identified as a guide or attendant by a Paralympic NSO and supported by CSIO
- There is no lounge or waiting area, so athletes are required to arrive and depart promptly for their pre-arranged appointment or training session
- Individuals who have previously tested positive for COVID-19 must provide medical clearance from their team physician to access CSIO

Quarantine Following Interprovincial and International Travel

- CSIO is requiring a minimum 5 day self-isolation followed by a negative COVID-19 test (rapid antigen test is acceptable) to access to CSIO spaces and services following interprovincial travel using public transportation (plane, train, or bus)

- Persons travelling independently via private vehicle will be exempt from this requirement
- Persons recognized as fully vaccinated (received second dose of approved vaccine two or more weeks ago) will be exempt from this requirement
- All individuals are required to self-isolate for 14-days after returning to Canada following international travel
 - Persons recognized as fully vaccinated (received second dose of approved vaccine two or more weeks ago) will be exempt from this requirement

Rapid COVID Testing at CSIO

- Individual appointments are booked through: sportmedicine@csiontario.ca, and all individuals must register before their first screening appointment
- Rapid testing will be self-administered supervised by a trained screening coordinator
- Screening will be available daily (Monday to Friday)
- Mandatory screening for anyone accessing CSIO
- Individuals who test positive through the rapid testing program will be immediately directed to depart the facility and confirm their result through Public Health testing
- Rapid testing is available at CSIO (TPASC), Milton Velodrome, Downsview (Beach Volleyball), and York (Athletics Canada East Hub), and is mandatory at all locations except for York

Strength Training at CSIO

- Individual Open Hours appointments are made through: athleteservices@csiontario.ca
- Group training requests are made through the Director, Performance services (ratkison@csiontario.ca) and subject to scheduling availability and approval
- Athletes should plan for visits to last up to 90 minutes (15 minutes for entry and prep, 60 minutes of training, and 15 minutes to sanitize and exit) and will depart promptly
- Athletes are permitted to remove their masks for the workout after sanitizing their hands
- Athletes will complete the duration of their workout at their independent station, except to access shared equipment (ie dumbbells), and must sanitize before and after use
- Approved S&C Coaches will enforce sanitation and distancing from a safe distance
- Training stations are spaced a minimum of 3m for all training groups
- Any staff approved by the respective NSO and CSIO to be within 2m of an athlete during training (ie spotting in the gym, transferring chairs etc), must wear a face mask covering the nose and mouth, **and** eye covering (face shield or goggles)
- Athletes will wipe down all touched surfaces at the end of their session, clean their hands, and replace their masks prior to departing

Conditioning Training at CSIO

- Indoor conditioning appointments are made through: athleteservices@csiontario.ca
- Outdoor conditioning requests may be made through the supervising strength coach
- Indoor conditioning sessions will take place in the K2 Room (Altitude Chamber) and is limited to one athlete at a time using any of the following equipment: Spin bike, Assault bike, Alter-G Treadmill, Rowing erg, Arm erg, Cross Country ski erg
- Athletes are permitted to remove their masks after entering the K2 room for training, and must clean their hands and replace their masks prior to departing the K2 room
- Athletes are to wipe down all conditioning equipment with available sanitizing wipes before and after their conditioning session

Therapy, Sport Medicine, and Anthropometry Assessments at CSIO

- Requests for therapy will be facilitated through the attending CSIO therapist
- Sport medicine requests will be facilitated through: sportmedicine@csiontario.ca
- Anthropometry assessments will be facilitated through the team's CSIO nutritionist
- Prior to the 1st session, athletes must notify the practitioner that they have watched the following videos
 - hand washing <https://youtu.be/o9hjmques72l>
 - doffing of gloves <https://youtu.be/WDI0Zj573Js>
 - donning and doffing of masks <https://www.youtube.com/watch?v=JwPWdkbyizw>
- The athlete must attend the appointment alone unless they have a caregiver for assistance and/or they are a minor and have a parent/guardian present
- The athlete is required to wash/sanitize their hands prior to and after a session
- The athlete is required to wear a mask while receiving services, and is only permitted to remove mask for health reasons or if they feel uncomfortable while lying face down
- The practitioner must wear a surgical mask while working with the athlete and is up to the practitioner and athlete if gloves should be worn based on comfort level (gloves must be worn if there is break in the skin or skin lesion of the practitioner and/or athlete)
- Athletes undergoing a therapy session in the Hydroworx underwater treadmill are permitted to access the showers, towels will not be provided
- Athletes undergoing a supervised rehab session in the gym or Hydroworx underwater treadmill are permitted to remove their mask while exercising only

Physiological & Physical Testing at CSIO

- Testing requests are facilitated through the Lead, Physiology (mlacroix@csiontario.ca)
- The athlete is required to wash/sanitize their hands upon entering and exiting the lab.
- The practitioner must wear a surgical mask at all times and the athlete must keep their mask on unless the practitioner gives them approval to remove it
 - EX 1: DXA scans, the athlete and staff will be wearing a mask at all times.
 - EX 2: During a submax test, the athlete may remove mask just prior to the test.
- Staff will also wear a faceshield and the athlete and staff will be protected by a plexiglass barrier for any testing requiring blood lactate sampling or contact with the athlete
- Gloves will be worn by the practitioner if they have any physical contact with the athlete, they will also be required to wear a lab coat and/or have a change of clothes for testing.
- Athletes are asked to bring their own towels and change of clothes

Hydrotherapy Room (Hot and Cold Tubs)

- Hot and cold tubs can be booked through CSIO reception (reception@csiontario.ca)
- Hot and cold tubs are available for HP Exempt athletes only
- Maximum two individuals per tub, and up to six individuals in the room at one time
- Athletes are required to wear masks at all times, including in the tubs
- Athletes accessing the hydrotherapy room are permitted to access the showers, towels are not provided

FAQs

Is it safe to return to CSIO?

We are following guidelines made by federal, provincial, and municipal public health authorities and all our protocols have been approved by CSIO's Chief Medical Officer. Where possible, we are adding additional strategies to decrease the likelihood of inadvertent exposure to any virus.

We are extremely proud of our health and safety practices, and we need your help to ensure that CSIO continues to be a safe environment to train. We are all in this together.

Why are there different precautions in place for different services?

Some services can be conducted safely from a physical distance, while others require close or direct contact. Physical contact increases the risk of transmission of COVID-19 and other infectious diseases, but with additional precautions these services have been proven to be safe.

When do you expect to ease restrictions?

We continue to evaluate and adjust our own protocols based on changing public health regulations and the latest medical evidence. We expect to further reduce restrictions on August 16th, and again on September 7th pending changes to public health regulations and medical evidence.

Can I access CSIO if I've previously had COVID-10?

Individuals who have previously tested positive for COVID-19 need to consult with their team physician about appropriate return to training recommendations following a positive COVID diagnosis, and must provide medical clearance from their team physician to access CSIO.

Who do I contact if I have further questions not addressed here?

Email Athlete Services at athleteservices@csiontario.ca.