

Returning to the Training Environment at CSIO (TPASC) – Phase 16

As of January 5, 2022, Ontario is returning to a [modified Step 2 of the Reopening Framework](#). CSIO will be enhancing safety protocols, which meet or exceed Public Health requirements.

From January 5 to 29, access to CSIO will be restricted to athletes who qualify under the High Performance Exemption, and for essential health services, provided they meet the eligibility criteria below. Additionally, mandatory daily rapid testing must continue to access CSIO, and athletes must remain masked at all times including while training. Physiological and physical testing are not permitted during Phase 16.

Who is eligible to access the Training Environment at CSIO during Phase 16?

- Athletes, coaches & support staff that are healthy, asymptomatic, fully vaccinated; **AND**
- Permitted to train or provide support under the safety protocols put in place by their NSO/PSO; **AND**
- Follow the safety protocols put in place at CSIO; **AND**
- Are in compliance with CSIO and Public Health Close Contact & Travel Guidelines, as listed below; **AND**
 - Athletes, coaches and support staff training to be a part of Team Canada at the upcoming summer or winter Olympic or Paralympic Games, as identified by their NSO, **OR**
 - Athletes accessing essential health services from a regulated health professional

Close Contact & Travel Guidelines

Daily Rapid Testing

- On site rapid testing will be required for CSIO for all essential staff, athletes and visitors on every visit (up to once per day)
- This testing requirement will take place both at TPASC and Milton

International Travel

- Anyone wishing to access CSIO within 10 days of returning from international travel must complete a PCR test any time between Day 3 and their subsequent visit to CSIO
- This PCR test may be arranged through CSIO (via sportmedicine@csiontario.ca) and completed at TPASC at the individual's / sports expense
- Access to CSIO may continue while awaiting the PCR test result as long as a negative daily rapid test result is returned
OR
- Without a PCR test, access to CSIO may resume for asymptomatic individuals with no known COVID-19 exposure 10 days after international travel
- Individuals must continue to meet the daily rapid testing requirement outlined above

Close Contacts

- Asymptomatic vaccinated persons in close contact with confirmed positive COVID person(s) may access CSIO following a negative PCR test taken 7 days after last exposure if it can be arranged privately (cannot be arranged through CSIO)
- Self-isolation for 10 days after exposure is recommended for household members, and any other high risk contact regardless of vaccination status

- If testing is not available or not completed, individuals may not access CSIO for 14 days after a close contact.
- Close contact PCR tests cannot be arranged through CSIO
- Close contacts are to be disclosed to sportmedicine@csiontario.ca

Safety Protocols at CSIO

- All visitors must complete annual waivers in advance of accessing the facility
- All visitors are required to follow screening protocols and provide proof of vaccination and ID when entering the facility
- Masks are required at all times in the facility
- Physical spacing of greater than 3m is required at all times within CSIO & TPASC, except under the following conditions:
 - When receiving essential services from a regulated health professional,
 - When a staff member provides assistance to an athlete (e.g. spotting, assisting a parasport athlete), the encounter is brief in duration and appropriate PPE is worn
 - When responding to an emergency
- All visitors must check in at the CSIO front desk, and CSIO will maintain a log of visitors
- All visitors must complete a rapid test on entry to CSIO
- CSIO will limit the number of people and movement inside the facility at any given time
- 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
- There is no lounge or waiting area, so athletes are required to arrive and depart promptly for their pre-arranged appointment or training session
- Athletes may briefly access the locker rooms and showers, and must bring own towels

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, including a Rapid Testing Coordinator, Reception staff, or trained Practitioner
- Daily screening for anyone accessing CSIO on their first entry of the day
- 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

Strength Training at CSIO

- Individual Open Hours appointments are made through: athleteservices@csiontario.ca, and limited to eligible winter sport athletes at this time
- Group training requests are made through the Manager, Performance Solutions (kperry@csiontario.ca) and subject to scheduling availability and approval
- Athletes should plan for an additional 15 minutes for cleaning before/after their session
- Athletes are required to wear their masks while training in the S&C space
- Athletes are permitted to move freely between training equipment, and may share stations, provided they maintain 3m spacing at all times
 - Athletes are not permitted to spot each other at this time
- Any staff approved by the respective NSO and CSIO to be within 3m of an athlete during training (i.e. transferring chairs), must wear a face mask covering the nose and mouth, **and** eye covering (face shield or goggles)

- Approved S&C Coaches will enforce protocols from a safe distance
- Any high-touch surfaces must be sanitized after use (e.g. benches, bars, etc)
- The maximum number of athletes in the gym at any time cannot exceed 24, while maintaining a minimum 8:1 staff to athlete ratio and 3m spacing

Conditioning Training at CSIO

- Conditioning is only permissible individually in the K2 room (Environmental Chamber)
- Conditioning appointments are made through: athleteservices@csiontario.ca
 - Requests for environmental training may be delivered by the NSO/PSO sport science staff, or conducted on a fee-for-service basis
 - Athletes are permitted to remove their masks after entering the K2 room, and must put their mask back on before leaving the K2 room
- Athletes are to wipe down all conditioning equipment with available sanitizing wipes before and after their conditioning session

Physiological & Physical Testing at CSIO

- *Physiological and physical testing is not permitted during Phase 16*
- Future testing requests are facilitated through: kbmiller@csiontario.ca
- During future testing, practitioners must wear a KN95 or N95 mask at all times, and will also wear a faceshield, gloves, lab coat, and be protected by a plexiglass barrier for any testing requiring blood lactate sampling or contact with the athlete

Health Services 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 first session, athletes must acknowledge they have viewed the following videos:
 - hand washing <https://youtu.be/o9hjmges72l>
 - doffing of gloves <https://youtu.be/WDI0Zj573Js>
 - donning and doffing of masks <https://www.youtube.com/watch?v=JwPWdkbyizw>
- Initial appointments will take place virtually to determine if an in person visit is required
- 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
- The practitioner must wear a KN95 or N95 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 *not* permitted to remove their mask while exercising

Hydrotherapy Room (Hot and Cold Tubs)

- Hot and cold tubs can be booked through CSIO reception (reception@csiontario.ca)
- 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

FAQs

Is it safe to train at CSIO?

We are meeting or exceeding guidelines made by federal, provincial, and municipal public health authorities and all our protocols have been approved by CSIO's Chief Medical Officer.

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.

Can I access CSIO if I've previously had COVID-19?

Individuals who have previously tested positive for COVID-19 must provide medical clearance from their team physician to access CSIO.

I'm fully vaccinated, do I need to continue rapid testing and wearing a mask?

Vaccines are a very important risk mitigation measure that reduce likelihood of severe health outcomes and transmission; however, CSIO is taking every precaution to minimize the likelihood of an COVID-19 transmission in our environment.

With the introduction of the Omicron variant, we are further enhancing our testing until all staff and athletes are able to receive their third dose of the COVID vaccine.

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

Please email Athlete Services (athleteservices@csiontario.ca).