

Returning to the Training Environment at CSIO (TPASC) – Phase 22

Starting April 1, 2022, CSIO has updated Close Contact, Travel, Isolation and Return from COVID Guidelines. Other enhanced measures remain in effect, including masking (except while training), rapid testing, proof of vaccination and 2m spacing.

Who is eligible to access the Training Environment at CSIO during Phase 22?

- Athletes, coaches & support staff that are healthy, asymptomatic, fully vaccinated; **AND**
- Permitted to train or provide support under their NSO/PSO safety protocols; **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

Close Contact, Travel, Isolation, and Return from COVID Guidelines

- The following guidelines represent enhanced restrictions at CSIO, and may not supersede Federal, Provincial, Territorial, and/or Regional Public Health Guidelines that require higher level of restrictions

Rapid Testing Frequency

- Daily on site Rapid Antigen Testing (RAT) is required for athletes up to 5 times per week
- Rapid testing for staff and visitors is required twice weekly, on non-consecutive days
- Any staff, athlete or coach who have tested positive on a PCR or rapid antigen test may resume rapid testing 30 days after their positive test result

Return to a Daily Training Environment after Travelling by Public Transportation

- There are 3 protocols to 'Clear' an athlete after travel by train or plane:
 1. Two self-administered RAg test (24 hours apart) prior to departure and daily for the first 3 days upon arrival, OR
 2. Self-administered RAg test 24 hours prior to departure and daily for the first 2 days upon arrival plus PCR test on Day 3.
 3. If no testing is done as above, access to CSIO is permitted 10 days after arrival from international and domestic travel.
- Once one of the 3 protocols has been satisfied, regular rapid testing frequency may resume
- RAT or PCR tests may be arranged through CSIO (via sportmedicine@csiontario.ca)
- Anyone who develops symptoms after travel should be considered a presumed COVID positive case and follow the COVID positive protocol for self-isolation

COVID-19 Illness or Positive Test

- After a Covid-19 illness or positive test individuals will be able to return to CSIO if feeling better after 5 days of isolation and two negative rapid antigen tests taken 24h apart on days 5 and 6 (return on day 6)
- If testing is not available or not completed, individuals may not access CSIO for 14 days after a close contact, or 10 days after a Covid-19 illness or positive test
- COVID-19 illnesses or positive tests are to be disclosed to sportmedicine@csiontario.ca

Close Contact

- After a close contact with a person known to have a positive case, continued entry to CSIO is permitted for individuals who are asymptomatic, fully vaccinated and boosted (3 doses),

OR have tested positive for COVID-19 in the last 90 days, and must meet the following additional requirements

- Negative daily RAg test for 7 consecutive days following last known close contact
- Mask wearing all the time at training
- If mask wearing is not possible for training (eg combat sport; aquatic sport)
 - Isolation for 5 days and 2 consecutive negative RAg test on days 6&7 before returning to camp or DTE on day 7
- Individuals who do not meet the above criteria, are required to stay away from CSIO for a minimum 10 days, and can return to CSIO if asymptomatic following negative rapid antigen tests taken 24 hours apart on days 9 and 10
- 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 CSIO
- Masks are required at all times in CSIO, except while training
- Physical spacing of greater than 2m is required at all times within CSIO, except under the following conditions:
 - When receiving 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 Medical Coordinator, Reception staff, or trained Practitioner
- Testing frequency aligned with “**Close Contact, Travel, Isolation, and Return from COVID Guidelines**”
- Individuals who test positive through the rapid testing program are considered confirmed positive and will be immediately directed to depart the facility to isolate

Strength Training at CSIO

- Individual Open Hours appointments are made through: athleteservices@csiontario.ca,
- Group training requests are made through the Manager, Performance Solutions (kperry@csiontario.ca) and subject to scheduling availability and approval
- Athletes may remove 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 **2m** 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 **2m** 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 maximum 8:1 athlete to staff ratio and 3m spacing

Conditioning Training at CSIO

- **Conditioning is permitted on the gym floor or 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 while conditioning
- Athletes are to wipe down all conditioning equipment with available sanitizing wipes before and after their conditioning session

Physiological & Physical Testing at CSIO

- Testing requests are facilitated through: kbmiller@csiontario.ca
- Athletes are permitted to remove their mask for the exercise portion of approved testing
- Physical spacing of greater than **2m** is required when completing approved testing, except under the following conditions:
 - 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
- During aerobic testing sessions, 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>
- 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)

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, unless using the Hydroworx underwater treadmill who are permitted to remove their mask while exercising

FAQs

The province of Ontario has lifted most restrictions, including mask mandates, why do I need to follow these protocols and wear a mask at CSIO?

It is up to each organization to determine the safety protocols for their respective business. CSIO feels it is necessary to maintain some COVID-19 risk mitigation measures in order to minimize the likelihood of transmission in our environment and protect immunocompromised individuals who access CSIO.

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. Many of our protocols are in line with Public Health guidance for high risk settings.

When will CSIO lift restrictions?

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. We are reviewing and adjusting our protocols in a staged approach, and plan to ease restrictions provided key indicators support the easing of restrictions.

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, have met the appropriate isolation requirements and are currently asymptomatic are eligible to return to the training environment after receiving medical clearance from their medical team.

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).