

Returning to the Training Environment at CSIO (TPASC) – Phase 23

Starting June 13, 2022, CSIO is reopening our athlete lounge, and we will no longer require rapid testing for athletes and staff, except under specific situations such as return from travel or following a close contact with a known positive COVID-19 case. Enhanced measures such as 2m spacing, masking (except while training), and full vaccination continue to be required.

Who is eligible to access the Training Environment at CSIO during Phase 23?

- 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 Public Health and CSIO enhanced measures (*as listed below*)

Close Contact, Travel, Isolation, and Return from COVID-19 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
- Any COVID-19 illness, positive tests or close contacts are to be disclosed to sportmedicine@csiontario.ca

Rapid Testing Frequency

- Rapid antigen testing (RAT) is required on an ad hoc basis for conditions described below

New entry to camp or DTE, or Return to a DTE after Travel

- Two self-administered RAT: first test upon arrival and second test 24 hours later; **OR**
- One PCR test on Day 2 or 3
- Anyone who develops symptoms after travel should be considered a presumed COVID positive case and follow the COVID positive protocol for self-isolation
- RAT or PCR tests may be arranged through CSIO (via sportmedicine@csiontario.ca)

Return from COVID-19 Illness or Positive Test

- Self-isolation for a minimum of 5 days **with at least** 48 hrs of symptom resolution (day 0 is date of symptom onset or positive test, whichever comes first)
- Mask wearing for 5 days post return for indoor activities including during training
- Clearance from team medical staff following COVID-19 Return to Play protocols to be completed before returning to full training

Close Contact (with a confirmed positive case)

- Following a close contact with a known 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 requirements:
 - Negative daily RAT test for 5 consecutive days following last known close contact
 - Mask wearing for 5 days during indoor activities including during training
- 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 RAT taken 24 hours apart on days 9 and 10
- Anyone who develops symptoms after close contact should be considered a presumed COVID positive case and follow the COVID positive protocol for self-isolation

Safety Protocols at CSIO

- All visitors must complete annual waivers in advance of accessing the facility
- All visitors are required provide proof of vaccination when requested
- Masks are required in CSIO except during training, when eating / drinking, when stationary at a private desk or office
- Physical spacing of greater than 2m is required at all times within CSIO, except under the following conditions:
 - When receiving services from a registered 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
- 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

Rapid COVID-19 Testing at CSIO

- Individual appointments are booked through: sportmedicine@csiontario.ca
- 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-19 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

Athlete Lounge at CSIO

- When using the lounge, athletes are required to maintain 2m spacing
- Athletes may remove their masks when eating or drinking, and are encouraged to use the outdoor patio space when weather permits
- Athletes must clean any waste or mess prior to departure, and are requested to leave the Lounge in better condition than when they entered

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 are permitted to move freely between training equipment, and may share stations, provided they maintain 2m spacing with other individuals
 - 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
- Any high-touch surfaces must be sanitized after use (e.g. benches, bars, etc)
- The maximum number of athletes training in the gym at any time cannot exceed 24, while maintaining a maximum 8:1 athlete to staff ratio and 2m spacing
- Approved S&C Coaches will enforce protocols from a safe distance

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
- Any high-touch surfaces must be sanitized after use (e.g. bike handles, etc)

Physiological & Physical Testing at CSIO

- Testing requests are facilitated through the Lab Coordinator: kbmiller@csiontario.ca
- Coaches permitted to observe testing from a distance must wear a KN95 or N95 mask
- 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 and coaches 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 six athletes in the room at any given 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 well documented that high performance athletes are at a higher risk of respiratory infections which are a major cause of preventable lost training and competition days.

In addition, it is up to each organization to determine the safety protocols for their respective business. CSIO feels it is necessary to maintain enhanced COVID-19 risk mitigation measures in order to minimize the likelihood of transmission in our environment and protect all 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).