

## Infection Control & Prevention in the Training Environment at CSIO (v1)

Starting October 3, 2022, CSIO is removing several of our COVID-19 specific protocols, and implementing infection control and prevention measures aimed at reducing the incidence of communicable diseases and infections. CSIO strongly recommends athletes, coaches and staff adopt the following infection control measures to reduce risk of infection or serious illness:

- Frequent hand washing
- Staying home when sick
- Maintaining up to date immunizations including COVID-19 boosters and the seasonal Influenza vaccination (Flu shot) when available
- Wearing a mask (N95, KN95 or equivalent) when exposed to high-risk crowded indoor settings, including during travel
- Respecting social distancing of 2 meters when possible

In addition, CSIO will be maintaining the following protocols within our training environment.

### 1. Masking

Within the CSIO environment, masking will remain mandatory for any services requiring prolonged close contact (therapy, medical consultations, anthropometry, some lab testing) and for all other situations will become optional (reception, change room, athlete lounge, gym, etc.).

### 2. Cleaning

In addition to our regular facility cleaning, we will continue to require cleaning and sanitizing of training equipment and surfaces after use, as that is best practice for prevention of infectious diseases.

### 3. Rapid Antigen Testing

Rapid Antigen Testing (RAT) is no longer required to enter CSIO spaces, including following travel, except where explicitly required for COVID-19 Case Management (see below).

### 4. COVID-19 Case Management

- a) **Symptomatic** – If experiencing COVID-19 symptoms, RAT is recommended, with negative results for at least 3 consecutive days before entering the DTE or in-person meetings.
- b) **Positive Tests** - Athletes or staff who test positive for COVID-19 should follow these recommendations:
  - Self-isolation for a minimum of 5 days and until symptoms such as fever, myalgia, pharyngitis or GI symptoms (nausea, vomiting and/or diarrhea) have resolved for a minimum of 24 hrs and other symptoms are improving
  - Mask wearing for another 5 days post return for indoor activities if unable to maintain distancing of 2 meters
  - Continue wearing a mask if respiratory symptoms persist such as a post-viral cough
  - Post-infection testing is not required to access CSIO
  - Consult your team doctor if symptoms last more than 5 days
  - Consult your team doctor for return to training protocols

- c) **Close Contacts** - Athletes or staff who are considered close contacts with a known positive case of COVID-19 should follow these recommendations:
- Continued entry to CSIO for asymptomatic close contacts is allowed if fully vaccinated (3 doses) or having tested positive for COVID-19 in the last 90 days with the following recommendations:
    - Mask wearing for 5 days after exposure while inside CSIO including during training
    - Closely monitoring your symptoms
  - **NOTE:** If someone in the Close Contact protocol develops symptoms, they should be considered a presumed COVID positive case and follow the COVID positive protocol for self-isolation mentioned above.

**NOTE: The above policy guidelines do not supersede Federal, Provincial, Territorial, and/or Regional Public Health Guidelines that require higher level of restrictions.**

For any medical-related questions, requests, or to report a positive test, please contact our Medical Coordinator ([sportmedicine@csiontario.ca](mailto:sportmedicine@csiontario.ca)).

For any questions or requests about accessing CSIO, please contact Athlete Services ([athleteservices@csiontario.ca](mailto:athleteservices@csiontario.ca)).