



Sport Medicine Advisory Committee (SMAC)

COVID-19 Guidelines

Effective Date: MAY 30th, 2022

The pandemic situation is improving in Canada with COVID numbers and hospitalizations starting to plateau or decrease, resulting in the relaxation of many public health guidelines. The impact of the more transmissible BA.2, BA.4 and BA.5 subvariants or new variants of concern in the context of eased restrictions remains uncertain. In addition, it is well documented that high performance athletes are at higher risk of respiratory infections which are a major cause of preventable lost training and competition days. To minimize the incidence and impact of these infections, including COVID-19, SMAC strongly recommends continued implementation of infection control and prevention measures as follows:

- Full vaccination, including a third dose and subsequent boosters (when eligible).
- Frequent hand washing
- Mask wearing at all times indoors, except for during specific training.
- N95, KN95 or equivalent masks are recommended.
- Respect social distancing of 2 meters
- Ideally, individual rooms for accommodation of staff and athletes during training camps or travel
- Whenever possible, limit group and social gatherings, especially when indoors

COVID-19 Positive Cases:

Athletes or staff who test positive for COVID-19 should follow these recommendations

1. Self-isolation for a minimum of 5 days **with** at least 48 hrs of symptom resolution.
2. Post infection testing is NOT mandatory to access your DTE
3. Mask wearing for 5 days post return is strongly recommended for indoor activities if unable to maintain a social distancing of 2 meters
4. Post COVID-19 Return to Play protocols should be completed before returning to full training

New entries to a team training camp or return to team daily training environment after travelling by public transportation

We continue to recommend testing after travel by plane or train. There are 2 recommended protocols to 'Clear' an asymptomatic athlete after which no further testing is required:

1. Two self-administered RAg test (24 hours apart) upon arrival, or
2. PCR test on Day2 or 3.

NOTE: Anyone who develops symptoms after travel should be considered a presumed COVID positive case and follow the COVID positive protocol for self-isolation as mentioned above.

Close Contact (with a confirmed positive case)

- Continued entry to training camp or DTE for asymptomatic close contact, fully vaccinated (3 doses) or having tested positive for COVID-19 in the last 90 days is allowed based on:
 - Negative daily RAg test for 5 consecutive days following last known close contact.



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- Mask wearing at all times at indoor training venues
- If mask wearing is not possible for training (e.g., combat sport)
 - No access to DTE for 5 days and 2 consecutive negative RAg test on days 4&5 before returning to camp or DTE on day 5

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 as mentioned above.

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