

CSI Calgary Return to Train/Play/Work Guidelines

In the context of the current COVID-19 pandemic, Canadian Sport Institute Calgary (CSI Calgary) continues to monitor our local communities, respect the Government of Canada's direction to carefully follow physical distancing practices and to respect the directives and regulations of all public health authorities and governments at every level. Now is the opportunity for us to be diligent leaders in our communities. Through our actions, we can contribute to the control of the spread of the virus while balancing the need for Albertan's to resume work and stimulate economic recovery.

KEY PRINCIPLES

- First and foremost, high performance athletes, coaches and support staff, respect the need to return to train/play/work in a manner that respects the guidelines and procedures developed by public health authorities at the federal, provincial and local level.
- High performance athletes, coaches and support staff want to return to play/work in a manner that protects the health and safety of all participants and the communities they live and train in.
- High performance sport is valued by Canadians and is a proven mechanism to strengthen, unite and build Canadian communities in times of crisis.
- High performance athletes demonstrate resilience and adaptability to situations of crisis and adversity. High performance athletes are often role models for every Canadian in navigating through adversity created through COVID-19. High performance athletes can provide a beacon of hope, show a way forwards for all Canadians and build civic pride.
- High performance sport develops Canada's next generation of community leaders. The pursuit of excellence for Canada's high-performance athletes is their chosen profession and as such return to play is essentially "return to work".
- Return to train/play/work is a means to help Canadian communities heal, re-build and re-unite post COVID-19.

It is acknowledged that any resumption of training in groups can only take place within the legal requirements of local / regional / provincial public health authorities (**PROVINCIAL AND TERRITORIAL SELF-ISOLATION POLICIES**). All Sporting organizations will complete the COVID-19 Return to Sport Assessment Tool (R-SAT) provided by Own The Podium's Sport Medicine Advisory Committee (Schedule 1). The following represents CSI Calgary, Phase 1, Risk Mitigation strategies for return to training in groups while there is still local transmission of COVID-19 in the last 14 days, recognizing that "zero risk" does not exist.

High Performance Directors, coaches, staff and athletes must acknowledge that the following CSI Calgary risk mitigation strategies have been reviewed and are understood, the provided links to the hygiene training videos have been watched, and the guidelines will be strictly adhered before entry into the CSI Calgary Training Facilities along with a signed waiver form (in schedule 2). We all have

the responsibility to respect the guidelines and procedures in order to protect our own health and safety as well as the health and safety of others.

Training Videos:

Proper use of Masks

<https://www.youtube.com/watch?v=PwYapjQUVmo>

Washing Hands Efficiently

<https://www.canada.ca/en/public-health/services/video/covid-19-hand-washing.html>

Physical Distancing: Staying 2m apart

https://www.youtube.com/watch?v=TwVoG_Oefcg&feature=emb_logo

<https://www.canada.ca/en/public-health/services/video/covid-19-physical-distancing.html>

Safe Removal of Used Gloves

<https://www.youtube.com/watch?v=ATU383lIfT8>

General Guidelines on returning to any sport training activities:

- Any athletes, coaches or staff traveling from another region different from the location of training, either interprovincially or another country, must undergo a 14-day period of self-isolation prior to entering the training group.
- All athletes, coaches or staff that have had an encounter with a possible or confirmed COVID-19 case must also be self-isolating for 14 days prior to entering the training group.
- Athletes eligible to train are defined as Athlete Assistance Program (AAP) carded athletes who have qualified for and/or training for 2021 Olympic/Paralympic Games; and the 2022 Winter Olympic/ Paralympic Games, as approved by their respective National Sport Organizations (NSO) to train.
- All athletes, coaches and staff must continue general hygiene practices of washing hands for at least 20 seconds, cleaning surfaces and equipment after every use and maintain social distance of greater than 2m.

Guidelines for Return to Train/Play/Work PHASE 1 - OUTDOOR

<p>Screening for all athletes, staff, and coaches</p>	<ul style="list-style-type: none"> • PRIVIT completed online by athletes, staff and coaches <ul style="list-style-type: none"> ○ Pre-season Virtual / Telehealth Assessment with CSI or NSO Team physician, including review of PRIVIT and screening for upper respiratory, influenza-like or COVID-19 symptoms, co-morbidities, recent travel, recent exposure to COVID-19 positive cases, etc. ○ Clearance to train documented by physician in Edge10 (CSI Calgary performance management software) ○ Any athlete, staff or coach with upper respiratory, influenza-like or COVID-19 symptoms will be advised to call Health Link at 811 and undergo testing at a public testing center. They will be required to self-isolate until the results are reported. <ul style="list-style-type: none"> ▪ If they have symptoms and their test is negative, they will remain in self-isolation for a minimum of 10 days (due to the current level of false negatives) <p style="text-align: center;"><u>AND</u></p> <ul style="list-style-type: none"> • until all symptoms have improved • fever has resolved without the need for medications • they have been cleared to end their self-isolation by their NSO physician and documented in Edge10 ▪ If any athlete, coach or staff test positive for COVID-19, the following steps must be taken: <ul style="list-style-type: none"> • contact tracing and Management by Alberta Health Services (AHS) • remain in self-isolation for clinically appropriate period until cleared by AHS physician • medical clearance by their NSO physician documented in Edge10 ○ Daily COVID-19 screening questions (i.e., Alberta Health Services screening tool) and temperature checks for athletes, coaches / staff before training session (recorded in Edge10).
<p>Daily Training Pre-Screening</p>	<ul style="list-style-type: none"> • Attendance of all athletes and staff / coaches must be taken and recorded at the start of every session (and documented in Edge 10). Attendance must include: <ul style="list-style-type: none"> ○ Temperature check & COVID-19 Screening Questions ○ All that are in attendance for the session ○ Location of session

	<ul style="list-style-type: none"> ○ Start and end time of the session
Group Size	<ul style="list-style-type: none"> ● Group size capped at 6 athletes, plus 1-2 coaches/staff, and in accordance with local government authority outdoor gathering restrictions. ● Groups do not change from one session to the next. This is to reduce the chance of cross-contamination from one group of athletes to another. ● Sessions are not to take place concurrently in the same location (e.g., 6 athletes at one end of a field and 6 at another end of the field if training at the same time). ● All personal items (i.e., water bottles, towels, etc.) to be clearly marked with names to reduce possibility of cross contamination.
Physical Distance & Equipment	<ul style="list-style-type: none"> ● Physical distancing as per local health authority guidelines. Minimum of 2m for dryland activities taking place in a relatively defined area with no prevailing winds (e.g., warm-up). Minimum distances would increase for activities where higher speeds or prevailing winds are involved (e.g., group inline skating, running, or cycling, with up to 10m distance in some cases). ● No direct or indirect contact. This includes any equipment being used for the session. ● No team meetings or social time in groups. “Get in, Train, Get out” ● Equipment – each athlete must have their own and not share with others (e.g., volleyballs, soccer balls, etc.). All equipment must be wiped down with proper cleaning and disinfecting after each use.
Sanitation & Safety	<ul style="list-style-type: none"> ● Coaches / staff wear masks for all sessions, with proper hand hygiene before putting on mask and after mask is removed, safe handling of potentially contaminated equipment or surfaces in the training environment (e.g., hand sanitizer, gloves, etc.). ● Athletes and staff to wear masks when physical distancing not possible. Mask removal for some training activities, with appropriate physical distancing, may be permitted in some cases, with strict adherence to hand hygiene / respiratory hygiene / cough etiquette. ● Commuting to and from each session is to be done individually, not in groups, and avoid public transport.

Guidelines for Return to Train/Play/Work PHASE 1 - INDOOR

Screening for all athletes, staff, and coaches

- PRIVIT completed online by athletes, staff and coaches
 - Pre-season Virtual / Telehealth Assessment with CSI or NSO Team physician, including review of PRIVIT and screening for upper respiratory, influenza-like or COVID-19 symptoms, co-morbidities, recent travel, recent exposure to COVID-19 positive cases, etc.
 - Clearance to train documented by physician in Edge10
 - Any athlete, staff or coach with upper respiratory, influenza-like or COVID-19 symptoms will be advised to call Health Link at 811 and undergo testing at a public testing center. They will be required to self-isolate until the results are reported.
 - If they **have symptoms** and their **test is negative**, they will remain in self-isolation for a minimum of 10 days (due to the current level of false negatives)

AND

 - until all symptoms have improved
 - fever has resolved without the need for medications
 - they have been cleared to end their self-isolation by their NSO physician and documented in Edge10
 - If any athlete, coach or staff **test positive** for COVID-19, the following steps must be taken:
 - contact tracing and Management by Alberta Health Services (AHS)
 - remain in self-isolation for clinically appropriate period until cleared by AHS physician
 - medical clearance by their NSO physician documented in Edge10
 - If a worker or volunteer does come to work sick, or becomes sick while at work, the following requirements apply:
 - Workers, volunteers or patrons who appear to have acute respiratory illness symptoms (e.g., cough, shortness of breath) upon arrival to the workplace, or become sick while at the workplace, should begin isolation at home immediately. Symptomatic employees/volunteers should follow hand hygiene and respiratory etiquette and maintain at least 2 metres away from other employees, volunteers and patrons while leaving the premises.
 - If the individual does not have their own transportation, business owners/management should support them in arranging for transportation home where needed:

	<ul style="list-style-type: none"> ▪ Symptomatic/sick individuals are not allowed to take public transportation under CMOH Order 05-2020. ▪ Once a sick individual has left the workplace, clean and disinfect all surfaces and areas with which they may have come into contact. ▪ The employer should immediately record the names of all close contacts of the sick worker has been in contact with that day and in the 48 hours prior to when the symptoms started in the case. This information may be necessary if the sick worker later tests positive for COVID-19. ▪ For clarity, the isolation period is 10 days from the start of symptoms, or until symptoms resolve, whichever takes longer. ▪ If a worker is confirmed to have COVID-19, and it is determined that other people may have been exposed to that person, Alberta Health Services (AHS) may be in contact with the business to provide the necessary public health guidance. Records may be sought up to two-weeks prior to the individual becoming ill. ▪ Employers should work cooperatively with AHS to ensure those potentially exposed to the individual receive the correct guidance. <ul style="list-style-type: none"> • Daily COVID-19 screening questions (i.e., Alberta Health Services screening tool) and temperature checks for athletes, coaches / staff before training session (recorded in Edge10)
<p>Daily Training Pre-Screening</p>	<ul style="list-style-type: none"> • Screen Station set up at CSI Calgary entry in main floor entry beside Group23 medical Clinic (Schedule 3a) • Attendance of all athletes and staff / coaches must be taken and recorded at the start of every session (and documented in Edge 10). Attendance must include: <ul style="list-style-type: none"> ○ Temperature check & COVID-19 Screening Questions ○ All that are in attendance for the session ○ Location of session ○ Start and end time of the session ○ If a user becomes symptomatic while on site at CSI Calgary, they must report to the CSI Calgary Screening Station immediately (documented in Edge10), with removal from training group <ul style="list-style-type: none"> ▪ Advised to call Health Link at 811 and undergo testing at a public testing center, if required. If tested, they will be required to self-isolate until the results are reported. ▪ Team training will be suspended until results reported <ul style="list-style-type: none"> • Any further team members who develops symptoms advised to call Health Link at 811 and undergo testing and appropriate management (as per outlined above in Screening Section).

<p>Group Size</p>	<ul style="list-style-type: none"> • Group size capped at 6 athletes, plus 1-2 coaches/staff, and in accordance with local government authority indoor gathering restrictions. We can have 2 groups of 6 training in the facility but not in same location. They will stagger entry by 15min each day. • Groups do not change from one session to the next. This is to reduce the chance of cross-contamination from one group of athletes to another. • All personal items (i.e., water bottles, towels, etc.) to be clearly marked with names to reduce possibility of cross contamination.
<p>Physical Distance & Equipment</p>	<ul style="list-style-type: none"> • Physical distancing as per local health authority guidelines. Minimum of 2m for dryland activities taking place in a relatively defined area (e.g., warm-up). Minimum distances would increase for activities where higher speeds are involved (e.g., running, cycling, etc.). • No team meetings or social time in groups. “Get in, Train, Get out” • CSI Training space will be divided into 5 areas with each one having a sanitization station (see schedule 3b) <ul style="list-style-type: none"> ○ Sprinting Track (South 50m) ○ Grey/Bike Area ○ Platforms and Squat Rack ○ Dumbbell Area ○ Machines/Bench Area • No direct or indirect contact. This includes any equipment being used for the session. • Equipment can only be used by an individual athlete. All equipment must be wiped down with proper cleaning and disinfecting after each use
<p>Sanitation & Safety</p>	<ul style="list-style-type: none"> • Coaches / staff wear masks for all sessions, with proper hand hygiene before putting on mask and after mask is removed, safe handling of potentially contaminated equipment or surfaces in the training environment (e.g., hand sanitizer, gloves, etc.). • Athletes wear masks to and from all sessions. Allowed to remove masks during some training, with strict hand hygiene / respiratory hygiene / cough etiquette. • Commuting to and from each session is to be done individually, not in groups, and avoid public transport.

<p>Physician and Therapy Services at G23/BCI</p>	<p>GROUP23 SPORTS MEDICINE CLINIC / BENSON CONCUSSION INSTITUTE</p> <p>The Group23 Sports Medicine Clinic and Benson Concussion Institute is open for phone, video virtual care consults, and in-clinic appointments (physician and therapy) for injuries that are causing you trouble with your daily activities, symptoms that are worsening or will worsen in the next few weeks without treatment, acute injuries that have swelling or bruising, or if something feels unstable.</p> <p>In light of the current COVID-19 Pandemic, the following enhanced screening and hygiene measures in place:</p> <ul style="list-style-type: none"> • For the health of all patients and care providers, all athletes will be pre-screened at the entrance to the clinic <ul style="list-style-type: none"> ◦ screening includes symptoms check, temperature taking, and exposure questions developed by Alberta Health Services, before admittance into the clinic • If you identify as immuno-compromised or over 65+ we strongly recommend considering your appointment be via a phone appointment at this time if possible. • Upon granted entry into the clinic, please self-identify if you are immuno-compromised at the front desk. • Physical / Social distancing measures are in place for your protection. <p>CSI CALGARY THERAPY SERVICES</p> <ul style="list-style-type: none"> • Contact your CSI Calgary team therapist or CSI Calgary Medical Coordinator to book an appointment if you are in need of therapy services. • Therapy will only occur in the designated CSI Calgary Therapy Rooms within the Group23 Sports Medicine Clinic. No public patients to be treated in CSI Calgary Therapy Rooms. • Only one therapist with one athlete at a time. • Masks must be worn by both therapists and athletes. Gloves must be worn by Therapists, with strict hygiene, cleaning, disinfecting measures applied. • Only single use paper towels, no towel use. • Surfaces must be cleaned and disinfected with approved sanitizing solutions after each use.
<p>Staff / Contractor</p>	<ul style="list-style-type: none"> • Rotation of Staff entering CSI Calgary based on specific needs of job duties. No one can be in office, cubicle or plug and go stations that is less than 2m apart or must make other arrangements • Maintain a 2 meter spatial separation between desks, workstations as well as individuals from each other, unless there is a physical barrier (e.g., cubicle, Plexiglas window) frequent cleaning and disinfecting high-touch surfaces (e.g., phones, elevator buttons, door handles, light switches, toilets, sinks, computers, desks, tables, kitchens, hard-backed chairs, remotes, surface counters, etc.) and to facilitate increased hand hygiene remove items that cannot be easily cleaned (e.g., newspapers, magazines) • Frequent hand washing for at least 20 seconds with soap and water, if soap and water are not readily available, use of alcohol-based hand sanitizer that contains at least 60% alcohol

	<ul style="list-style-type: none"> • Covering nose and mouth with a flexed elbow or paper tissue when coughing or sneezing and disposing immediately of the tissue and performing proper hand hygiene • Refrain from touching mouth, eyes and nose • Limit greetings to a friendly wave and maintain physical distancing • Increasing ventilation (e.g., opening windows when weather permits) may help reduce transmission • Wear disposable gloves when cleaning and disinfecting surfaces. Gloves should be discarded after each cleaning. If reusable gloves are used, those gloves should be dedicated for cleaning and disinfection of surfaces for COVID-19 and should not be used for other purposes. Clean hands immediately after gloves are removed.
<p>Other CSI Calgary Spaces</p>	<p>ACCESS on Scheduled basis but must have physical distancing of 2m – space must be sanitized everyday</p> <ul style="list-style-type: none"> • Personal Office • Cubicle – with physical distancing of 2m at all times • Board Room – with physical distancing of 2m at all times • Photocopier and/or printer - with physical distancing of 2m at all times • Washrooms - with physical distancing of 2m at all times and cleaning throughout the day • Signage displayed throughout with hand washing / hygiene reminders • Hand sanitizer dispensers will be available • COVID-19 Screening Questions and Temperature check for all staff upon entry <p>NO ACCESS in PHASE 1</p> <ul style="list-style-type: none"> • Locker rooms • Recovery room • Laboratories • Athlete Lounge/Kitchen/Summer Meeting room

Planning for a training session at CSI Calgary – Phase 1

- Athletes and/or their coaches will contact the CSI Calgary Head Strength Coach training to book a training session at least 24 hours in advance of the planned session.
- Training sessions will be staggered and booked in groups of 6 athletes and 1 coach.
- Training will take place in identified designated training area throughout the training session (Schedule 3b).

- Only CSI Calgary staff/coaches who are trained in the described protocols will be allowed in the training space with the athletes. Any request for outside coaches must be received in advance with the original booking and CSI Calgary will determine at its sole discretion whether an outside coach may be permitted to enter the CSI Calgary facility for a training session.
- Training sessions will take place in 60 minute blocks, with a 15 minute entry and briefing period, allowing a 15 minute window following completion of the training session before the next group begins so that sanitary protocols can be completed.
- Athletes will follow the facility entry and exit requirements and must arrive within 15 minutes of the prearranged entry time or will be refused entry.
- Once a training session is booked, athletes will be provided with a waiver (Schedule 2) in advance of arriving to the training session and must sign and submit the waiver prior to entering the building (coordinated through CSI Calgary).

Arriving at the CSI Calgary facility for training – Phase 1

- Athletes and coaches must follow the facility guidelines and policies in place for specific guidelines when arriving at CSI Calgary and moving around the facility at WinSport.
- Athletes must travel alone or with members of their household in private vehicles to the facility and avoid public transportation including rideshares or taxis where possible.
- Where possible, athletes will bring their own individually dedicated gear and equipment. This includes items such as workout clothing, towel, mats, activation equipment (foam rollers, stretch bands) water bottles, shoes. Any items that are shared (mats, foam rollers, bands) will be disinfected immediately prior to and following each use by the athlete.
- CSI Calgary will not have a locker room available to use during training sessions to prevent athletes and coaches from circulating within the facility in an unplanned manner.
- Athletes and coaches are encouraged to use the washroom prior to leaving home.
- Within CSI Calgary, floor markers, guides and signage will be placed to indicate appropriate physical distancing, and sanitation practices
- After entering CSI Calgary, athletes will be escorted directly to the training area where they will drop off any non-training gear in their assigned sanitized cubby and be briefed on sanitation and physical distancing protocols.
- All athletes and coaches will wash their hands prior to starting their training session.

Training at CSI Calgary – Phase 1

- A maximum of six athletes and one coach can participate in a training session and must stay within their designated area (Schedule 3b).
- Athletes will be required to sanitize each piece of equipment that they will come in contact with prior to and following each use.

- A CSI Calgary Coach/ Staff will supervise each training space to ensure safe participation and enforce sanitary and physical distancing protocols throughout the training session. Coaches / Staff working with a specific athlete will remain consistent where possible to limit the amount of socially distant contacts for each person.
- Athletes requiring special assistance and not able to maintain physical separation at all times will be required to wear PPE and the coach/handler will also be required to wear PPE during periods of required assistance.
- A daily deep clean will take place once all workouts are complete for the day.

Departing the facility after training – Phase 1

- After completing the training session, disinfecting and putting away all equipment used, athletes will be required to wash their hands at the hand-wash station. Athletes will collect their non-training gear from their assigned cubby, and the coach will sanitize the cubby.
- Athletes will be required to follow one-way movement through the facility and will depart through entrance/exit.
- Athletes must respect their training window and will be required to depart at the pre-arranged time to ensure the number of persons in the facility at any one time is minimized.
- Following training there will be no access to any other areas of the facility and socializing will not be permitted.
- The time and date of all players and staff members who enter the facility will be tracked and reviewed by CSI Calgary on a weekly basis.

Guidelines for CSI Calgary Coaches /Employees

- Employees must travel alone in private vehicles to the facility and avoid public transportation including rideshares or taxis
- Only essential staff will be allowed in the facility during the initial phase of returning to training, and social distancing of at least 2 meters will always be maintained
- A Senior member within CSI Calgary will be present at times to oversee use of the facility to ensure physical distancing is maintained during training sessions, maintaining appropriate physical distancing and hand hygiene at all times.
- Elevators use will be restricted to individual use by Paralympic athletes arriving for or departing a training session.
- Employees must limit movement around the facility and interaction with others.
- Training sessions at the facility will be scheduled to eliminate interactions between players, coaches, and other essential staff.
- Appropriate flow around the facility will be designated by visual markers (e.g., arrows, lanes of travel, etc.) placed immediately outside and inside the CSI Calgary facility to direct the flow of foot traffic (using one-way traffic whenever possible).

Guidelines for CSI Calgary Cleaning Plan

- CSI Calgary has contracted a cleaning company (Cleanpro Janitorial) to provide 2 dedicated cleaners on site during our hours of operations to perform frequent cleaning & disinfecting all high-touch surfaces (e.g., phones, elevator buttons, door handles, light switches, toilets, sinks, computers, desks, tables, kitchens, hard-backed chairs, remotes, photocopier/printer, surface counters, etc.) and to provide a scheduled / logged cleaning of CSI Calgary areas of use.
- Frequently clean and disinfect high-traffic/communal areas such as staffrooms, kitchens and washrooms. Once allowed for use in the facility
- One cleaner will be dedicated to our training area to disinfect and clean during and in between training group sessions.
- One cleaner will be dedicated to our office / work stations area.
- All CSI Calgary staff will have access to hand sanitizer and Lysol wipes to keep their personal space clean.
- Disposable towels and spray cleaners, or disposable wipes, will be available to staff, to regularly clean commonly used surfaces.
- It is strongly encouraged that businesses provide a means to sanitize hands at points of entry and locations throughout the location where patrons and worker are known to handle goods.
- We will place additional garbage bins with removable linings at all entrances and exits. Garbage bins should be checked and emptied regularly.
- CSI Training space will be divided into 5 areas with each one having a sanitization station
- Equipment can only be used by an individual athlete. All equipment must be wiped down with proper cleaning and disinfecting after each use
- The cleaning staff and coaches will provide proper control and cleaning of equipment or training space to control incidental transmission. No sharing of equipment such as passing of balls.
- All athletes, coaches and staff must continue general hygiene practices of washing hands for at least 20 seconds, cleaning surfaces and equipment after every use and maintain social distance of greater than 2m.

Guidelines for Return to Train/Play/Work PHASE 2 - INDOOR

Screening for all athletes, staff, and coaches	<ul style="list-style-type: none"> To start training: continue Phase 1 guidelines.
Daily Training Pre-Screening	<ul style="list-style-type: none"> Screen Station set up at CSI Calgary entry (main floor entry beside G23 Clinic). Continue Phase 1 guidelines for pre-screening.
Group Size	<ul style="list-style-type: none"> Group size capped at 8 athletes, plus 1-2 coaches/staff, and in accordance with local government authority indoor gathering restrictions. We can have 3 groups of 8 training in the facility but not in same location. They will stagger entry by 15min each day. Groups do not change from one session to the next. This is to reduce the chance of cross-contamination from one group of athletes to another. All personal items (i.e., water bottles, towels, etc.) to be clearly marked with names to reduce possibility of cross contamination.
Physical Distance & Equipment	<ul style="list-style-type: none"> Physical distancing as per local health authority guidelines. Minimum of 2m for dryland activities taking place in a relatively defined area (e.g., warm-up). Minimum distances would increase for activities where higher speeds are involved (e.g., running, cycling, etc.). No team meetings or social time in groups. “Get in, Train, Get out” CSI Training space will be divided into 5 areas with each one having a sanitization station (see Schedule 3b) <ul style="list-style-type: none"> Sprinting Track (South 50m) Grey/Bike Area Platforms and Squat Rack Dumbbell Area Machines/Bench Area No direct or indirect contact. This includes any equipment being used for the session. Equipment can only be used by an individual athlete. All equipment must be wiped down with proper cleaning and disinfecting after each use.

<p>Sanitation & Safety</p>	<ul style="list-style-type: none"> • Coaches / staff wear masks for all sessions, with proper hand hygiene before putting on mask and after mask is removed, safe handling of potentially contaminated equipment or surfaces in the training environment (e.g., hand sanitizer, gloves, etc.). • Athletes wear masks to and from all sessions. Allowed to remove masks during some training, with strict hand hygiene / respiratory hygiene / cough etiquette. • Commuting to and from each session is to be done individually, not in groups, and avoid public transport.
<p>Physician and Therapy Services at G23/BCI</p>	<p>GROUP23 SPORTS MEDICINE CLINIC / BENSON CONCUSSION INSTITUTE</p> <p>The Group23 Sports Medicine Clinic and Benson Concussion Institute is open for phone, video virtual care consults, and in-clinic appointments (physician and therapy) for injuries that are causing you trouble with your daily activities, symptoms that are worsening or will worsen in the next few weeks without treatment, acute injuries that have swelling or bruising, or if something feels unstable.</p> <p>In light of the current COVID-19 Pandemic, the following enhanced screening and hygiene measures in place:</p> <ul style="list-style-type: none"> • For the health of all patients and care providers, all athletes will be pre-screened at the entrance to the clinic <ul style="list-style-type: none"> ◦ screening includes symptoms check, temperature taking, and exposure questions developed by Alberta Health Services, before admittance into the clinic • If you identify as immuno-compromised or over 65+ we strongly recommend considering your appointment be via a phone appointment at this time if possible. • Upon granted entry into the clinic, please self-identify if you are immuno-compromised at the front desk. • Physical / Social distancing measures are in place for your protection. <p>CSI CALGARY THERAPY SERVICES</p> <ul style="list-style-type: none"> • Contact your CSI Calgary team therapist or CSI Calgary Medical Coordinator to book an appointment if you are in need of therapy services. • Therapy will only occur in the designated CSI Calgary Therapy Rooms within the Group23 Sports Medicine Clinic. No public patients to be treated in CSI Calgary Therapy Rooms. • Only one therapist with one athlete at a time. • Masks must be worn by both therapists and athletes. Gloves must be worn by Therapists, with strict hygiene, cleaning, disinfecting measures applied. • Only single use paper towels, no towel use. • Surfaces must be cleaned and disinfected with approved sanitizing solutions after each use.

<p>Staff / Contractor</p>	<ul style="list-style-type: none"> • Rotation of Staff entering CSI Calgary based on specific needs of job duties. No one can be in office, cubicle or plug and go stations that is less than 2m apart or must make other arrangements • Maintain a 2 meter spatial separation between desks, workstations as well as individuals from each other, unless there is a physical barrier (e.g., cubicle, Plexiglas window) frequent cleaning and disinfecting high-touch surfaces (e.g., phones, elevator buttons, door handles, light switches, toilets, sinks, computers, desks, tables, kitchens, hard-backed chairs, remotes, surface counters, photo copier and printer, etc.) and facilitate increased hand hygiene remove items that cannot be easily cleaned (e.g., newspapers, magazines) • Frequent hand washing for at least 20 seconds with soap and water, if soap and water are not readily available, use of alcohol-based hand sanitizer that contains at least 60% alcohol • Covering nose and mouth with a flexed elbow or paper tissue when coughing or sneezing and disposing immediately of the tissue and performing proper hand hygiene • Refrain from touching mouth, eyes and nose • Limit greetings to a friendly wave and maintain physical distancing • Increasing ventilation (e.g., opening windows when weather permits) may help reduce transmission • Wear disposable gloves when cleaning and disinfecting surfaces. Gloves should be discarded after each cleaning. If reusable gloves are used, those gloves should be dedicated for cleaning and disinfection of surfaces for COVID-19 and should not be used for other purposes. Clean hands immediately after gloves are removed.
<p>Other CSI Calgary Spaces</p>	<p>PHASE 2 ACCESS on Scheduled basis but must have physical distancing of 2m – space must be sanitized everyday</p> <ul style="list-style-type: none"> • Personal Office • Cubicle – with physical distancing of 2m at all times • Board Room – with physical distancing of 2m at all times • Printer - with physical distancing of 2m at all times • Washrooms - with physical distancing of 2m at all times and cleaning throughout the day • Signage displayed throughout with hand washing / hygiene reminders • Hand sanitizer dispensers available. • COVID-19 Screening Questions and Temperature check for all staff upon entry <p>PHASE 2 Locker rooms</p> <ul style="list-style-type: none"> • Day Use for locker rooms. • Washrooms open for use • Showers continue to be closed.

	<p>Recovery room</p> <ul style="list-style-type: none"> • Remains closed <p>Laboratories</p> <ul style="list-style-type: none"> • Blood – can be performed with proper PPE for both staff and athlete • Anthro – no anthropometric measurement to be taken • Physiological Testing– to occur in 3 different stations that are 5m apart. One athlete with one staff member during testing. <ul style="list-style-type: none"> ○ No more than 6 people in laboratory at a time ○ PPE must be worn at all times ○ Sanitizing equipment after each use ○ Athletes to have individual warm up bikes and must be cleaned after each use ○ Athletes to remain in open area until called for testing • Strength and Power Laboratory – one on one sessions with staff and athlete <ul style="list-style-type: none"> ○ Staff to wear full PPE (mask and gloves) ○ Sanitizing equipment after each use <p>Athlete Lounge/Kitchen</p> <ul style="list-style-type: none"> • No Athlete workshops • Staff day use but must sanitize after each use • No access to lounge area or computers • Food storage for day use only (Staff only) <p>Summer Olympic Room</p> <ul style="list-style-type: none"> • Remains closed
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Planning for a training session at CSI Calgary – Phase 2

- Athletes and/or their coaches will contact the CSI Calgary Head Strength Coach training to book a training session at least 24 hours in advance of the planned session.
- Training sessions will be staggered and booked in groups of 8 athletes and 1-2 coaches.
- Training will take place in identified designated training area throughout the training session.

- Only CSI Calgary staff/coaches who are trained in the described protocols will be allowed in the gym with the athletes. Any request for outside coaches must be received in advance with the original booking and CSI Calgary will determine at its sole discretion whether an outside coach may be permitted to enter the CSI Calgary facility for a training session.
- Training sessions will take place in 75 minute blocks, with a 15 minute entry and briefing period, allowing a 15 minute window following completion of the training session before the next group begins so that sanitary protocols can be completed.
- Athletes will follow the facility entry and exit requirements and must arrive within 15 minutes of the prearranged entry time or will be refused entry.
- Once a training session is booked, athletes will be provided with an electronic waiver in advance of arriving to the training session and must electronically sign and submit the waiver prior to entering the building (coordinated through CSI Calgary).

Arriving at the CSI Calgary facility for training – Phase 2

- Athletes and coaches must follow the facility guidelines and policies in place for specific guidelines when arriving at CSI Calgary and moving around the facility at WinSport.
- Athletes must travel alone or with members of their household in private vehicles to the facility and avoid public transportation including rideshares or taxis where possible.
- Where possible, athletes will bring their own individually dedicated gear and equipment. This includes items such as workout clothing, towel, mats, activation equipment (foam rollers, stretch bands) water bottles, shoes. Any items that are shared (mats, foam rollers, bands) will be disinfected immediately prior to and following each use by the athlete.
- CSI Calgary will have a locker room available to use during training sessions.
- Athletes and coaches are encouraged to use the washroom prior to leaving home.
- Within CSI Calgary, floor markers, guides and signage will be placed to indicate appropriate physical distancing, and sanitation practices
- After entering CSI Calgary, athletes will be escorted directly to the training area where they will drop off any non-training gear in their assigned sanitized cubby and be briefed on sanitation and physical distancing protocols.
- All athletes and coaches will wash their hands prior to starting their training session.

Training at CSI Calgary – Phase 2

- A maximum of 8 athletes and 1-2 coaches can participate in a training session and must stay within their designated area.
- Athletes will be required to sanitize each piece of equipment that they will come in contact with prior to and following each use.
- A CSI Calgary Coach/ Staff will supervise each training space to ensure safe participation and enforce sanitary and physical distancing protocols throughout the training session. Coaches / Staff working with a specific athlete will remain consistent where possible to limit the amount of socially distant contacts for each person.

- Athletes requiring special assistance and not able to maintain physical separation at all times will be required to wear PPE and the coach/handler will also be required to wear PPE during periods of required assistance.
- A daily deep clean will take place once all workouts are complete for the day.

Departing the facility after training – Phase 2

- After completing the training session, disinfecting and putting away all equipment used, athletes will be required to wash their hands at the hand-wash station. Athletes will collect their non-training gear from their assigned cubby, and the coach will sanitize the cubby.
- Athletes will be required to follow one-way movement through the facility and will depart through entrance/exit.
- Athletes must respect their training window and will be required to depart at the pre-arranged time to ensure the number of persons in the facility at any one time is minimized.
- Following training there will be access to day use lockers but not to any other areas of the facility and socializing will not be permitted.
- The time and date of all players and staff members who enter the facility will be tracked and reviewed by CSI Calgary on a weekly basis.

Guidelines for Return to Train/Play/Work PHASE 3 - INDOOR

Screening for all athletes, staff, and coaches	<ul style="list-style-type: none"> • Access to training is scheduled through Coaches
Daily Training Pre-Screening	<ul style="list-style-type: none"> • No daily screening required
Group Size	<ul style="list-style-type: none"> • Group size capped at 12 athletes, plus 1-2 coaches/staff, and in accordance with local government authority indoor gathering restrictions. We can have 3 groups of 12 training in the facility but not in same location. • Groups do not change from one session to the next. This is to reduce the chance of cross-contamination from one group of athletes to another. • All personal items (i.e., water bottles, towels, etc.) to be clearly marked with names to reduce possibility of cross contamination.
Physical Distance & Equipment	<ul style="list-style-type: none"> • Physical distancing as per local health authority guidelines. Minimum of 2m for dryland activities taking place in a relatively defined area (e.g., warm-up). Minimum distances would increase for activities where higher speeds are involved (e.g., running, cycling, etc.). • CSI Training space will be open for individual and team use • All equipment must be wiped down with proper cleaning and disinfecting after each use.
Sanitation & Safety	<ul style="list-style-type: none"> • Athletes and coaches to sanitize equipment after each use • CSI Calgary to have cleaning on a daily basis
Physician and Therapy Services at G23/BCI	<p>GROUP23 SPORTS MEDICINE CLINIC / BENSON CONCUSSION INSTITUTE</p> <p>The Group23 Sports Medicine Clinic and Benson Concussion Institute is open for phone, video virtual care consults, and</p> <ul style="list-style-type: none"> • If you identify as immuno-compromised or we strongly recommend considering your appointment be via a phone appointment at this time if possible. • Physical / Social distancing measures are in place for your protection. <p>CSI CALGARY THERAPY SERVICES</p> <ul style="list-style-type: none"> • Contact your CSI Calgary team therapist or CSI Calgary Medical Coordinator to book an appointment if you are in need of therapy services.

	<ul style="list-style-type: none"> • Therapy will only occur in the designated CSI Calgary Therapy Rooms within the Group23 Sports Medicine Clinic or in the CSI treatment rooms. No public patients to be treated in CSI Calgary Therapy Rooms. • Only one therapist with one athlete at a time. • Cleaning, disinfecting measures applied with only single use paper towels, no towel use. • Surfaces must be cleaned and disinfected with approved sanitizing solutions after each use.
<p>Other CSI Calgary Spaces</p>	<p>PHASE 3 ACCESS on Scheduled basis but must have physical distancing of 2m – space must be sanitized everyday</p> <ul style="list-style-type: none"> • Personal Office • Cubicle – with physical distancing of 2m at all times • Board Room – with physical distancing of 2m at all times • Printer - with physical distancing of 2m at all times • Washrooms - with physical distancing of 2m at all times and cleaning throughout the day • Signage displayed throughout with hand washing / hygiene reminders • Hand sanitizer dispensers will be available <p>PHASE 3</p> <p>Locker rooms</p> <ul style="list-style-type: none"> • Full use of locker rooms • Daily cleaning <p>Recovery room</p> <ul style="list-style-type: none"> • Open for daily use • Daily cleaning <p>Laboratories</p> <ul style="list-style-type: none"> • Full use of laboratories – must follow AB government cleaning and sanitizing guidelines <p>Athlete Lounge/Kitchen</p> <ul style="list-style-type: none"> • Nutrition workshops for athletes • Staff day use but must sanitize after each use • Athlete lounging and computers open for use (computers to be sanitized after each use) <p>Summer Olympic Room</p> <ul style="list-style-type: none"> • Open with daily cleaning

Federal & Provincial – COVID-19 Public Health Links

<p>Federal</p>	<p>https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html</p>	<p>https://www.canada.ca/fr/sante-publique/services/maladies/maladie-coronavirus-covid-19.html</p>
<p>Provincial</p>	<p>https://www.alberta.ca/coronavirus-info-for-albertans.aspx</p> <p>https://www.alberta.ca/assets/documents/covid-19-workplace-guidance-for-business-owners.pdf</p> <p>ahs.ca/covid</p> <p>https://www.alberta.ca/assets/documents/covid-19-relaunch-guidance-outdoor-recreation.pdf</p> <p>https://www.calgary.ca/CSPS/cema/Pages/COVID-19-Calgary-Parks.aspx</p> <p>https://www.albertahealthservices.ca/topics/Page16944.aspx</p>	<p>https://www.alberta.ca/assets/documents/covid-19-fact-sheet-french.pdf</p>

COVID-19 UPDATE // April 30, 2020

RELAUNCH

Current state	Stage 1	Stage 2	Stage 3
<p>Early reopenings include:</p> <ul style="list-style-type: none"> • Outdoor recreation • Elective surgeries • Allied health services • Religious services and funerals, with existing restrictions 	<p>Opening includes:</p> <ul style="list-style-type: none"> • Retail services • Hair styling and barbering • Daycares • Restaurants, cafes, and lounges and bars –with 50% occupancy limits • Museums and art galleries • Additional outdoor recreation • Additional allied health services 	<p>Opening includes:</p> <ul style="list-style-type: none"> • Personal services • Massage and reflexology • Summer camps • Post-secondary institutions deliver online, in-person, or a blend of programming with restrictions • Potential K-12 schools, with restrictions • Movie theatres, with restrictions • Additional elective surgeries 	<p>Opening includes:</p> <ul style="list-style-type: none"> • Swimming pools, gym and arenas, with restrictions • Nightclubs, with restrictions • Industry conferences, arts and cultural festivals, all with restrictions • Major sporting events with restrictions

COVID-19 UPDATE // April 30, 2020

PUBLIC HEALTH TRIGGERS

Type	Measure	Trend	How it is used
Trigger	Hospitalizations	Current hospitalizations are stable or declining for two weeks.	Trigger informs provincial and regional decisions to move between stages.
Trigger	% of ICU beds occupied	Surplus critical care capacity is available to manage surges provincially and regionally.	Trigger informs provincial and regional decisions to move between stages.
Indicator	New cases	Week-over-week comparison in daily new cases.	Indicator informs decision making around proactive responses at a provincial or regional (e.g. outbreak response, health system capacity requirements).