

BACK ON TRACK GUIDELINES

JUNE 8, 2020 - PHASE ONE



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SECTION 1: GENERAL OVERVIEW

Purpose: To inform and prepare our members of the measures needed to be taken to resume training and activity while adhering to health guidelines.

Athletics Alberta is committed to the health and safety of its members. Municipal, Provincial and Federal Health regulations should always be adhered to when returning to any form of training. Please keep in mind that as governments lift/adjust restrictions, we may have to roll back or cancel plans if the government requires us to do so.

As the COVID-19 response varies from location to location within our province, there can be no standard approach that applies to all sections, clubs and coaches. Athletics Alberta has developed the 'Back on Track' guidelines as a tool to assist in developing a responsible return to programming.

This document does NOT address a "return to competition to plan" as the competition calendar for the Summer Track and Field season has been cancelled.

With AHS expanding testing to all Albertans, it is the responsibility of clubs and coaches to abide by the various requirements outlined by their provincial and municipal governments. It is the responsibility of all members and affiliates to abide by policies and procedures designated to ensure a safe environment for all.

Please understand, due to the profoundly serious liability of people's actions for health and insurance, all members will not be able to resume training until they submit the required signed documents, via trackie. The process to return to activity is outlined later in the document.

By following these guidelines, as well as those from provincial and municipal governments and health agencies, athletes and their families will be able to make informed decisions as to when they can return to training. These guidelines are essential in providing safe protocols. The next page outlines the steps in the process to return to training.

Athletics Alberta would like to acknowledge the leadership team involved in assembling these documents. Vice President of Programs; Robbie Cumming, and Technical Manager Brad Babiak along with the programs committee.

**All points made in this document are subject to change based on AHS guidelines and can change without notice.*

*** ALL guidelines MUST be strictly followed and adhered to. Should any member be found to violate the guidelines, said member will be immediately suspended by Athletics Alberta.*

****All participants returning to training will be required to acknowledge and sign off (via the online registration system Trackie) on the "Back on Track" guidelines and waiver/release documents to resume club activity.*

SECTION 2: RETURN TO TRAINING STEPS

STEP 1

DOCUMENT PRODUCTION AND APPROVAL

Review by Legal Council, Athletics Alberta Executive Committee and insurance provider.

TARGET DATE JUNE 2, 2020

STEP 2

SUBMIT GUIDELINES TO AHS

Submit documents to AHS, and municipal facility partners.

TARGET DATE JUNE 4, 2020

STEP 3

COMMUNICATION OF INFORMATION TO MEMBERS

Information shared via town hall, social media, website, and newsletter

TOWN HALL DATES JUNE 10/11
7:00 PM

STEP 4

INTEGRATE INTO PHASE 1 - RETURN TO TRAINING -

Communication from club leadership to members June 12-18

TARGET DATE JUNE 19, 2020



PHASE 1: Return to train

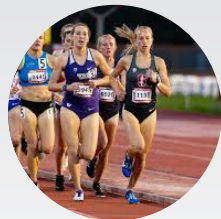
Our current phase

(targeting early to mid-June)



PHASE 2: Train to compete

(based on the success of Phase 1)



PHASE 3: Return to competition

(Cross Country Season)



PHASE 4: Return to indoor training

SECTION 3: GUIDELINES

The Athletics Alberta guidelines will align with the Government of Alberta's **staged relaunch strategy**. Currently, the launch strategy depends on public health indicators that can change daily or weekly, so these Athletics Alberta guidelines will evolve with those indicators and approval from Alberta Health Services and the Government of Alberta, and the Alberta Sport Governing Body.

This document will give our members clarity around which training activities are permitted under the Alberta Relaunch Strategy.

Click the following link for the current AHS guidelines for outdoor sport:

<https://www.alberta.ca/assets/documents/covid-19-relaunch-guidance-organized-sport-physical-activity-and-recreation.pdf>

To view the Alberta Government Relaunch Strategy please go here:

<https://www.alberta.ca/alberta-relaunch-strategy.aspx>

Guidelines and Procedures:

- Club executives and coaches are to read this document, acknowledge it and sign off in agreement to abide by guidelines / procedures.
- All coaches, athletes, and club personnel must follow municipal and provincial mandates for all facilities.
- These guidelines are not to be edited or altered in any way.
- **All members of Athletics Alberta will have their membership shifted to an inactive status and in order to return to an active member must sign the waiver in "Trackie Reg" prior to resuming to activity.**

Current Alberta Health precautions and guidelines for individuals:

All Albertans have a responsibility to help prevent the spread. Take steps to protect yourself and others:

- Practice physical distancing.
- Practice good hygiene: wash hands often for at least 20 seconds, cover coughs and sneezes, and avoid touching your face.
- Monitor for symptoms: cough, fever, shortness of breath, runny nose or sore throat.
- Self-isolate for the legally required 10 days if you have any symptoms that are not related to a pre-existing illness or medical condition.
- Take the COVID-19 self-assessment if you're concerned about your health.

Safety (below is a synopsis of safety items, additional safety can be found in future supporting documents):

- A cohort is a group of coaches, children, athletes and or staff members assigned to them who stay together throughout the day.
- Staff members, coaches, and children must not attend training sessions if they are sick, even if symptoms resemble a mild cold. Symptoms to look for include fever, cough, shortness of breath, sore throat, runny nose, nasal congestion, headache, and a general feeling of being unwell.
- Parents shall not attend training sessions.
- Staff, coaches, and athletes must conduct active symptom screening of each child every day with the parent or guardian as they drop off their children. This will be executed by the self declaration on questions prior to training and recorded on the daily log.
- The appointed safety officer must keep daily records of anyone entering or attending the training who stays for 15 minutes or longer (e.g. staff working each day, children, etc.). Records of name, arrival time and departure time must be kept up-to-date and available to facilitate contact tracing in the event of an outbreak.
- All visitors or special guests should also be documented.
- Individuals that belong to a higher risk demographic/category for COVID-19 related symptoms are recommended to consult with provincial health organizations before participation.
- Club Administrators should engage in frequent, thorough cleaning and disinfecting each day.
- Clean and disinfect frequently touched objects and surfaces as per *AHS' Public Health Guidelines for Environmental Cleaning of Public Facilities during Respiratory Illnesses in the Community*
- Do not share food, drinks, utensils, water bottles, etc. Do not shake hands or high five to celebrate or embrace. Do not loiter at the facility or in the parking lot before or after training sessions. Do not carpool unless travelling with an existing housemate. No spitting at the training facility.
- Any program connected to a confirmed or probable case of COVID-19 will be required to close for a minimum of 72 hours to allow contact tracing, and then adhere to recommendations from Alberta Health.
- Public washrooms/ changing areas – avoid using them at all times. If you are unable to avoid using them, please practice proper hygiene as these unmonitored spaces can be an exposure risk.
- Outbreak protocol - Any program connected to a confirmed or probable case of COVID-19 will be required to close for a minimum of 72 hours to allow contact tracing, and then adhere to recommendations from Alberta Health. Additional information is available below.

SECTION 4: TRAINING ENVIRONMENT

	STAGE 1	STAGE 2
Maintain active distance (3m behind chase group)	YES	YES
50 ppl in total at training	YES	TBD
PPE encouraged	YES	YES
Shared equipment	NO	TBD
Visitors during training	NO	TBD
	TARGET DATE JUNE 19, 2020	TARGET DATE TBD

Approved Facilities

An approved facility is defined as an outdoor facility with the ability of being a controlled environment that enables a safe training for our members. Athletics Alberta has been working with facility partners to provide the following:

1. The facility is capable of having 1 controlled entrance and 1 controlled exit with a safety officer or coach to ensure accurate current total number of people in attendance.
2. The facility is capable of being closed during training times so the public does not enter during training time.
3. Facility to propose appropriate signage for to control user access

Inclement Weather Statement

We live in a province where inclement weather can arise quickly. Due to restrictions, facilities use is limited to outdoor training space only, participants will not be able to retreat to communal indoor space in the event of severe weather. With safe training environments in mind and practicing Covid-19 training restrictions, it is important for user groups to monitor the weather daily and make informed responsible decisions in reference to safe training sessions.

PPE (Personnel Protective Equipment), Sanitation & Hygiene

- Athletics Alberta will provide reusable face masks to registered 2020 Athletics Alberta coaches.
- The club is responsible for any additional onsite PPE for Coaches during training.
- A source to acquire the necessary PPE is <https://safetymasks.ca>
- Minimum standard of PPE: Hand sanitizer, disposable gloves, disposable facemask or washable facemask provided by Athletics Alberta.
- Additional PPE options: disposable face shields, disposable gown, disposable shoe coverings.
- Additional sets of Personal Protective Equipment (PPE) must be available onsite to be donned by safety monitors/health care providers in case of injury and hands on assistance is needed.
- Disposal of PPE - If athletes, coaches, club personnel, choose to use PPE while attending training sessions they must ensure it is responsibly discarded or cleaned after use.
- After disposal of PPE, the individual must sanitize their hands and or any general use surfaces contacted by PPE.
- Clubs must educate athletes & coaches on hygiene and sanitation and its impact of preventing the spread of communicable diseases according to the Provincial Health Organization recommendations.

Active Training Times (non-facility)

- Clubs must set training schedules accordingly that will allow for the club to meet all limits imposed on group size and to avoid congregating of athletes & coaches.
- Training schedules will be determined in conjunction with the municipal facility operators
- Successive training sessions may be permitted while allowing for proper sanitization between sessions
- Programs must keep daily records of anyone entering or attending the training or day camp who stays for 15 minutes or longer (e.g. staff working each day, children, etc.). Records of name, arrival time and pre-screening checklist must be kept up-to-date and available to facilitate contact tracing in the event of an outbreak.
- Clubs must adhere to training group size restrictions detailed in these guidelines.
- Club coaches and administrators must ensure everyone is adhering to social/physical distancing rules.

Active Training Times (facility)

- Closed Facilities – no club may use closed facilities.
- Open Facilities – clubs must only access facilities that are open, and deemed safe.
- Club coaches and administrators must ensure everyone is adhering to social/physical distancing rules.
- Clubs must adhere to training group size restrictions.
- Clubs must adhere strictly to time limits within the facility.
- Back-to-back bookings at facilities may be allowed based on procedures outlined by facility operators.
- Recommend 2-hour time block for training, and 1-hour transition time for cleaning and sanitizing after booking.
- Clubs must disinfect all equipment prior to use and sign the cleaning sheet. The sheets, on a clipboard, should be provided by club or facility administration. ie. shared equipment must have sheets provided by the facility administration; club specific equipment sheets must be provided by club administration. This must be done for effective contact tracing.
- Club programs must keep daily records of anyone entering the training or day camp who stays for 15 minutes or longer (e.g. staff working each day, children, etc.). Records of name, arrival time and pre-screening checklist must be kept up-to-date and available to facilitate contact tracing in the event of an outbreak.
- Clubs must set training schedules accordingly that will allow for the club to meet all limits imposed on group size and to avoid congregating of athletes & coaches.
- Stagger training start times and/or training group locations.
- Clubs must confirm that wash stations or hand sanitizer stations are available in common areas in association with their facility partners.
- [Click Here](#) to view a list of Health Canada and AHS approved hand sanitizers.
- Club coaches and administrators must ensure everyone is adhering to social/physical distancing rules.

SECTION 5: EVENT GROUP GUIDELINES

Please note: On the subsequent pages are the checklists for event and discipline specific guidelines and responsibilities, which includes, general equipment, sprints, hurdles, jumps, endurance, throws, para, and road running. These details align with public health measures and will be required for every user to follow and adhere to.

Sprints and Hurdles

Phase 1

- Physical distancing - Active 3m chase, 2m left and right.
- Staggered starts – 3m – 5m distance.
- Alternating Lanes – Must have at least 1 lane in between individuals.
- No Equipment allowed

Phase 2

- Physical distancing - Active 3m chase, 2m left and right.
- Staggered starts – 3m distance.
- Alternating Lanes – Must have at least 1 lane in between individuals.
- Restricted equipment usage with use of sanitization standards approved by AHS

Jumps

Phase 1

- Physical distancing – 2m
- Runway work only – 1 individual in active lane at one time.
- Poles allowed, but as long as they are not shared – inclusive of sanitization standards.
- No pits or mats – focus on plyometrics and training drills only

Phase 2

- Physical distancing – 2m
- Runway work – 1 individual in an active lane.
- Restricted equipment
 - Sand Pits allowed with signed acknowledgement of risk
 - High Jump and Pole Vault mats are allowed with all athletes using their own Personal Protective Barrier (PPB) that is either waterproof or water-resistant. The PPB must be placed on top of the mat for the athlete by the coach and or safety helper. Once that athlete has finished their set the barrier needs to be removed and the mats, pole, and uprights must be sanitized and dried with disposable towels.
 - Use of equipment (i.e. rake, shovel, broom) to only be handled by the coach and/or designated helper disinfected at the conclusion of training unless handled by more than 1 individual. Coaches cleaning any equipment should use gloves and wash their hands often.
 - Long Jump & Triple Jump take off boards only to be handled by coach and disinfected after use.
- Only one Long/Triple Jump Pit to be used at any one time to reduce congregating.
- Athletes are to use their own poles or if poles are shared, they must be disinfected between athletes unless said athletes are from the same household, and after use.

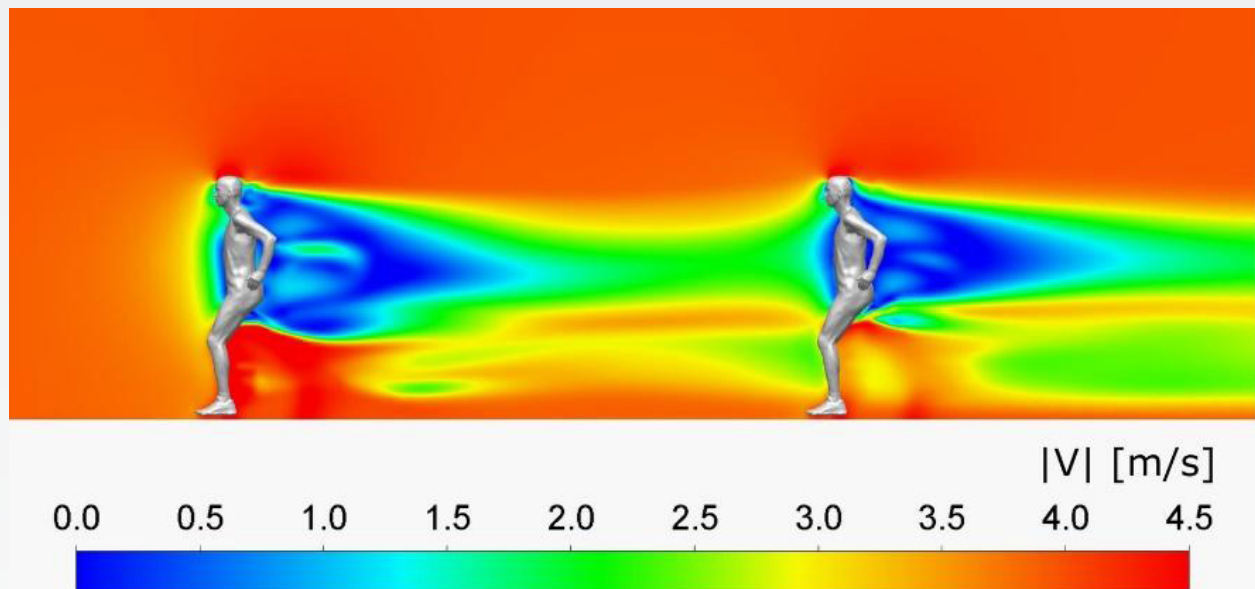
Endurance & Road Running

Phase 1

- Physical distancing – Inactive 2m personal bubble.
- Staggered starts – 5m chase distance.
- Alternating Lanes – Must have at least 1 lane in between individuals at all times.
- Use parks and fields when possible
- No Equipment allowed

Phase 2

- Physical distancing - Active 3m chase, 2m left and right.
- Staggered starts – 3m distance.
- Alternating Lanes – Must have at least 1 lane in between individuals.
- Use parks and fields when possible
- Restricted equipment usage with use of sanitization standards approved by AHS



(Image is courtesy of Bert Blocken).

The image details the contours of air speed in the vertical centerplane when running at 4.5 meter distance at a speed of 4 meters pr second. (On the basis of these results the scientist advises that for walking the distance of people moving in the same direction in 1 line should be at least 4–5 meter, for running and slow biking it should be 10 meters and for hard biking at least 20 meters. Also, when passing someone it is advised to already be in different lane at a considerable distance e.g. 20 meters for biking.

Published source: http://www.urbanphysics.net/COVID19_Aero_Paper.pdf

Throws

Phase 1

- Physical distancing – Inactive 2m personal bubble.
- Use parks or fields when available.
- Implements - Equipment allowed, or all athletes must have their own throwing implement.
- Implement retrieval – Athletes must retrieve their own implement.

Phase 2

- Physical distancing – Inactive 2m personal bubble.
- Use parks or fields when available.
- Shared implements and equipment allowed, but it is recommended that all athletes have their own throwing implement. **IF SHARING** - implements must be disinfected using the bleach method or equivalent method as approved by AHS/ Health Canada disinfecting solutions with disposable towels.
- Implement retrieval – Athletes must retrieve their own implement.
- Restricted equipment usage with use of sanitization standards approved by AHS.

Para-athletics

Phase 1 & 2

Follow the same practices in event specifics above. Para athletes are in a higher risk category, and for this reason must be closely monitored by coaches and safety officers for any presenting symptoms.

- All helpers and caregivers are required to follow the same guidelines as coaches and athletes.

General Equipment

Equipment – when made available

All equipment must be cleaned and disinfected at the conclusion of an individual's training set/use. (i.e. starting blocks, throwing equipment, hurdles, crossbars, medicine balls, etc.)

- A very thorough list of approved Health Canada and AHS hard surface cleaning solutions for sanitizers and disinfectant, available by [clicking here](#).
- It is recommended that clubs buy a pressurised sprayer (it must say it is allowed to be used for bleach: look for RL Flowmaster 7.5L deck and stain sprayer) to put large quantities of disinfecting solutions for large surfaces, and all who use the pressurised sprayer wear protective barrier while using it at a safe distance from others, and providing that others are not down wind or in the area.
- Household bleach dilution for sprayer **(20ml/4 teaspoons of regular bleach to 1 gallon/ 4 litres of warm water)** This is equal to 1000 parts per million. On hard surfaces the solution must stay on for 1 minute before removal with a disposable cloth.
- Coaches/individuals cleaning any equipment must use Personal Protective Equipment,
- Inclusive of: gloves, face masks, eye protection or face shield and wash their hands before and after the use of the cleaning supplies/equipment.
- At the conclusion of training all equipment must be sanitized after use prior to storing.

Phase 1

- General equipment - No sharing of equipment inclusive of plyo boxes, sleds, med balls, hurdles, starting blocks, etc. Just don't share anything.
- Throws – no sharing of throwing implements, or anything associated with throws.
- Sprints/Hurdles – no sharing of starting blocks/hurdles.
- Jumps – no sharing of mats or standards, sand etc.
- Physical barriers or distance indicators – please use when possible, for instance, pylons to indicate physical distancing, plexiglass barriers or PPE when you are unable to keep physically distant, tape marking on ground to indicate traffic flow, or distance barriers.

Phase 2

- Restricted use of equipment - Sharing of equipment inclusive of plyo boxes, sleds, med balls, hurdles, starting blocks, etc. with items being sanitized between individuals.
- Throws – Restricted sharing of throwing implements with items being sanitized between individuals.
- Sprints – Sharing of starting blocks with items being sanitized between individuals.
- Jumps – Sharing of mats or standards, sand etc with items being sanitized between individuals, protective barrier and acknowledgement of risk.
- Physical barriers or distance indicators – please use when possible, for instance, pylons to indicate physical distancing, plexiglass barriers or PPE when you are unable to keep physically distant, tape marking on ground to indicate traffic flow, or distance barriers.

SECTION 6: OUTBREAK PROTOCOL RESPONSE PLAN

The Purpose of the Outbreak Plan & Protocol is to aid in the contact tracing of those individuals who may have come into contact directly or indirectly with an infected individual. It is the responsibility of the entire athletics community to ensure we are keeping accurate records of individual activities.

General Knowledge

All athletes & coaches attending training sessions must be active members of their club with up-to-date and current contact information. Club members should contact their club registrars to review their current contact information on file; Unattached members should contact Athletics Alberta administration.

- All activities being conducted are required to have sign in and sign out sheets (example provided in Appendix)
- Safety Officers, Coaches, and Club Administration are responsible for the sign in sheets. It is recommended that each training session designates an individual to be the “check-in” and “check-out” person.
- Each person must acknowledge they have completed their self assessment test.
- Anyone experiencing symptoms must self assess, please refer to the *AHS Self-Assessment Tool*.

Providing Notification of an Outbreak (See Appendix 1)

- Contact AHS. In order to initiate an outbreak investigation promptly, immediately report a single suspected case of COVID-19 in residents/clients or staff to the AHS Coordinated COVID-19 Response **(1-844-343-0971)**. Initial outbreak control measures, personnel restrictions, facilitation of testing and Personal Protective Equipment recommendations will be provided.
- Gather and provide all documented sheets to AHS.
- Inform attendees of the incident, and provide them with the AHS control measures.
- Inform Athletics Alberta via email with scanned copies of all of the check in sheets, and request any missing contact information for the sheets provided.

Infection Prevention and Control (IPC) Measures (See Appendix 1)

While waiting for test results, implement full contact and droplet precautions in addition to routine IPC measures including consistent hand hygiene, respiratory hygiene, appropriate personal protective equipment (PPE) and isolation of symptomatic staff or residents/clients as possible. AHS has a continuous masking guideline.

- If the affected individual had contact with any other athletes or coaches in the past 14 days, the coach or club personnel should inform other potentially affected individuals (taking care to keep the affected athlete's identity and medical information private) and ask those who have any symptoms to self-isolate at home.
- If a club or unattached coach has been diagnosed with COVID-19, all in-person training must be discontinued for a period of 14 days or longer as advised by a health professional.

Group Size Restrictions

- All individuals must adhere to the Active and non-active group size restrictions. Parents and guardians shall not attend the training facility.

Covid-19 Testing

- With AHS expanding testing to all Albertans, it is recommended that prior to returning to group activities, all individuals have a negative test.

ADDITIONAL INFORMATION

Canada Health

<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

Alberta Health

<https://www.alberta.ca/covid-19-information.aspx>

- AHS guidance for outdoor recreation: <https://www.alberta.ca/assets/documents/covid-19-re-launch-sports-physical-activity-and-recreation.pdf>
- Telehealth: <https://www.albertahealthservices.ca/assets/healthinfo/link/index.html>
- Covid-19 Self-Assessment Tool: <https://myhealth.alberta.ca/journey/covid-19/Pages/COVID-Self-Assessment.aspx>
- Covid-19 Prevention and Risks: <https://www.alberta.ca/prevent-the-spread.aspx>
- To contact your public health unit: <https://www.albertahealthservices.ca/findhealth/service.aspx?id=4811>
- For additional information: <https://www.alberta.ca/coronavirus-info-for-albertans.aspx>

World Health Organization

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/situation-reports>

CDC

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Athletics Canada

<https://athletics.ca>

- Risk Assessment [Click Here](#)
- Risk Mitigation Checklist [Click Here](#)

Game Plan Mental Health

<https://www.mygameplan.ca/news/COVID19Resources>

WADA Covid-19

https://www.wada-ama.org/sites/default/files/resources/files/covid-19_qaforathletes_en_0.pdf

Athletics Alberta Summer 2020 Membership

<https://www.trackie.com/members/athletics-alberta-summer-temp/>

PHASE 1 COVID-19 ATTESTATION DOCUMENT

Please initial below:

_____ I attest that I am not experiencing any symptoms of illness such as a fever, cough, difficulty breathing, shortness of breath or malaise (severe fatigue or feeling of being generally unwell).

_____ If I develop these symptoms beyond the normal training-induced reactions, I agree that I will leave the premises adhering to the Athletics Alberta guidelines and protocol immediately and immediately inform the safety liaison on site at the training venue.

I attest that:

_____ I am aware that I must follow the safety and hygiene protocols of provided by the Government of Alberta, Alberta Health Services and Athletics Alberta at all training sessions.

_____ I have not travelled outside of Canada in the past fourteen (14) days.

_____ I have not travelled outside of Alberta in the past seven (7) days and if I do travel, I will report all travel details to the Safety officer via the daily participation checklist.

_____ I have not and do not believe that I have been exposed to a person with a confirmed or suspected case of COVID-19.

I attest that:

_____ I have not been diagnosed with COVID-19

OR

_____ I have been diagnosed with COVID-19 and been cleared as noncontagious by provincial or local public health authorities (confirmation from a medical practitioner will be required and maintained in a confidential file by the organization)

_____ I acknowledge and agree that I will follow recommended guidelines, laws and protocols by the Government of Alberta, Alberta Health Services and Athletics Alberta in order to reduce the spread of COVID-19.

I acknowledge that the foregoing statements are true.

Adult Participant: Printed Name _____

Date of Birth: _____

Participant's Signature: _____

Organization: _____

PARENTAL ATTESTATION (if participant is under the age of 18)

Name of Participant: _____

Printed Name of Parent/Guardian: _____

Parent/Guardian Signature: _____

Please acknowledge and ask to all attendees or training or facility entrants as this questionnaire is directly connected to daily tracking.

COVID Clearance to Participate Checklist

Check if you can say NO to all the following criteria below.

_____ 1. "No" to the following COVID Symptoms:

- Fever
- Chills
- Cough
- Barking Cough/Croup
- Shortness of breath
- Sore throat
- Difficulty swallowing
- Runny nose

_____ 2. "No" to having been in contact with or cared for someone with COVID-19 in the past 14 days.

_____ 3. "No" to having been on a trip outside of Canada in the past 14 days.

_____ 4. "No" to having stayed at home in the past two weeks due to being sick.

IF it is a NO to all the above, you are free to participate in practice. If yes to any of the above, you need to isolate for 14 days before returning to train.

Non-Essential Self-Travel Report:

_____ I do declare I travelled outside of the province of Alberta in the last 7 days. Please self-report if you have been out of province in the past 7 days and indicate the details of the travel below:

Location of Travel: _____

Duration of Trip: _____

I declare that all the above information is correct and reported honestly:

Signed:

_____ (print name)

_____ (signature)

Date: _____

ATTENDANCE CHECK IN/OUT SHEET

[illegible]

Safety Officer Name

Safety Officer Signature

Date

EQUIPMENT SANITIZATION SHEET

[illegible]

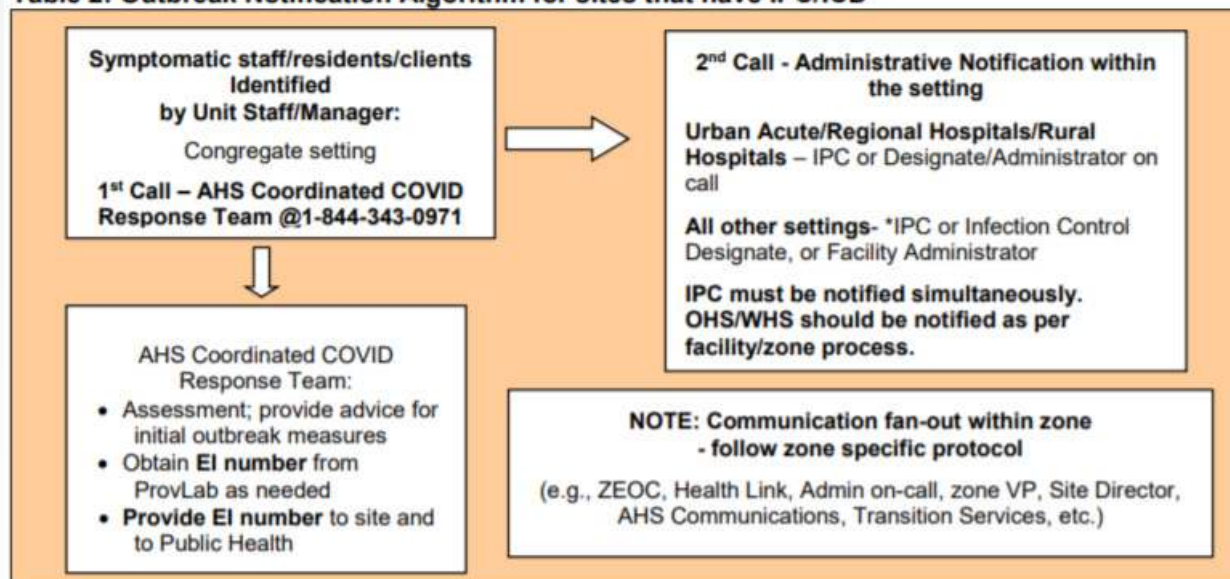
APPENDIX I

Tables/charts below are directly from Guidelines for COVID-19 Outbreak Prevention, Control and Management in Congregate Living Sites.

Table 1: COVID-19 Case and Outbreak Definitions

Case Definition/COVID-19 :Symptoms in residents/clients	
<ul style="list-style-type: none"> ○ Fever (37.8°C or higher) New Onset: <ul style="list-style-type: none"> ○ cough ○ shortness of breath/difficulty breathing ○ sore throat ○ runny nose ○ sneezing ○ nasal congestion ○ hoarse voice ○ difficulty swallowing 	Any atypical symptoms including: <ul style="list-style-type: none"> ○ chills ○ muscle aches ○ nausea/vomiting/diarrhea ○ feeling unwell/fatigue/malaise ○ headache
Case Definition/COVID-19 Symptoms in staff fever (38°C or higher), new onset of cough, shortness of breath/difficulty breathing, sore throat or runny nose.	
Outbreak Definition Confirmed COVID-19 outbreak¹: <ul style="list-style-type: none"> ○ any one individual (staff/resident/client) laboratory <u>confirmed</u> to have COVID-19: <p><u>NOTE: Even if a confirmed case is identified, continue to collect and submit swabs for newly symptomatic individuals until otherwise directed by Public Health</u></p>	

Table 2: Outbreak Notification Algorithm for sites that have IPC/ICD*



APPENDIX II

Psychosocial Phases of the COVID-19 Pandemic

The COVID-19 pandemic, and its impact on society as a whole and on sport more specifically, is nothing like a crisis we know; it is unprecedented. The Psychosocial Phases of Disaster model (see Figure 1) is helpful to understand the phases through which populations go when facing a global crisis or pandemic. The model can assist us in anticipating needs and providing appropriate support and resources as we move across each phase. While there are typical collective responses to a pandemic, there are also individual differences, leading people to respond in unique ways to challenges, restrictions, and disruptions. These differences must be taken into consideration in the development and provision of support and resources throughout any pandemic.

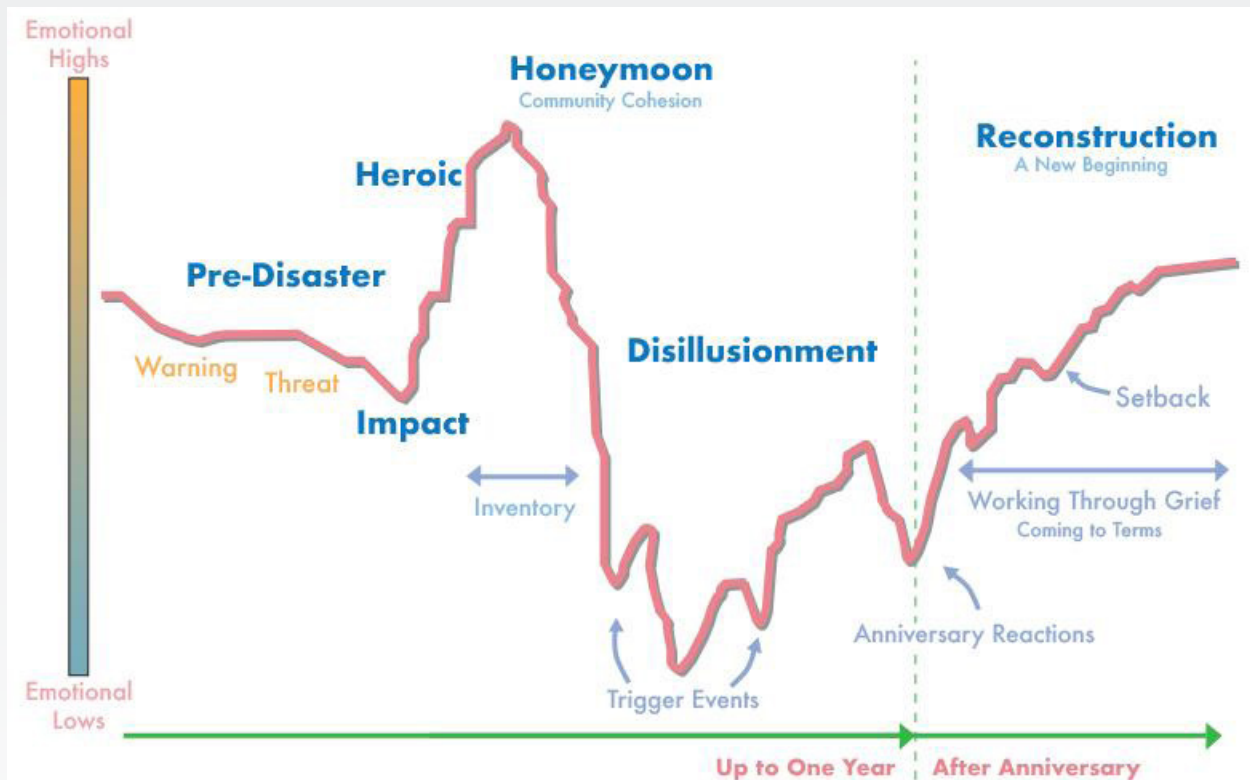


Figure 1. Psychosocial Phases of Disaster (adapted from Zunin & Meyers, 2000)

NOTE: The intensity and duration of these phases vary and may also overlap. People and subgroups may experience different phases at any one time.

Below is a brief summary of each phase, with examples of how they may be currently manifesting themselves in the sport context.

It is beneficial for us to reflect on each phase to be able to recognize when we may be progressing or regressing from one phase to the next. Identifying examples supporting our experiences in each phase can foster not only self-acceptance and self-compassion, but also self-awareness to recognize specific needs we may have to effectively cope and overcome challenges. Take some time to contemplate the phase that best characterizes you and your NSO at the moment within this COVID-19 pandemic.

Heroic Phase

In the immediate aftermath, the heroic phase prioritizes survival and promotes safety of others. The community focuses energy and activities into assisting others, providing emergency responses, and attending to impacts of the disruptions.

- **Sport context examples:** Getting teams/athletes back to Canada, national team athletes reaching out to youth to help them through challenges, health prioritized over all else.

Honeymoon Phase

This phase is characterized by optimism in the community/individuals and formal assistance becomes readily available. Community bonding occurs as a result of sharing the experience and giving/receiving support. Mental health supports are visible and seen as helpful, they are more readily accepted, and provide a foundation for the future. The difficulty of what is to come becomes apparent and fatigue sets in.

- **Sport context examples:** #Posting group workouts, optimism through social media, concerns about access to training and future.

Disillusionment Phase

In this phase, the reality of the disruption sets in (economic impacts, strenuous rebuilding process). Fatigue sets in, symptoms related to stress intensify, and hope decreases. Complaints related to abandonment, unfairness, and incompetence become vocalized.

- **Sport context examples:** Frustration that the 'goal post' continues to move (no training for weeks, now months), anxiety about job security, fatigue and decreased motivation with modified training routines.

Recovery and Reconstruction Phase

This phase involves rebuilding what was lost and there is an ongoing need to readjust and grieve losses. The repair and mitigation efforts initiated in the early phase become apparent and impact personal growth. There is an ability to see opportunities and re-examine life priorities, and confidence is built by building relationships and overcoming challenges.

- **Sport context examples:** Reintegrating into group and center training, crafting new training and competition goals and plans, grieving lost opportunities, restructuring given economic impacts.

It is possible that many of us are currently oscillating between the 'honeymoon' and 'disillusionment' phases. With disillusionment comes accumulating fatigue, frustration, impatience, boredom, and decreased motivation. Therefore, mental health must be regularly monitored at this time, and mental performance skills (e.g., goal-setting, stress management, mindfulness, self-talk) should be used to cope with unproductive thoughts, emotions, and behaviors. Uncertainty about the future may persist, however, it is important that we keep in mind that reconstruction and recovery are around the corner, if not already initiated.

Discussions regarding group-based training, use of training facilities, and new training and competition plans are imminent or already underway. All of this may be generating mixed emotions, which are normal in these circumstances. Regardless of the phase in which we find ourselves, it is vital that we continue to respect regulation and restrictions.

In summary, while we all have different coping mechanisms and timelines to work through challenges during this pandemic, it is essential that we be proactive about protecting our mental health throughout each phase to help flatten the mental illness spike that may emerge without a preventative approach. We also must maintain hope, optimism, social connection, and support, and adopt a growth mindset to foster resilience and maintain mental health during the Recovery and Reconstruction phase. If you would benefit from further support, please consider this resource document ([GamePlan Resource](#)).

*Article adapted from the Chief Medical Officer of Wheelchair Rugby Canada mental health update.

