

COVID-19 Management Sports Toolkit 2020-2021 Season

October 22, 2020



This toolkit is intended to be used by sports teams and to manage COVID-19 cases or outbreaks. These tools also apply to all sport teams and venues. This toolkit includes the following:

- COVID-19 Screening: Should the Player Attend Sports? - Flow Chart
- Managing Players with COVID-19 Symptoms at a Sports Facility - Instructions for Team Staff
- Return to Play Protocols for Team Staff and Players
- Protocol When Team Staff or Players Test Positive for COVID-19
- COVID-19 & Return to Sport Infographic

Key information

Local Public Health Unit (PHU):

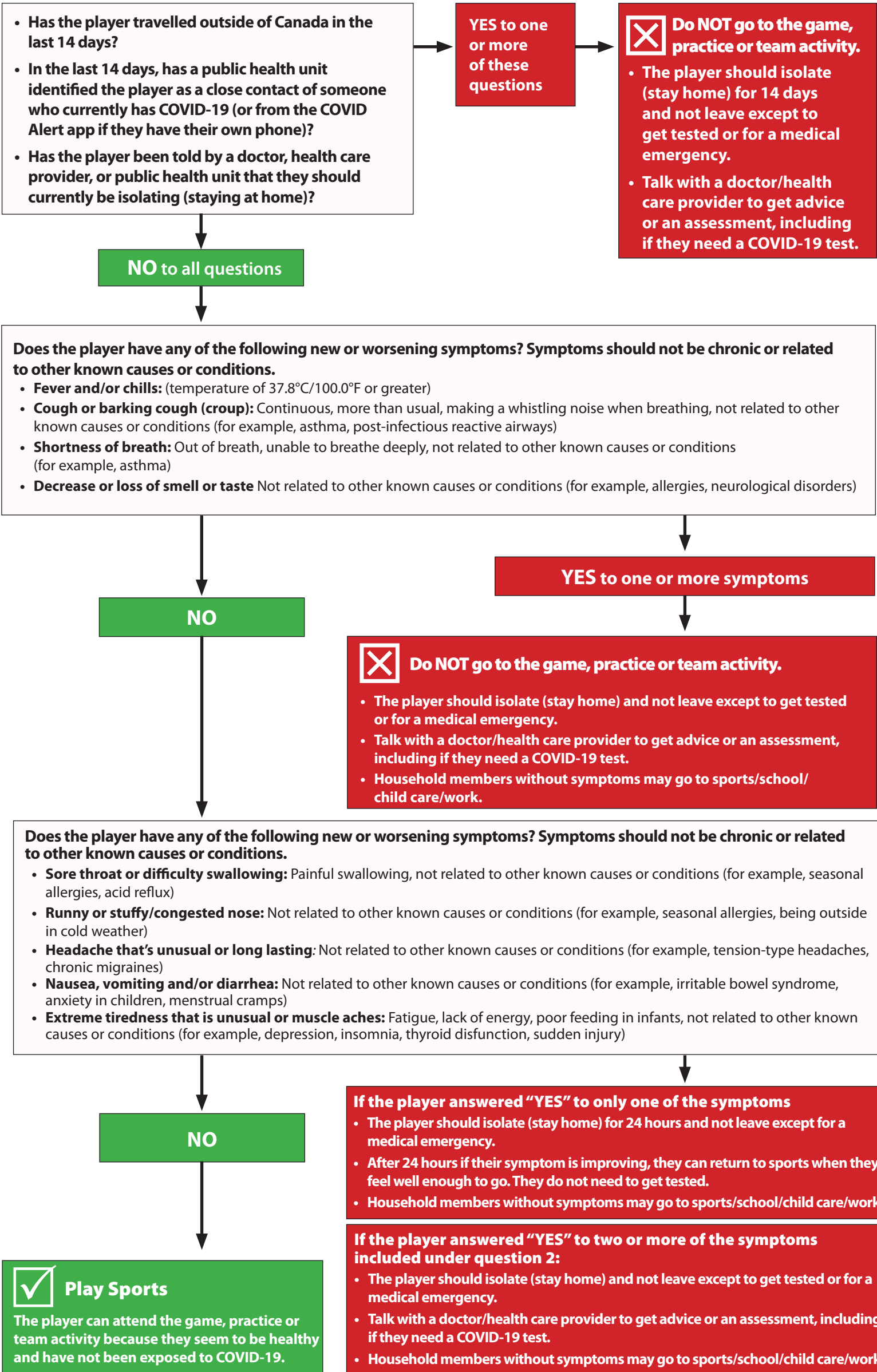
- [Leeds, Grenville & Lanark District Health Unit:](#)
1-800-660-5853 ext. 2499 for general information, ext. 2222 for symptoms and testing

To find a local COVID-19 Assessment Centre:

- [Leeds, Grenville & Lanark](#)

COVID-19 Screening: Should the Player Attend Sports?

You must screen for COVID-19 before attending a game, practice or team activity.



- Has the player travelled outside of Canada in the last 14 days?
- In the last 14 days, has a public health unit identified the player as a close contact of someone who currently has COVID-19 (or from the COVID Alert app if they have their own phone)?
- Has the player been told by a doctor, health care provider, or public health unit that they should currently be isolating (staying at home)?

YES to one or more of these questions

Do NOT go to the game, practice or team activity.

- The player should isolate (stay home) for 14 days and not leave except to get tested or for a medical emergency.
- Talk with a doctor/health care provider to get advice or an assessment, including if they need a COVID-19 test.

NO to all questions

- Does the player have any of the following new or worsening symptoms? Symptoms should not be chronic or related to other known causes or conditions.**
- **Fever and/or chills:** (temperature of 37.8°C/100.0°F or greater)
 - **Cough or barking cough (croup):** Continuous, more than usual, making a whistling noise when breathing, not related to other known causes or conditions (for example, asthma, post-infectious reactive airways)
 - **Shortness of breath:** Out of breath, unable to breathe deeply, not related to other known causes or conditions (for example, asthma)
 - **Decrease or loss of smell or taste** Not related to other known causes or conditions (for example, allergies, neurological disorders)

YES to one or more symptoms

Do NOT go to the game, practice or team activity.

- The player should isolate (stay home) and not leave except to get tested or for a medical emergency.
- Talk with a doctor/health care provider to get advice or an assessment, including if they need a COVID-19 test.
- Household members without symptoms may go to sports/school/child care/work.

NO

- Does the player have any of the following new or worsening symptoms? Symptoms should not be chronic or related to other known causes or conditions.**
- **Sore throat or difficulty swallowing:** Painful swallowing, not related to other known causes or conditions (for example, seasonal allergies, acid reflux)
 - **Runny or stuffy/congested nose:** Not related to other known causes or conditions (for example, seasonal allergies, being outside in cold weather)
 - **Headache that's unusual or long lasting:** Not related to other known causes or conditions (for example, tension-type headaches, chronic migraines)
 - **Nausea, vomiting and/or diarrhea:** Not related to other known causes or conditions (for example, irritable bowel syndrome, anxiety in children, menstrual cramps)
 - **Extreme tiredness that is unusual or muscle aches:** Fatigue, lack of energy, poor feeding in infants, not related to other known causes or conditions (for example, depression, insomnia, thyroid dysfunction, sudden injury)

If the player answered "YES" to only one of the symptoms

- The player should isolate (stay home) for 24 hours and not leave except for a medical emergency.
- After 24 hours if their symptom is improving, they can return to sports when they feel well enough to go. They do not need to get tested.
- Household members without symptoms may go to sports/school/child care/work.

NO

If the player answered "YES" to two or more of the symptoms included under question 2:

- The player should isolate (stay home) and not leave except to get tested or for a medical emergency.
- Talk with a doctor/health care provider to get advice or an assessment, including if they need a COVID-19 test.
- Household members without symptoms may go to sports/school/child care/work.

Play Sports

The player can attend the game, practice or team activity because they seem to be healthy and have not been exposed to COVID-19.

Managing Players with COVID-19 Symptoms at a Sports Facility

Instructions for Staff

Player presents with new or worsening symptoms consistent with COVID-19

1

Perform hand hygiene, put on procedural/surgical mask (if not already wearing one), and goggles or face shield, and immediately bring the individual to a separate area/room to be isolated.

Gown and gloves are advised if bodily fluids are involved and/or 2m distance cannot be consistently maintained at all times. Refer to [Recommended Steps for Putting On and Taking Off PPE \(Personal Protective Equipment\)](#)

2

Provide player with a procedural/surgical grade mask to be worn if tolerated and ensure player remains isolated until they are able to leave or be picked up by a parent or guardian.

3

Notify player's emergency contact and advise regarding:

- Symptoms
- Player needs to leave/be picked up ASAP
- Public transportation must not be used (taxi is ok).
- Asymptomatic siblings or family members may remain at the facility. Family members are not required to self-isolate or be tested unless advised by Public Health.
- Complete the [COVID-19 Screening Tool](#) and follow the guidance provided. The contact can complete this tool with the player.

4

Monitor the player until they are able to leave the facility.

Maintain at least a 2m distance (if possible). Hand hygiene and respiratory etiquette should be practiced while the ill individual is waiting to be picked up.

If player must use washroom, ensure it is vacant before use and that it is not used by others until it is cleaned and disinfected.

5

If the player is able to leave on their own, or when the player's emergency contact arrives, ensure a clear pathway to the exit and bring player to the door.

6

Once player has departed, remove PPE and seal in a bag for disposal.

Perform hand hygiene

Refer to [Recommended Steps for Putting On and Taking Off PPE](#)

7

Ensure that all items used by symptomatic player and the area/room used to isolate them are identified, cleaned and disinfected. Any items that cannot be cleaned must be stored in a labelled and sealed bag or container for 7 days*.

*If COVID test comes back negative the contents can be removed from bag.

Return to Sports Protocols for Team Staff Members and Players

The criteria required for a player or team staff member to return to sports following an illness or absence is dependant on:

- If they were a close contact of someone with COVID-19
- If they travelled outside of Canada
- The type of symptoms they experienced
- The results of their COVID-19 test and/or health assessment.

The local Public Health Unit (PHU) is not recommending medical notes for return. Check with your team manager regarding the required protocols.

Close Contacts of Someone with COVID-19

Players and team staff members must self-isolate for 14 days from their last date of exposure, even if they have a negative test result and do not have symptoms. If they have symptoms, household members will need to self-isolate until COVID-19 is ruled out.

Travel Outside of Canada

Players and team staff members must self-isolate for 14 days, even if they are symptom-free and have a negative test result. Household members do not need to self-isolate if they have not travelled, if they don't have symptoms of COVID-19, and if they are not a close contact of a positive case.

Symptoms in Players

Screening is now divided into two groups of symptoms.

- Sore throat
- Stuffy nose/runny nose
- Headache
- Nausea and/or vomiting
- Diarrhea
- Fatigue/lethargy/muscle aches or malaise

- Fever/chills
- Cough
- Shortness of breath
- Decreased or loss of smell or taste

Players with **only one of these symptoms*** are advised to stay home for 24 hrs. and can return to sports 24 hrs. later if the symptom is improving and they are feeling well**. Testing is not needed.

Players with **two or more of these symptoms* or with one symptom* that is not improving or getting worse after 24 hrs.** are advised to self-isolate until they can get tested and receive a negative COVID-19 test or consult with a health care provider and receive an alternative diagnosis.

Players **with any of these symptoms*** are advised to self-isolate until they can get tested and receive a negative COVID-19 test or consult with a health care provider and receive an alternative diagnosis.

* Not chronic or related to other known causes or conditions

**e.g., only occasional clear mucous from nose; no discharge from eyes; coughing does not interfere with activity; no headache; throat not sore with eating or drinking; eating, drinking and sleeping well; normal personality; enough energy for daily activities.

Symptoms in Team staff members

It is strongly recommended that team staff members with any symptoms of COVID-19 and no known alternative diagnosis be tested for COVID-19. The diagnosis of another infection does not exclude the possibility of also being infected with COVID-19.

Return to Sports Following COVID-19 Test Results

NOTE: While a player/team staff member is waiting for a COVID-19 test or results, or to be assessed, they must remain in self-isolation and cannot attend games, practices or team activities, even if symptoms improve.



Negative COVID-19 Test Result

Players/team staff members who test negative for COVID-19, and are not a close contact of someone who has tested positive can return to sports if

all of the following apply:

- They do not have a fever for 24 hrs. (without using medication).
- It has been at least 24 hrs. since their symptoms started improving and they have signs they are feeling well**.



Positive COVID-19 Test Result

Players/team staff members who test positive for COVID-19 will be contacted by PHU to conduct contact tracing. PHU will provide guidance and conduct follow-up with the family of a positive case.

Players/team staff members who test positive for COVID-19 will remain in isolation until these three conditions have been met or as directed by Public Health:

1. They have isolated for 10 days after the onset of symptoms.
AND
2. They no longer have a fever.
AND
3. Their symptoms have been improving for at least 24 hours.



Not Tested for COVID-19

Players/team staff members with an alternative diagnosis from a health care provider that is not related to COVID-19 can go back to sports once their symptoms have been improving for 24 hours. Family members without symptoms should self-monitor, and can go back to sports, child care, school or work.

If a test is recommended but the player/team staff member is not tested, they must self-isolate for 10 days from the date their symptom(s) first appeared. They may return to sports after 10 days if **all of the following apply:**

- They do not have a fever for 24 hrs. (without using medication).
- It has been at least 24 hrs. since their symptoms started improving and they have signs they are feeling well**

**e.g., only occasional clear mucous from nose; no discharge from eyes; coughing does not interfere with activity; no headache; throat not sore with eating or drinking; eating, drinking and sleeping well; normal personality; enough energy for daily activities.

Protocol When Team Staff or Players Test Positive for COVID-19

Players/team staff members who test positive for COVID-19 will remain in isolation until three conditions have been met or as directed by Public Health.

1. They have isolated for 10 days after the onset of symptoms

AND

2. They no longer have a fever (without using medication)

AND

3. Their symptoms have been improving for at least 24 hours.

Players or team staff do not need clearance testing or medical notes to return to playing sports.

PHU will provide guidance and conduct daily follow-up with the family of a positive case.

Local Public Health Unit (PHU) receives the positive test result and contacts the individual to conduct case management. The case should notify the PHU of the sports team(s) that they are on.

PHU will:

1. Perform risk assessment of contacts (cohorts) of positive person.
2. Gather a list of individuals who are considered high-risk contacts and low-risk contacts.*
3. Contact all high risk contacts.
4. Provide teams, leagues and facilities with recommendations for infection prevention and control measures.
5. Determine if an outbreak will be declared.

The PHU may provide communications (e.g. letters) that can be distributed by the league and/or association.

Information needed may include:

- Attendance records
- Team/cohort lists
- Current contact information for players/team staff members
- Game, practice or team activity schedules

High-risk contacts will be required to:

- Self-isolate at home for 14 days after they were in contact with player/staff who tested positive and be tested as per Public Health advice.
- All high risk contacts will be contacted by the **PHU**. Teams do not need to conduct their own contact tracing.

Low-risk contacts will be required to:

- Self-monitor for symptoms for 14 days; at the first sign of possible COVID-19 symptoms, self-isolate, go for testing and notify the local PHU.
- If symptoms don't develop, may continue to attend school, work, and/or sports.

Symptomatic players/team staff should be tested.

Asymptomatic players/team staff who are identified as high risk contacts are advised to go for testing no earlier than **5 days** after initial close contact with the case.

Team manager responsibilities

In the event that the PHU is made aware of a positive COVID-19 diagnosis for team staff or players, it is essential that the team manager make key information pertaining to team staff and players available quickly for the purposes of contact tracing. This information needs to be up-to-date and accessible on short notice.

Please prepare to have the following information available:

- Up-to-date schedules of all games, practices and team activities
- Attendance records for the specific dates that PHU requests
- Team lists
- Names, date of birth, and address for each player
- Up-to-date contact information for each player, parent/guardian(s), and team staff members

Public health measures

All individuals accessing an indoor sports facility are required to wear a face mask/covering in addition to physical distancing. If the sporting facilities are outdoors, a physical distance of 2 metres must be maintained between all individuals at the facility.

Face masks/coverings must be worn by players and team staff members in the dressing rooms at all times.

Face masks/coverings may be removed during games and times of physical exertion.

Any player, coach or other team staff member should be wearing a mask unless unable to due to engaging in more vigorous activity. This includes: staff members on the bench, staff running off-ice training sessions, and as much as possible when not participating or during breaks in drills at practice. The face mask/covering is to be worn in addition to physical distancing. Be especially mindful of this in the dressing rooms and during huddles.

Some alternatives to using a whistle or yelling include:

- Using sticks or other pieces of equipment to make noise
- Using horns with a push button
- Break players up into smaller groups for demonstrations instead of having to project to the whole group
- Utilize visuals such as whiteboards

A physical distance of 2 metres needs to be maintained as much as possible. If you are unsure whether you will be able to maintain a distance of 2 metres from other individuals, then you should wear a face mask/covering.

Public health responsibilities

PHU will be responsible for conducting case and contact management activities. Measures will be taken to ensure privacy and avoid disclosure of details to the community that would lead to the identification of a laboratory confirmed COVID-19 case.

Personal health information

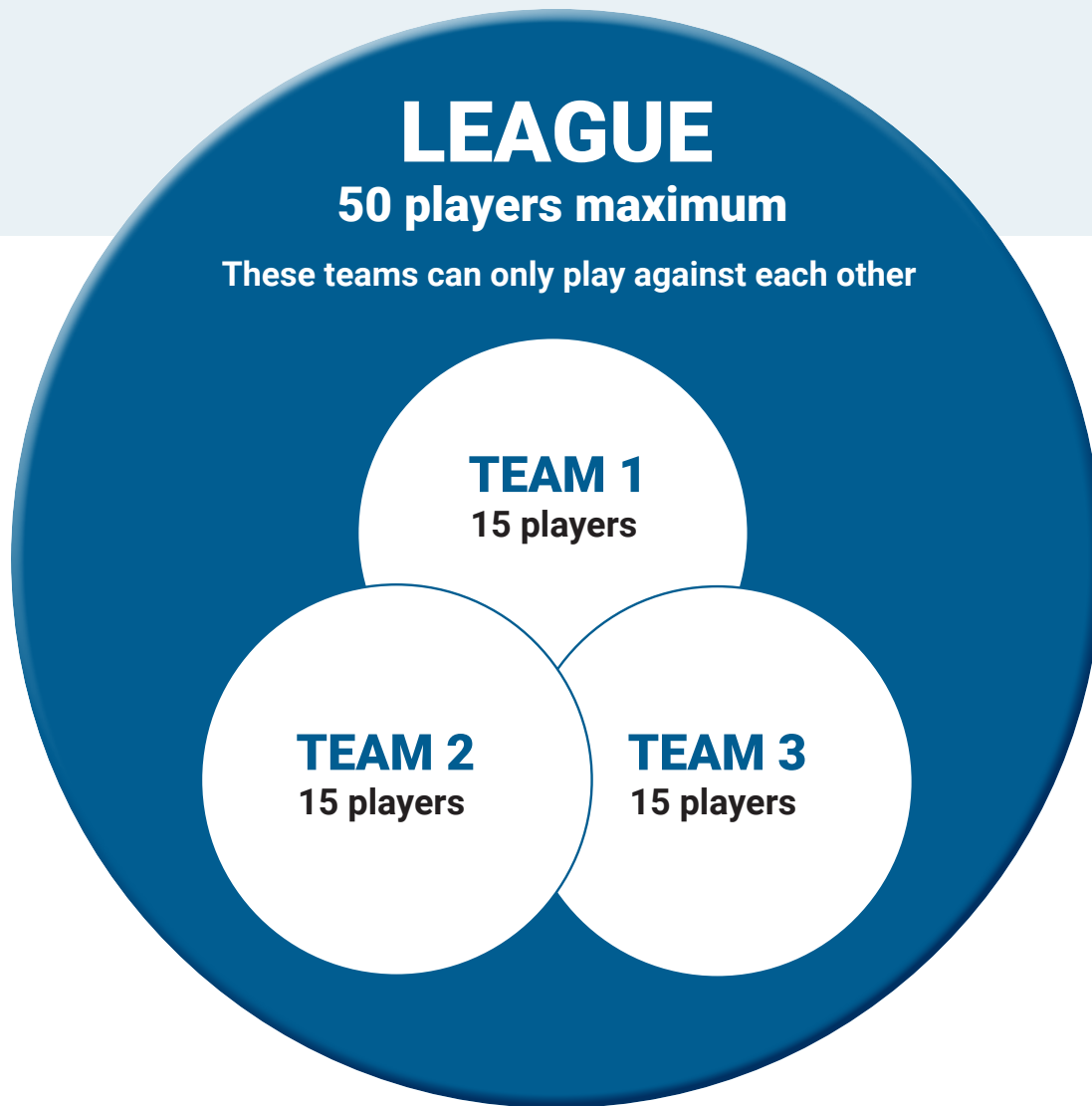
Personal health information or the identity of the case should not be disclosed unless deemed necessary by public health or unless given permission to do so by the case or their guardian.

Declaring an outbreak

PHU will be responsible for determining if an outbreak exists, declaring an outbreak, and providing direction on outbreak control measures to be implemented.

PHU will also determine when an outbreak can be declared over.

COVID-19 & Return to Sport



Be COVID-smart:

S Self-isolate if you have symptoms of COVID-19. Consider getting tested.



M Mask/face covering on when in enclosed public spaces and when physical distancing is a challenge outdoors.



A Avoid touching your face.



R Remain 2 metres/6 feet apart from people you do not live with.



T Twenty (20) seconds for regular hand hygiene. Cover your coughs and sneezes.



Players

- Stay home if sick.
- Face covering/mask must be worn in common areas including change rooms. Masks can be removed while playing the sport.
- Prolonged or deliberate physical contact is prohibited.
- Have your own water bottle.

Parents/Guardians

- Screen yourself and your children for COVID-19 symptoms before a game or practice.
- Spectators must respect the facility rules.
- Wear a face covering/mask while in an indoor public facility.
- Be COVID-smart.

Coaches

- Prior to game/practice, track attendance and ask each player if they completed a COVID-19 health assessment.
- Implement alternative sign of respect for opponents. Players should not shake hands before or after games.
- Teams are not permitted to play against other teams outside of their league.
- Coaches, trainers, score keepers and referees/umpires are not included in gathering limits.
- Face covering/mask must be worn at all times in an indoor facility, unless exempt. Coaches and other team staff should be wearing a face covering/mask while running a practice.

**For more information call 1-800-660-5853
or visit www.healthunit.org**



www.healthunit.org

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