



2022 CKC COVID-19 PLAYBOOK

Updated August 20, 2022

Key Principles

The COVID-19 countermeasures described in the Playbook are designed to create a safe training and competition environment for all team members. For the 2022 Sprint Nationals, CKC will follow the Quebec Public health guidelines. In particular, the guidelines for self-isolation are important. They can be found here: <https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/self-isolation/when-do-i-need-to-self-isolate>

- Mask wearing
- Physical Distancing
- Test, trace, isolate
- Hygiene

Mask Wearing

Always wear a face mask when indoors or less than 6ft apart to protect you and everyone around you.

Masks help prevent the spread of COVID-19, as they catch droplets exhaled by an infected person. By wearing a face mask at all times – **except when eating, drinking, training, competing, or in your personal accommodations** – you will help keep the training and competition environment safe for everyone.

Minimize Physical Interactions

- Keep physical interactions with others to a minimum (and don't forget to wear your mask when indoors!)
- Avoid physical contact including hugs and handshakes.
- Keep 6ft distance, when possible.

Isolation & Return to Sport – Sprint Nationals 2022

For the Sprint Nationals held in Shawinigan, we will be following the COVID guidelines set by the Government of Quebec. Under these guidelines, the self-isolation period is 5 days from the onset of symptoms or a positive test.

Following the 5 days isolation period, individuals and their parents (if they are minors) should assess their symptoms and in a best-case scenario be seen by a doctor to check for any lingering fatigue,



respiratory or cardiac issues. If they are clear of symptoms and, if applicable, cleared by a physician to resume strenuous activity they can return to the regatta site and compete.

When athletes do return to the site post-COVID infection they should still take precautions to prevent potential spread as directed by the Quebec Guidelines including:

- *Wear a mask during any social interaction.*
- *Avoid contact with vulnerable people.*
- *Avoid participating in non-essential social events.*
- *Keep a distance of 2 metres from other people.*
- *After 10 days, you may resume your activities as usual while taking steps to limit the spread of the virus.*

To follow these steps masking on site for all times when not in a boat is the best course of action and setting up living and eating arrangements to ensure distancing. Outdoor interactions where possible are always the safer choice as well for team meetings or other functions.