



2022 CKC COVID-19 PLAYBOOK: Canada Cup East– Ottawa, ON

Updated Jun 28, 2022

Key Principles

The COVID-19 countermeasures described in the Playbook are designed to create a safe competition environment for all event attendees. Ottawa Public Health guidelines will be followed for the 2022 Canada Cup East in Ottawa, ON. Please visit the following webpage for more information:
https://www.ottawapublichealth.ca/en/public-health-topics/novel-coronavirus.aspx?_mid_=32064

Masks

It is expected to wear a face mask at all times when indoors 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'll help keep the training environment safe for everyone.

Media: It is encouraged that media interactions occur outdoors. It is at the athlete/coach/interviewee's discretion to wear a mask or to ask the media to wear a mask during the interaction.

SELECTION CRITERIA

Please refer to the selection criteria documents on the CKC website for more information regarding COVID-19 and selection. The COVID-19 Playbook does not cover selection criteria or process.
<https://canoekayak.ca/selection-criteria/>

SYMPTOMS AND TESTING

Ottawa Public Health guidelines will be followed with regarding to symptoms and testing. Please visit the following link for more information: https://www.ottawapublichealth.ca/en/public-health-topics/novel-coronavirus.aspx?_mid_=32064

Symptoms

1 of the following	2 or more of the following
<ul style="list-style-type: none"> • Fever 37.8°C or 100°F • Sudden loss of smell with no nasal congestion with or without loss of taste • Cough (new or worsening) • Shortness of Breath • Difficulty breathing 	<ul style="list-style-type: none"> • Runny nose or nasal congestion • Head ache • Muscle Aches • Nausea, diarrhea, or vomiting • Stomach ache • Sore Throat



Testing

Prior to Travel to Ottawa, ON

- If you have symptoms as per chart above prior to travel, then **do NOT travel** until a negative COVID-19 test has been completed. Please follow your local public health guidelines for symptoms and testing.

During the Canada Cup

- If you have symptoms as per chart above while in Ottawa, then please take the following steps listed [here](#). you can use the following tools:
 - [Self-Isolation Determination Tool](#) and
 - The province of Ontario also has a tool to determine what to do next [here](#)
 - find a Rapid Test for at-home use [here](#).
- **Do NOT** attend the Canada Cup East event until a negative COVID-19 test has been completed and please contact your point of contact:
 - Kenna Robins at (514)226-7231
 - If symptoms as per chart above develop while on-site at the Canada Cup competition venue, then wear a mask immediately. Please contact Kenna Robins at (514)226-7231 to take a rapid test onsite.

Self-isolate right away. To prevent further spread of COVID-19, it's important for you to self-isolate right away. Follow the Ottawa Public Health [Isolation guidelines](#).

- Feel free to use the Ottawa Public Health's [Self-Isolation Determination Tool](#)

Maintain Everyday Healthy Habits

Please refer to the Ottawa Public Health's website for more information:

<https://www.ottawapublichealth.ca/en/public-health-topics/covid-reducing-risks.aspx>

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 2m distance, when possible.

Clean surfaces

Get in the habit of regularly cleaning your environment and the sanitary appliances that you use. For example, clean your counters and other frequently touched surfaces. Also, clean toilets and sinks to keep them clean.

Cover coughs and sneezes

Cover your mouth and nose with a tissue or your arm to reduce the spread of germs. If you use a tissue, throw it out as soon as possible and wash your hands afterward.

Wash your hands

Wash your hands often with soap and water, especially after being in a public place, or after blowing your nose, coughing or sneezing. Use hand sanitizer when you can't use soap and water.