



2022 CKC COVID-19 PLAYBOOK: National Team Trials 2 – Montreal, QC

Updated Jun 14, 2022

Key Principles

The COVID-19 countermeasures described in the Playbook are designed to create a safe competition environment for all event attendees. Quebec Government guidelines will be followed for the 2022 National Team Trials 2 in Montréal, QC. Please visit the following webpage for more information: <https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus>

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.

Athlete's Quarters: Masks must be worn at all times when indoors.

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

Quebec Government guidelines will be followed with regarding to symptoms and testing. Please visit the following link for more information: <https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus>

Symptoms

1 of the following	2 or more of the following
<ul style="list-style-type: none"> • Fever 38.1°C or 100.6°F • Sudden loss of smell with no nasal congestion with or without loss of taste • Cough (new or worsening) • Shortness of Breath • Difficulty breathing • Sore Throat 	<ul style="list-style-type: none"> • Runny nose or nasal congestion • Head ache • Muscle Aches • Significant loss of appetite • Nausea, diarrhea, or vomiting • Stomach ache



Testing

Prior to Travel to Montréal, QC

- 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 Trials

- If you have symptoms as per chart above while in Quebec, then you need to self-isolate and book a [COVID-19 test](#). Do **NOT** attend the Trials event until a negative COVID-19 test has been completed and please contact your point of contact:
 - Event Volunteers and Staff: Please contact Jessica Kenney at 902-580-5244 or Emily MacKeigan at 613.869.1591
 - Athletes and Coaches: Please contact Ian Mortimer at 613-323-2264
- If symptoms as per chart above develop while on-site at the Trials competition venue, then wear a mask immediately. Please contact Jessica Kenney at 902-580-5244 to arrange picking-up a COVID-19 test or Emily MacKeigan at 613.869.1591

If you test positive for COVID-19, it's important for you to complete these actions as per government of Quebec protocols. Key steps noted below and more detail on the Government of Quebec website: <https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/self-isolation/covid-19-self-assessment-tool>

Self-isolate right away. To prevent further spread of COVID-19, it's important for you to self-isolate right away. You must self-isolate for:

- At least five days after the start of symptoms or a positive test (if no symptoms).
- After 5 days, if your symptoms improve and you have not had a fever for 24 hours, without taking medication for fever, you may resume your essential activities.
- For the next 5 days:
 - Wear a mask during social interactions
 - Avoid contact with vulnerable people
 - Avoid participating in non-essential social events
 - Keep 2 meters distance from others
 - After 10 days, you may resume your activities as usual while taking steps to limit the spread of the virus
- Feel free to use the Quebec Government [Self-Assessment tool](#) to confirm what you should do
- If you have questions or experience unusual symptoms, call the Info-Santé hotline at 811. A nurse will assess your status and tell you what to do.



Maintain Everyday Healthy Habits

Please refer to the Quebec Government website for more information:

<https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/basic-health-instructions>

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 and follow [hand washing guidelines](#).

Gather safely

You don't need to maintain social distancing from others, but it's still worthwhile keeping a safe distance from people you don't know while out and about. This helps reduce the spread of COVID-19 within the community.