



CSI Pacific Return To Sport Plan

Please note:

We will continue to monitor the fluid COVID-19 situation and will adapt this plan as required by consulting the public health authority and medical experts on this matter

Revisions the CSI Pacific Return to Sport Plan as of Thursday June 17th

CSI Pacific will be adjusting our Return To Work Plan in alignment with the recently announced provincial restart plan. BC's Restart¹ is a careful, four-step plan to bring B.C. back together. Starting May 25, we can gradually begin to restart our important social connections, businesses and activities. In addition, CSI Pacific will send all staff a comprehensive survey in June to check-in on both staff wellness (Mental Health Continuum Tool) and our return to work strategies to solicit staff input prior to our workplaces being fully re-opened by the target date of September 7th, 2021.

Getting vaccinated is the most important tool supporting our restart. In general, the four steps related to our offices/workplaces are outlined below:

BC's Restart Step 1: Starting May 25

The criteria for Step 1 is at least 60% of the 18+ population vaccinated with dose 1, along with stable case counts and COVID-19 hospitalizations.

- Start a gradual return to workplaces
- Employers must continue to have a COVID-19 Safety Plan and daily health check in place

CSI Pacific

- We will continue with our basic COVID mitigation strategies:
 - Mask wearing indoors, recommend goggles for higher risk activities, having limits on room occupancy, regular sanitization of frequently used objects, physical distancing of 2 metres as much as possible, good respiratory etiquette
- And at this stage we'll invite staff to work in the office more routinely, following the above guidelines.

BC's Restart Step 2: Earliest start date June 15

The criteria for moving to Step 2 is at least 65% of the 18+ population vaccinated with dose 1, along with declining case counts and COVID-19 hospitalizations. The earliest date we move to Step 2 is June 15.

- Continued return to the workplace
- Small, in-person meetings allowed

CSI Pacific

- We will continue with our basic COVID mitigation strategies:
 - Mask wearing indoors, recommend goggles for higher risk activities, regular sanitization of frequently used objects, , physical distancing of 2 metres as much as possible, good respiratory etiquette
 - We will increase room capacity to 75% of normal
- We will no longer require fully vaccinated athletes/staff returning from inter-provincial travel to self-isolate for 14 days or after a Day 5 COVID test has been reported negative before they access our facilities or work directly with our staff. These guidelines will remain in place for those who are partially vaccinated or not vaccinated.

¹ <https://www2.gov.bc.ca/gov/content/covid-19/info/restart>

BC's Restart Step 3: Earliest start date July 1

The criteria for moving to Step 3 is at least 70% of the 18+ population vaccinated with dose 1, along with low case counts and declining COVID-19 hospitalizations. The earliest date we move to Step 3 is July 1.

- Continued return to the workplace
- Seminars and bigger meetings allowed
- Workplaces must operate based on a new sector COVID-19 Safety Plan.

CSI Pacific

- We will continue with our basic COVID mitigation strategies:
 - Mask wearing indoors, recommend goggles for higher risk activities, regular sanitization of frequently used objects, physical distancing of 2 metres when possible, good respiratory etiquette
- And at this stage we'll invite staff to work in the office more routinely, following the above guidelines.
 - We will no longer have room limits
- As of June 15, we will no longer require fully vaccinated athletes/staff returning from inter-provincial travel to self-isolate for 14 days or after a Day 5 COVID test has been reported negative before they access our facilities or work directly with our staff. These guidelines will remain in place for those who are partially vaccinated or not vaccinated.
- It is expected that on July 5th, the federal government will change the guidelines for quarantine after returning from international travel allowing those that are fully vaccinated to not have to quarantine for 14 days.

Step 4: Earliest start date September 7

The criteria for moving to Step 4 is more than 70% of the 18+ population vaccinated with dose 1, along with low case counts and low COVID-19 hospitalizations. The earliest date we move to Step 4 is September 7.

- Workplaces fully reopened

CSI Pacific

- We plan to resume normal operations.
- We will no longer require any athletes/staff returning from inter-provincial travel to self-isolate for 14 days or after a Day 5 COVID test has been reported negative before they access our facilities or work directly with our staff. We will follow the guidance of the federal government about what is appropriate for international travelers.

CSI Pacific Campus Plans Overview

Note: CSI spaces at UBC are contingent on UBC Kinesiology return to work plans.

BC Restart Steps (Appendix A)	Admin Spaces All staff across 3 campuses	Lab Spaces	S&C Gym Spaces	Whistler Townhouse	Performance Services Consultations: MPC, RD, MD, PT *Staff using Camosun's AET clinic will abide by Camosun's Re- Opening protocols
Step 1 May 25th	<p>Daily health check-in</p> <p>Log in office times continued</p> <p>Masks mandatory indoors</p> <p>Physical distancing</p>	<p>Stage 2B Protocols:</p> <p>Verbal COVID screen at front door and log in/out times (Staff & Athletes) Tracked by PISE in Vic and Staff in Van</p> <p>Mandatory hand sanitization or hand wash upon entry</p> <p>Masks:</p> <ul style="list-style-type: none"> Staff - mandatory indoors for staff, goggles/face shield & lab coats are required for work with exercising athletes Athletes - mandatory upon entry/exit, not required while exercising <p><u>Vancouver lab</u> – all exercise testing requires VO2 collection. Keep mouthpiece in until ventilations return to normal post VO2max testing</p> <p>Capacity: <u>Victoria</u> – Lab:9, office:6 <u>Vancouver</u> – Lab 3, office 3</p> <p>No crossover between exercising training groups.</p> <p>No public testing</p>	<p>Stage 2B Protocols:</p> <p>Verbal covid screen at front door & log in/out office times continued (Staff & Athletes)</p> <p>Mandatory hand sanitization or hand wash upon entry</p> <p>Masks:</p> <ul style="list-style-type: none"> Staff - mandatory indoors for staff, goggles/glasses are recommended (optional) Athletes - mandatory upon entry/exit, not required while training <p><u>Whistler</u> 15 athletes; up to 2 training groups or cohorts as long as 2 metre spacing can be maintained <u>Victoria</u> Remain at 10 athletes to ensure 2 metre spacing</p> <p>No shared equipment, full sanitization required</p> <p>Single Point of building entry/exit. No group crossover.</p>	<p>Work Purposes Bookings Only</p> <p>2 staff maximum in townhouse (individual bedrooms)</p> <p>Masks mandatory indoors</p> <p>Physical distancing required</p>	<p>Location: Private offices used for consultations</p> <p>Daily COVID screen upon entry of the facility (staff and athletes).</p> <p>Mandatory hand sanitization or hand wash upon entry</p> <p>Masks:</p> <ul style="list-style-type: none"> Staff: Mandatory Athlete: Mandatory <p>Capacity: 2 people (1 staff, 1 athlete) per treatment or physician room.</p>

BC Restart Steps (Appendix A)	Admin Spaces All staff across 3 campuses	Lab Spaces	S&C Gym Spaces	Whistler Townhouse	Performance Services Consultations: MPC, RD, MD, PT *Staff using Camosun's AET clinic will abide by Camosun's Re- Opening protocols
Step 2 June 15th	<p>Small in person meetings allowed</p> <p>Staff gradual return to office</p> <p>Masks mandatory indoors</p> <p>Physical distancing</p>	<p>Stage 2B Protocols:</p> <p>Verbal COVID screen at front door and log in/out times (Staff & Athletes) Tracked by PISE in Vic and Staff in Van</p> <p>Mandatory hand sanitization or hand wash upon entry</p> <p>Masks:</p> <ul style="list-style-type: none"> • Staff - mandatory indoors for staff, goggles/face shield & lab coats are required for work with exercising athletes or at rest when physical distancing cannot be maintained. • Athletes - mandatory upon entry/exit, not required while exercising <p><u>Vancouver lab</u> – all exercise testing requires VO2 collection. Keep mouthpiece in until ventilations return to normal post VO2max testing</p> <p>Capacity: <u>Victoria</u> – Lab:9, office:10 <u>Vancouver</u> – Lab 3, office 3</p> <p>Small in person meetings</p> <p>No crossover between exercising training groups.</p> <p>Public testing resumes</p>	<p>Stage 2C Protocols:</p> <p>Verbal covid screen at front door & log in/out office times continued (Staff & Athletes)</p> <p>Mandatory hand sanitization or hand wash upon entry</p> <p>Masks:</p> <ul style="list-style-type: none"> • Staff - mandatory indoors for staff, goggles/glasses are recommended (optional) • Athletes - mandatory upon entry/exit, not required while training <p><u>Whistler</u> 15 athletes; up to 2 training groups or cohorts as long as 2 metre spacing can be maintained. Encourage outdoor training when possible.</p> <p><u>Victoria</u> Remain at 10 athletes,</p> <p>Equipment wiped down after use</p> <p>Single Point of building entry/exit.</p>	<p>Reduced cleaning protocols</p> <p>Work related use is priority</p> <p>2 staff maximum in townhouse (individual bedrooms) for work purposes.</p> <p>Masks mandatory and 2 metre spacing when possible</p> <p>Recreational use for staff may be permitted with proof of 2 doses vaccine (or one of Johnson & Johnson)</p>	<p>Location: Private offices used for consultations</p> <p>Daily COVID screen upon entry of the facility (staff and athletes).</p> <p>Mandatory hand sanitization or hand wash upon entry</p> <p>Masks:</p> <ul style="list-style-type: none"> • Staff: Mandatory • Athletes: Mandatory <p>Capacity: 3 per consultation.</p> <p>In person consultations encouraged, when appropriate.</p>

BC Restart Steps (Appendix A)	Admin Spaces All staff across 3 campuses	Lab Spaces	S&C Gym Spaces	Whistler Townhouse	Performance Services Consultations: MPC, RD, MD, PT *Staff using Camosun's AET clinic will abide by Camosun's Re-Opening protocols
Step 3 July 1st	<p>Larger in person meetings</p> <p>Staff continue return to work</p> <p>Masks recommended</p>	<p>Stage 3 Protocols: Verbal COVID screen at front door and log in/out times (Staff & Athletes) Tracked by Staff in Vic and Van</p> <p>Mandatory hand sanitization or hand wash upon entry</p> <p>Masks:</p> <ul style="list-style-type: none"> Staff – recommended indoors and mandatory when testing exercising athletes or when physical distancing cannot be maintained + goggles/face shield & lab coats Athletes - recommended upon entry/exit, not required while exercising. <p><u>Vancouver lab</u> – all exercise testing requires VO2 collection. Keep mouthpiece in until ventilations return to normal post VO2max testing</p> <p>Capacity: <u>Victoria</u> – Lab:14, office:14 <u>Vancouver</u> – Lab 3, office 3 Small in person meetings</p> <p>Re-opening of lab shower Crossover between exercising training groups allowed but distanced >3m within lab. Public testing offered</p>	<p>Stage 2C Protocols: Verbal covid screen at front door & log in/out office times continued (Staff & Athletes)</p> <p>Mandatory hand sanitization or hand wash upon entry</p> <p>Masks recommended</p> <p><u>Whistler</u> Unlimited athlete #'s; 2 metre spacing encouraged</p> <p><u>Victoria</u> Unlimited athlete #'s; 2 metre spacing encouraged</p> <p>Re-opening of shower and hot/cold tub access. Single person usage in hot/cold tubs. Two metre spacing encouraged.</p> <p>Front Doors unlocked as per normal</p>	<p>Work related use is priority</p> <p>3 staff maximum in townhouse for work purposes, if all staff members are fully vaccinated (proof of 2 doses vaccine or one of Johnson & Johnson). 2 staff maximum if not fully vaccinated.</p> <p>Masks mandatory and 2 metre spacing when possible</p> <p>Recreational use for staff may be permitted with proof of 2 doses vaccine (or one of Johnson & Johnson)</p>	<p>Location: Private offices used for consultations</p> <p>Daily COVID screen upon entry of the facility (staff and athletes).</p> <p>Mandatory hand sanitization or hand wash upon entry</p> <p>Masks: optional but recommended unless fully vaccinated.</p> <p>Capacity: 3+ per consultation</p> <p>In person consultations encouraged, when appropriate.</p>

BC Restart Steps (Appendix A)	Admin Spaces All staff across 3 campuses	Lab Spaces	S&C Gym Spaces	Whistler Townhouse	Performance Services Consultations: MPC, RD, MD, PT *Staff using Camosun's AET clinic will abide by Camosun's Re-Opening protocols
Step 4 Sept 7th	Fully Operational	<p>Self-COVID Screening – symptomatic individuals stay home</p> <p>Continue hand hygiene</p> <p>Staff – mask optional indoors and mandatory when testing exercising athletes who are not fully vaccinated or when physical distancing cannot be maintained</p> <p><u>Vancouver lab</u> – resume all exercise testing with fully vaccinated athletes/clients</p>	Fully Operational	<p>Work related use is priority</p> <p>Recreational use for staff may be permitted with proof of 2 doses vaccine</p>	Return to regular protocols.

APPENDIX A: BC Restart Plan Overview

STEP	Criteria	PHO Guidance	Personal Gatherings	Organized Gatherings	Travel	Sports & Activities	Businesses	Offices & Workplaces
1 MAY 25	C: stable H: stable D1: 60%	Masks mandatory, indoor public spaces Physical distancing If sick, stay home and get tested	Outdoor personal gatherings – up to 10 people Indoor visitors – up to 5 people or 1 household	Indoor seated organized gatherings – up to 10 people Outdoor seated organized gatherings – up to 50 people	Recreational travel within your zone Non-essential travel between zones restricted	Low-intensity indoor fitness classes Outdoor local team games and practices for all ages – no spectators	Indoor & outdoor dining – up to 6 people Liquor service - 10PM Existing WorkSafeBC Safety Plans remain in place	Start gradual return to workplaces and offices Existing Safety Plans remain in place
2 JUNE 15 (Earliest date)	C: declining H: declining D1: 65%	Masks mandatory, indoor public spaces Physical distancing If sick, stay home and get tested	Outdoor personal gatherings – up to 50 people Indoor visitors – up to 5 people or 1 household Playdates	Indoor seated organized gatherings – up to 50 people Sector consultations on next steps on indoor and outdoor gatherings	BC recreational travel BC Transit and BC Ferries – increased services as needed	High-intensity indoor fitness classes - reduced capacity Indoor team games for all ages – no spectators Spectators for outdoor sports – up to 50 people	Liquor service – midnight Banquet halls reopen – limited capacity, Safety Plans Sector consultations on next steps on easing of restrictions	Continue return to work Small in-person meetings
3 JULY 1 (Earliest date)	C: low H: declining D1: 70%	Masks – recommended Careful social contact If sick, stay home and get tested	Return to usual on indoor and outdoor personal gatherings Sleepovers	Increased capacity, indoor and outdoor gatherings – Safety Plan Fairs & festivals with Safety Plan	Canada recreational travel	All indoor fitness classes – increased capacity Limited spectators for indoor sports	Dining – no group limit Bingo halls, casinos and nightclubs – limited capacity Operate based on new Safety Plans	Seminars and bigger meetings Operate based on new Safety Plans
4 SEPT 7 (Earliest date)	C: low H: low D1: 70%+	Masks – personal choice Normal social contact If sick, stay home and get tested	Normal social contact	Increased capacity on large organized gatherings (i.e. concerts)	Canada recreational travel	Increased indoor and outdoor spectators Return of normal sport competitions – Safety Plans	Continue to operate based on new Safety Plans	Fully re-opened offices and workplaces

C: C-19 case counts H: C-19 hospitalizations D1: minimum % of people 18+ with dose 1

Revisions the CSI Pacific Return to Sport Plan as of Monday June 29, 2020 following BC Phase 3 announcement

Conditional Eligibility (pg. 9):

- The 14 day self-isolation measure is **now lifted** as of Monday June 29, 2020 for interprovincial travel, returning to BC.

CSI Pacific staff (pg. 11):

- will use one entrance to the facility and go through on-site screening (Appendix 8) and confirm they will not come to work if
 - They have traveled outside the **country** in the last 14 days

Appendix 8: Daily Monitoring Questions (pg. 54)

2. Have you or anyone in your household returned from **international** travel in the last 14 days

Addition of Appendix 9b to clarify protocol should a staff member **screen** positive (pg. 55)

STRENGTH & CONDITIONING

Planning for a training session at CSI Pacific (S&C Spaces) – Stage 2b

- In person, S&C support will be implemented using a staged approach (see attached gym stages),
- S&C staff will book 60-minute training slots (90-minute where available) with the S&C Lead in Victoria or with the Whistler Facility Lead. **There is the possibility a second small group may be in the gym at the same time (under 12 athletes total). In these cases, the gym will be sectioned off with no crossover between groups in the gym.**
- 60-minute training sessions will be booked in 90-minute blocks, with a 15-minute entry and briefing period, thereby allowing a 15-minute window following completion of the training session before the next group begins so that sanitary protocols can be completed (Table 1). **90-minute training sessions will be booked in 120-minute blocks, with a 15-minute entry and briefing period, thereby allowing a 15-minute window following completion of the training session before the next group begins so that sanitary protocols can be completed (Table 1).**
- Athletes will be asked daily to confirm that they are free of symptoms and have no red flags for entering our training facility prior to be admitted into a training session (see Appendix 8). This may be done online (if the sport has arranged this) or completed on-site with a designated staff member prior to entering the building.

View table below

Stage 2b		
Who	Athletes	Add Senior National Training Groups Second Training Group Allowed As Long As Physical Distancing Can Be Maintained .
	Staff	12 Athletes
		2 Staff Per Group
Pre Session	Pre Entry	Online Wellness Check. Verbal Wellness Check Prior To Entry. Visual Confirmation Of Hand Sanitization.
	Entry Requirements	Mandatory: Hand Hygiene (Hand Sanitizers) On Entry. Recommended: Thorough Full Body Shower With Soap Before (At Home).
During Session	Entry	Single Entry Point From Outside Building. No Group Crossover On Entry. Led In To Building By On Duty S&Cs.
	Equipment	Full Gym Use With 4m ² Spacing. No Sharing Equipment Between Sets. Equipment Wiped Down Post Use
	Session Hygiene	1 Spray Bottle and 1 Hand Sanitizer Per Athlete. Equipment Cleaned Prior To Each Session.
	Exit	Hands Sanitized Prior To Exit, Visually Confirmed By On Duty S&C. Single Exit Point, No Group Crossover within Gym.
	Sanitization	Thorough Full Body Shower With Soap After Training (At Home).
Post Session		Post Session- Staff Full Wipe Down Between Groups & Leave Facility. Cleaning Schedule Tracked/Recorded
Other Notes	External User Groups	No External Group Gym Access

Stage Progressi on/ Regressi on	Outdoor Training	Allowed As Long As Sanitization, Equipment Sharing Restrictions & Spacing Requirements Met
	PPE	Masks Will Be Required If Spacing Cannot Be Maintained (E.G. Spotting)
	Washrooms	1 Person Occupancy - Clean Faucets Post Use
	Markers to Progress	As Directed By CSI Pacific CMO During Biweekly Check-In
	Markers to Regress	As Directed By CSI Pacific CMO During Biweekly Check-In

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Introduction

Canadian Sport Institute Pacific (CSI Pacific) has prepared this document to set out our plans for a safe, responsible and controlled resumption of activity within our facilities. We believe that High Performance athletes serve as a model population to begin resuming structured activities. Our affiliated High Performance athletes are dedicated, extremely responsible ambassadors for their communities, and are demonstrated to be in good health through regular medical screening and monitoring.

We are engaged in ongoing consultations with our national and provincial sport partners, who are also in the process of developing safe and thorough sport-specific protocols to allow Return to Sport training in their respective fields of play.

Opening of facilities for exclusive access to High Performance athletes will be in accordance with guidance and permission from relevant British Columbia ministries (Health, Labor, Sport), and municipal Public Health authorities. Furthermore, resumption of athletic training in our facilities will be in accordance with guidance from WorkSafeBC and local public health authorities in Victoria, Whistler and Vancouver. The circumstances of the current COVID-19 pandemic have evolved quickly and our information will continue to be monitored and updated based on the regulations and guidelines of the authorities involved.

Our Institute has established a Working Group to assist with our preparations for re-opening our facilities, using a staged approach, and guided by the COVID-19 Risk Assessment Tool for Sport and fulfilling the WorkSafeBC requirements. Additional task teams have been set up to ensure appropriate precautions and monitoring mechanisms are in place for the safety of all and in adherence with the direction of public health.

CSI Return to Sport Strategy Work Group

Project Lead is Wendy Pattenden

1. Medical Point Person – Dr. Paddy McCluskey, CMO
2. NSO Point Person – Kurt Innes
3. PSO Point Person – Dave Hill
4. CSI Staff Point People – Lindsay Jennerich (office environment) & Kirsten Barnes (delivery of performance services)
5. Communications – Noah Wheelock
6. Strength & Conditioning Spaces – Craig Hill and Dana Agar-Newman
7. Performance Labs – Liz Johnson & Stacey Hutton

Supported by **Task Teams Working Through Our COVID-19 Risk Assessment Manual**

- **Staff Knowledge** – Dr. Paddy McCluskey, Trent Stellingwerff, Liz Johnson & Noah Wheelock
- **Specific Measures** – Dana Agar-Newman, Stacey Hutton & Ryan Brodie
- **Emergency Preparedness/Isolation capacity** – In consultation with our facility partners
- **Logistical Coordination** – Lindsay Jennerich, in coordination with our facility partners
- **Stakeholder Communication** – Noah Wheelock

COVID-19 Point People

- **Victoria:** Primary Point Person: Stephanie Reid, Secondary Point Person: Nitin Tailor
- **Vancouver:** Primary Point Person: Stacey Hutton, Secondary Point Person: Gurveen Clair
- **Whistler:** Primary Point Person: Craig Hill, Secondary Point Person: Alana Irvine

General Risk Mitigation Strategies

Public Health Measures

- CSI Pacific will adhere to all public health and WorkSafeBC Guidelines to assess and reduce our risk at our facilities;
 - <https://www.worksafebc.com/en/about-us/COVID-19-updates/COVID-19-returning-safe-operation>
 - BC Public Health Guidelines: http://www.bccdc.ca/health-info/diseases-conditions/COVID-19?bcgovtm=20200506_GCPE_AM_COVID_9_NOTIFICATION_BCGOV_BCGOV_EN_BC_NOTIFICATION
- CSI Pacific has referenced Own the Podium's Risk Assessment Tool for Sport in the development of our plan to mitigate risk further and we encourage our sport partners to do so as well.
- CSI Pacific will maintain a daily log of building and training facility access, to assist with any potential public health inquiries, in the event of a positive case and subsequent contact tracing.
- CSI Pacific's Emergency Action Plan (EAP) will be updated for all COVID-19 issues and accessible by those in the facility (see Appendix 1, 1b).

Environmental Measures

- CSI Pacific will work with our facility partners to ensure that enhanced cleaning/sanitization practices are in place.
 - Refer to Victoria campus PISE plan for details (Appendix 2)
 - Refer to Vancouver campus UBC plan for details (Appendix 3)
 - Refer to Whistler campus plan for details (Appendix 4)
- All shared spaces will be thoroughly cleaned and disinfected twice daily by the facility cleaning staff.
 - Refer to Victoria campus PISE plan for details (Appendix 2)
 - Refer to Vancouver campus UBC plan for details (Appendix 3)
 - Refer to Whistler campus plan for details (Appendix 4)
- All CSI Pacific spaces (HP gym, Performance Lab, consultation/meeting rooms and office area (e.g., desks) will be cleaned pre and post sessions/meetings, following the specific cleaning guidelines for each discipline (see CSI Pacific Disciplines' Return to Work Information and Protocol). Cleaning supplies will be provided.

- All unnecessary/communal tools or equipment that may elevate the risk of transmission will be removed (such as plates, utensils, coffee makers).
- Ready-to-use (RTU) manufactured hard surface disinfectants and hand sanitizers will be chosen that have a Drug Identification Number (DIN) and are on Health Canada's list of products with evidence against COVID-19:
 - <https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/COVID-19.html>
- Where appropriate, daily-made bleach solutions of concentrations recommended by the BC Centre for Disease Control or 60-90% isopropyl alcohol may be used as alternatives to RTU manufactured disinfectants:
 - <http://www.bccdc.ca/health-info/diseases-conditions/COVID-19/prevention-risks/cleaning-and-disinfecting>
- Whenever possible, training activities will occur outdoors, where physical distancing measures can be easier to maintain.
- CSI Pacific will work to ensure that physical distancing guidelines in our facilities and training locations will be consistent with public health recommendations, which are currently set at 2 metres apart at all times (see Appendix 5).
 - Physical reminders for physical distancing will be put in place.
 - Appropriate physical barriers will be in place to protect staff.

Administrative Measures

- CSI Pacific will limit the number of athletes, coaches, staff inside the facility at all times:
 - Staff will be encouraged to work from home when possible.
 - Staff, athletes and coaches will be limited in their movement inside the facility to facilitate physical distancing at all times.
 - See appropriate facility plans for details
 - Athletes using the gym will be restricted to that room. Athletes and coaches will not be permitted in administrative or performance service office areas without appointment.
 - Performance Services Staff will continue to provide remote services where appropriate and work with their respective NTG programs to co-ordinate training in the facility or on-site support that adheres to all NSO return to training guidelines and public health recommendation for a safe return to training.
 - Training sessions will be scheduled so that numbers are confirmed and adhere to the public health recommendations prior to athlete arrival, so as to avoid overlap between groups and to ensure that appropriate service support is provided.
- The staff member responsible for leading the training or consult session will be accountable to documenting the athlete group(s) including date, arrival time, number of athletes, names, nature of the session, other staff involved and departure time.
- Some non-essential spaces within the facility will be closed or have limits to occupancy.

- PISE Facility: Refuel Café + surrounding lobby and upstairs lounge/study area will be closed. The upstairs kitchen will be single use only. The boardroom will have a maximum of 4 people for meetings. Room 209 will have a maximum of 2 for meetings.
- Whistler kitchen lounge will be open for single occupancy only, with mandatory sanitization of all surfaces contacted by anyone using the printer, stationary cabinet, fridge, sink, table or any other objects/equipment. Appropriate signage will be in place and disinfectant supplies will be provided including hand soap for the sink.
- See each facility's plans for more specific details.
- Additional CSI Pacific facility protocol is provided in Appendix 6.
- Appropriate signage will be placed throughout the facility (e.g., access points, workout, training, and treatment spaces) outlining current public health precautions.
- Employee training and education on these measures would occur prior to reopening the facility.
 - Dr. Paddy McCluskey, CSI Pacific CMO, led a mandatory webinar on June 8, 2020 in which staff were provided education on all the relevant aspects of the pandemic and how it impacts CSI Pacific as we resume our operations.
 - The webinar addressed education on physical distancing, handwashing, sanitization, respiratory etiquette, risk to those with chronic disease. It reviewed the different concepts of self-isolation, quarantine and self-monitoring.
 - The webinar slide deck will be available for viewing.
- Each CSI Pacific discipline has created their discipline-specific return to work guidelines. See section below "CSI Pacific Disciplines' Return to Work Information and Protocol" for more information.
- All staff entering a sport specific training environment(s) must have their plan approved with their Lead. They must also provide evidence of a sport-specific return to training plan and demonstrate that sport-specific education/staff knowledge has been completed (including hygiene and cleaning protocols).
- In conjunction with our facility partners, CSI Pacific will work to identify a suitable self-contained space to allow athletes and/or staff to self-isolate, in the event any individual accessing the facility experiences symptoms associated with COVID-19 (see Appendix 7).
 - In Victoria PISE: Rm 330B
 - In Whistler WAC: downstairs therapy room
 - In UBC & Vancouver campus: not required at this time.

Personal Measures

- CSI Pacific staff:
 - will use one entrance to the facility and go through on-site screening (Appendix 8) and confirm they will not come to work if
 - they have symptoms of COVID-19
 - if they have had contact with a known or suspected case of COVID-19
 - they have traveled outside the country in the last 14 days
- CSI Pacific will ensure that on a daily basis all athletes have answered no to the same daily screening questions and do not have any red flags for being present at training facility. In addition, all athletes will be required to sign a revised CSI Pacific athlete waiver.

- If a staff member develops symptoms while at one of our facilities, they will be given a mask and asked to return to their home and contact their family physician. Those with significant symptoms will be directed to the facility isolation room and 911 will be called (see Appendix 9a).
- All positive responses on daily monitoring will be referred for follow up with their family physician and, for athletes, their team physician or the CSI Pacific physician if they have no team physician. CSI Pacific will implement a communication tree to ensure that, in the event of a positive response on daily monitoring, that any appropriate measures that are needed to further mitigate risk can be taken (see Appendix 9b).
- If a staff member or athlete tests positive for COVID-19, we will follow our Positive Test protocol (Appendix 10) and home isolation will be required (see Appendix 11)
- There will be accessible sanitizing stations around the facility and all staff and athletes will be encouraged to wash their hands frequently (see Appendix 12).
- CSI Pacific will conduct a staff **return to work psychosocial check-in** to understand staff members' levels of comfort in transitioning back to work, and to determine required support (see Appendix 13 & 14).
- Staff will be asked to wear a mask when physical distancing cannot be maintained. In some situations, gloves or enhanced hand hygiene may also be required when physical distancing cannot be maintained. Examples of situations where physical distancing may not be maintained may include:
 - Spotting in the weight room
 - Physiology testing
 - Assistance of a visually impaired athlete or para-athlete with mobility restrictions that requires manual assistance in the DTE
 - Manual therapy
 - Physician assessment
- **Masks & PPE**

CSI Pacific will be providing the following PPE for staff which will be distributed within our facilities:

- Disposable surgical masks
- Personal washable bamboo masks
- Disposable aprons and gloves
- Face shields and isolation gowns for special circumstances/testing
- Other items of PPE will be used when appropriate for certain lab testing protocols (See Physiology Discipline section)

WSBC suggests non-medical cloth masks are appropriate in gym settings and these may be used by athletes.

Safe Sport

In keeping with public health recommendations, CSI Pacific staff will minimize the number of staff in the facility and use virtual communication whenever possible. However, in all instances they must strive to maintain the fundamental safe sport principles including maintaining the rule of two and working in open and observable environments. Training or testing sessions should include a minimum of 3 people.

Safe Sport also applies to online communication (email, chats, virtual meetings etc.). These interactions should also be done in group settings, in particular with athletes who are minors and recommend that:

- All efforts should be made to ensure that open and observable environments are maintained where appropriate as identified in CSI Pacific's Responsible coaching policy.
- Open and observable environments also apply to online communication (email, text, zoom etc.) where appropriate as identified in CSI Pacific's Responsible coaching policy.

Who is eligible to train?

Athlete and sport eligibility will be reviewed and updated in line with protocols set out in this document:

- High Performance athletes who are registered with CSI Pacific and who are healthy, asymptomatic, have not been in contact with anyone confirmed or suspected to have contracted the COVID-19 virus within the last 14 days and have not traveled internationally within the last 14 days.
- Prioritized athletes for initial stage of reopening are defined as Athlete Assistance Program (AAP) carded athletes who have qualified for and/or are training for the 2021 Summer Olympic / Paralympic Games; and the 2022 Winter Olympic / Paralympic Games, as approved by their respective National Sport Organization (NSO).
- As the situation with respect to the COVID-19 pandemic and local transmission improves, the pool of athletes prioritized for training at our facilities will expand to include other members of a Senior National Team, as identified by the NSO. This will be staged to align with public health guidelines on physical distancing and physical capacity of each training facility to conform with these physical distancing guidelines.
- CSI Pacific Lead staff will communicate in advance with NSO leaders as sports prepare to return to their respective daily training environments.

Para Athletes:

- CSI Pacific acknowledges that there are unique considerations for our para athletes, due to the nature of their disability, that may impact their mobility, their ability to train in our facilities independent and place them at greater risk of a more severe course of COVID-19. We will take all steps necessary to protect these athletes and also ensure they have access to our facilities.
 - Our elevators will still be available for use. In order to ensure physical distancing is maintained, athletes are encouraged to use the elevator alone unless they need assistance to get in and out of the elevator
 - Athletes requiring assistance due to visual or mobility impairments to participate in training or access our facility will still be able to receive this assistance. If the person providing the assistance is not a member of the athlete's household, that person and the athlete will be asked to wear a mask.

Where will training take place?

- This guide provides detailed protocols for resuming training at the Canadian Sport Institute Pacific's three campuses in Victoria, Whistler and Vancouver.
- This first stage of return to training is restricted to the use of our Strength and Conditioning areas and immediate outdoor training spaces adjacent to the gyms, as well as our Performance Labs.

- Other performance services may be provided (including continued remote servicing) through our formal service agreements with each National Training Group, based on their respective Return To Sport Plans.

Non-compliance (staff and athletes/coaches)

- We will work with our facility partners to ensure, as to our best abilities, the guidelines in this document are adhered to by our staff and NSO staff & athletes.
- Anyone found to be non-compliant will be identified to the CSI Pacific COVID-19 Point Person and appropriate steps taken to ensure future compliance.

CSI Pacific Return To Work Plan: Stages, Key Steps & Timelines

STAGE 1:

Guidelines for CSI Pacific Employees:

- All staff are working at home, unless they have received permission from their Leads.
- Any staff returning to BC from out of province will need to self-isolate for 14 days prior to entering any of our CSI facilities.
- **All staff MUST attend/view the COVID-19 Education/Safety Webinar/Slides presented by Dr. Paddy McCluskey by June 14, 2020.**
- Leads will develop discipline-specific schedules for the daily working environment in order to limit number of staff in building at the same time.
 - Staggered work hours/days will be in place for the open office environment.
 - No more than one individual is to work out of a private office at any time.
- Staff return to work psychosocial check in's to be completed.

STAGE 2:

- A CSI Pacific COVID-19 Point Person will be deployed at this time with specific duties (see Appendix 15).
- Adherence to all points made pages 3-8.
- Reminders:
 - Staff will be encouraged to work remotely from home whenever possible.
 - Staff will coordinate and work with their Lead regarding coming into the facility to work and NTG schedules for the support to those programs.
 - All staff MUST check in with the facility on-site screening station on a daily basis prior to entering the building.
 - Physical distancing of at least 2 metres should be maintained at all times.
 - When physical distancing is not possible, staff must wear a mask and, when appropriate for the situation, the athlete should wear a mask as well. Additional personal protective equipment may be required for service delivery that necessitates the breaching of physical distancing guidelines
 - Staff must limit movement around the facility and interaction with others, including:
 - avoiding elevator use unless they cannot use the stairs
 - avoiding all common areas: café seating area, study area, standing in hallways.

Next Steps & Key Timelines

May 25th, 2020	CSI Pacific Return To Sport Work Group Meeting
May 27th, 2020	CSI Pacific Staff Town Hall (virtual mtg) to discuss CSI Re-Opening Plan with all staff
June 1st, 2020	CSI Pacific Return To Sport Work Group Meeting
June 8th, 2020	(11:45am PST) COVID-19 Staff Training Webinar, presented by Dr. Paddy McCluskey, CMO
June 12 th , 2020	Distribution of CSI Pacific Re-Opening Plan to all staff
June 14th, 2020	(4pm PST) Mandatory deadline for all staff to have viewed COVID-19 Staff Training Webinar, presented by Dr. Paddy McCluskey, CMO
June 15th, 2020	CSI Pacific Return To Sport
June 22nd, 2020	First week debrief following re-opening
July 6 th , 2020 July 27 th , 2020 Aug 17 th , 2020 Sept 14 th , 2020	Dates when CSI Pacific Return To Sport plan will be reviewed by the CSI Pacific work group

CSI Pacific will review this protocol and provide updates as new and available information informs changes to existing operational procedures.

If you have any concerns or issues, please raise them to one of the members of the Return to Sport Strategy Working Group.

CSI Pacific Disciplines' Return to Work Information and Protocol

STRENGTH & CONDITIONING

Planning for a training session at CSI Pacific (S&C Spaces) – Stage 2

- In person S&C support will be implemented using a stage approach (see attached gym stages),
- S&C staff will book 60-minute training slots with the S&C Lead in Victoria and the Whistler Facility Lead.
- 60-minute training sessions will be booked in 90 minute blocks, with a 15-minute entry and briefing period, allowing a 15-minute window following completion of the training session before the next group begins so that sanitary protocols can be completed (Table 1).
- Athletes will be asked daily to confirm that they are free of symptoms and have no red flags for coming into our training facility prior to be admitted into a training session (see Appendix 8). This may be done online (if the sport has arranged this) or completed on-site with a designated staff member prior to entering the building.

View table below

		Stage 2a	Stage 2b	Stage 2c	Stage 3
Who	Athletes	Only CAAP Carded Athletes One Training Group Per Time Slot	Add Senior National Training Groups Second Training Group Allowed As Long As Physical Distancing Can Be Maintained	Add Next Gen Groups, PSO & NSO Independents. Second Training Group Allowed As Long As Physical Distancing Can Be Maintained	Add in Sport School
		10 Athletes Or (1 Per Workspace)	12 Athletes	Full Training	See Stage 2c
		1 Staff Per Group	2 Staff Per Group	Staff As Needed	See Stage 2c
	Staff	Online Wellness Check. Verbal Wellness Check Prior To Entry. Visual Confirmation Of Hand Sanitization.	Online Wellness Check. Verbal Wellness Check Prior To Entry. Visual Confirmation Of Hand Sanitization.	Online Wellness Check. Verbal Wellness Check Prior To Entry. Visual Confirmation Of Hand Sanitization.	Verbal Wellness Check Prior To Entry. Visual Confirmation Of Hand Sanitization.
		Mandatory: Hand Hygiene (Hand Sanitizers) On Entry. Recommended: Thorough Full Body Shower With Soap Before (At Home).	Mandatory: Hand Hygiene (Hand Sanitizers) On Entry. Recommended: Thorough Full Body Shower With Soap Before (At Home).	Wait To Enter Gym With Appropriate Spacing (Marked). Mandatory: Hand Hygiene (Hand Sanitizers) On Entry.	Mandatory: Hand Hygiene (Hand Sanitizers) On Entry
		Single Entry Point From Outside Building. No Group Crossover. Led In To Building By On Duty S&C.	Single Entry Point From Outside Building. No Group Crossover On Entry. Led In To Building By On Duty S&Cs.	Single Entry Point To Gym. Let In to Gym By On Duty S&Cs.	As Needed
	Pre Entry	Limited To What Is In Workspace/Platform (4m ² Spacing). No Sharing Equipment Between Sets. Equipment Wiped Down Post Use	Full Gym Use With 4m ² Spacing. No Sharing Equipment Between Sets. Equipment Wiped Down Post Use	Full Gym Use With 4m ² Spacing. Equipment Wiped Down Post Use	See Stage 2c
	Entry Requirements				
During Session	Entry				
Equipment	Equipment				

	Session Hygiene	1 Spray Bottle and 1 Hand Sanitizer Per Workspace. Equipment Cleaned Prior To Each Session.	1 Spray Bottle and 1 Hand Sanitizer Per Athlete. Equipment Cleaned Prior To Each Session.	Spray Bottle and Hand Sanitizers Easily Accessible Around The Gym	Hand Hygiene (Hand Sanitizers) On Entry And Exit To Venues, As Well As Pre, Post And During Training.
	Exit	Hands Sanitized Prior To Exit, Visually Confirmed By On Duty S&C. Single Exit Point, No Group Crossover.	Hands Sanitized Prior To Exit, Visually Confirmed By On Duty S&C. Single Exit Point, No Group Crossover within Gym.	Hands Sanitized Prior To Exit. Exit as needed.	Hands Sanitized Prior To Exit. Enter and exit as needed
Post Session	Sanitization	Thorough Full Body Shower With Soap After Training (At Home).	Thorough Full Body Shower With Soap After Training (At Home).	Thorough Full Body Shower With Soap After Training (At Home).	As Needed
		Post Session- Staff Full Wipe Down Between Groups & Leave Facility. Cleaning Schedule Tracked/Recorded	Post Session- Staff Full Wipe Down Between Groups & Leave Facility. Cleaning Schedule Tracked/Recorded	Post Session- Athletes Full Wipe Down Between Groups. Cleaning Schedule Tracked/Recorded	Post Session- Athletes Full Wipe Down Between Groups. Cleaning Schedule Tracked/Recorded
Other Notes	External User Groups	No External Group Gym Access	No External Group Gym Access	No External Group Gym Access	External Gym Access (PISE, WSL)
	Outdoor Training	Allowed As Long As Sanitization, Equipment Sharing Restrictions & Spacing Requirements Met	Allowed As Long As Sanitization, Equipment Sharing Restrictions & Spacing Requirements Met	Allowed As Long As Sanitization, Equipment Sharing Restrictions & Spacing Requirements Met	As Needed
	PPE	Masks Will Be Required If Spacing Cannot Be Maintained (E.G. Spotting)	Masks Will Be Required If Spacing Cannot Be Maintained (E.G. Spotting)	PPE Will Be Available As Required	PPE Will Be Available As Required
	Washrooms	1 Person Occupancy - Clean Faucets Post Use	1 Person Occupancy - Clean Faucets Post Use	1 Person Occupancy - Post Session	1 Person
	Markers to Progress	As Directed By CSI Pacific CMO During Biweekly Check-In	As Directed By CSI Pacific CMO During Biweekly Check-In	As Directed By CSI Pacific CMO During Biweekly Check-In	As Directed By CSI Pacific CMO During Biweekly Check-In
	Markers to Regress	Regional Health Recommendations	As Directed By CSI Pacific CMO During Biweekly Check-In	As Directed By CSI Pacific CMO During Biweekly Check-In	As Directed By CSI Pacific CMO During Biweekly Check-In

PHYSIOLOGY

Since COVID-19 has been shown to be more than a respiratory issue and can potentially involve multiple organs (and thus fluids), as well the full understanding of COVID-19 is still emerging, physiological services that feature collection and analysis of bodily fluids will be very conservative and gradual (i.e. collection of expired air, blood, urine, sweat, etc. are still very much unknown regarding COVID-19 risk).

We will require extensive precautions with full personal protective equipment (PPE) and/or physical barriers at certain times for testing to take place. Furthermore, a comprehensive athlete assessment during COVID-19 is considered nice to have, not a must have, and we will restrict delivery of services should we feel that risk outweighs benefits. All guidelines below are subject to change based on the best available scientifically published evidence.

ATHLETE ELIGIBILITY

Athletes with a suspected or confirmed case of COVID-19 will not be eligible for physiological assessments until their family or team physician deems that they have recovered and provides written documentation clearing them for testing.

While service delivery to different groups may be possible across all stages of opening when resources are available (i.e., staff, space, and PPE), groups/athletes will be prioritized in the following order:

1. CAAP athletes
2. Senior national team training groups
3. Next Gen athletes
4. PSO groups
5. NSO independents
6. Sport school
7. General public

OCCUPANCY

During Stages 1 (June 1-14, 2020) and 2A (June 15, 2020), there will be no more than 1 athlete in the lab at any given time. During Stage 2B & 3 (Oct 2020) if testing is exercise related (e.g. lactate assessment, Alter G) multiple athletes within the same training group or node may be in the lab concurrently. If the testing is non-exercise related (e.g. Anthropometry) multiple athletes from different training groups or nodes may be in the lab concurrently. In both the non-exercise and exercise related scenarios there must be a different staff member assigned to each athlete, the physical layout is arranged such that individuals at different stations can maintain a minimum distance of 3 meters at all times, and air exchange is adequate. Visitors (e.g., coaches, family, etc.) deemed unnecessary by CSI Pacific staff for training/testing sessions will not be permitted in the lab when a session is occurring. CSI Pacific staff not associated with the session will be discouraged from entering the lab, but may do so when necessary if they can maintain a distance of at least 2 meters from everyone else.

Maximum occupancy of CSI Pacific campus labs:

- Victoria – 9
- Vancouver – 3
- Whistler – 3 (excludes testing stations set up outside of the Whistler lab, on the gym floor)

LAB ENTRY

All preparation that can be completed by staff ahead of an athlete's arrival (e.g., paperwork, equipment calibration, etc.) will be done so. Whenever possible, informed consents, waivers, and health screening questionnaires will be completed by athletes and submitted online before their session. CSI Pacific staff will prepare athletes ahead of

their session with a phone call, videoconference, and/or printed material informing them of protocols to minimize time spent in the lab delivering instructions.

During Stages 1 and 2, athletes will complete an online wellness check before arriving at the facility. This online check may be eliminated in Stage 3.

Athletes are asked to arrive no more than 5 minutes prior to their appointment, wait outside of the building, and call/text staff upon their arrival. A staff member will meet them at the entrance to the building where a verbal wellness check will be completed by either the staff member or a facility screener. Both the staff member and the athlete will perform hand hygiene prior to entering the lab.

Athletes are asked to come prepared in the clothes they plan to wear during the session whenever possible and to bring only essential items.

LAB EXIT

Whenever exiting the lab, hand hygiene must be performed (hand sanitizer will be available near the door). Athletes will be asked to leave the building directly through the appropriate exit unless they have a previously made appointment with another staff member. For these situations, arrangements will be made for the athlete to be escorted between locations. Showering at the facility post-session will not be available for the foreseeable future.

INFECTION PREVENTION

Across all stages of re-opening, hand hygiene will be performed before and after touching an athlete, prior to handling equipment for testing/training sessions, after any potential exposure to blood and bodily fluids, before and after wearing PPE, and after touching inanimate objects and surfaces that are potentially contaminated (i.e., fomites).

All working surfaces and objects on said surfaces will be disinfected before and after use with a given athlete.

When an athlete is required to wear a face mask (e.g., anthropometry assessment), one will be provided by CSI Pacific when the athlete does not have their own.

SERVICES BEGINNING IN STAGE 1 (JUNE 1-14, 2020)

Type of Service	Required PPE and Comments
Remote consulting Examples: - phone calls - video conferencing	Note that consults will be recorded or a 3rd party will be involved in order to meet "Rule of 2" guidelines whenever the athlete is a minor.
Outdoor training observation where physical distance ≥ 2 meters maintained	Surgical or non-medical reusable cloth face mask required by staff and, where possible, the athlete whenever physical distance of 2 meters breached.

SERVICES BEGINNING IN STAGE 2A (JUNE 15, 2020)

Type of Service	Required PPE and Comments
Resting blood pressure and heart rate	Surgical or non-medical reusable cloth face mask required by staff and the athlete. Whenever possible, an automated unit will be used for measurements.
Anthropometry	Surgical or non-medical reusable cloth face mask required for staff and athlete. Athlete showers at home just prior to assessment. Third party present to meet "Rule of 2" will also wear a face mask.
Hydration status checks (Urine specific gravity analysis)	Gloves, surgical mask, and full face shield required.
Outdoor testing where physical distance ≥ 2 meters maintained Examples: - Sprints/jumps with timing gates - Beep test	Surgical or non-medical reusable cloth face mask required by staff and, where possible, the athlete whenever physical distance of 2 meters breached.
Outdoor blood lactate assessment	Surgical mask, full face shield, and gloves required. Athlete instructed to face away from staff member during blood collection. Additionally, a plexiglass barrier will separate athlete from staff member when conditions permit.

SERVICES BEGINNING IN STAGE 2B (Aug 1 2020)

Type of Service	Required PPE and Comments
Indoor training observation or lab testing with no bodily fluid analysis, where physical distance ≥ 2 meters can be maintained Examples: - cycle ergometer power profile - gait analysis	Surgical or non-medical reusable cloth face mask required by staff and, where possible, the athlete whenever physical distance of 2 metres breached. Testing/training session will be set up such that athlete is facing away from others and fans will be used when they can safely increase air exchange.

Lab based blood lactate assessment	Surgical mask, full face shield, and gloves required. Athlete will be instructed to face away from the staff member during blood collection, but a plexiglass barrier will be used to separate athlete from staff member when conditions permit. Testing session will be set up such that athlete is facing away from others and fans will be used when they can safely increase air exchange. Staff member will change clothes after testing session if gown/apron not worn.
Lab based assessments with expired air analysis Examples: - Basal metabolic rate analysis - VO ₂ max assessment -	Gloves, surgical mask, full face shield and isolation gown required for staff within 3 meters of athlete. Surgical or reusable non-medical cloth mask required for staff assisting who maintain a physical distance ≥ 3 meters. Decontamination gloves that reach up to elbows, surgical mask, full face shield and isolation gown required for cleaning of equipment. Note that cleaning of equipment will occur after the athlete has left the lab.
Lab based sweat assessment	Surgical mask and gloves required for preparation and placement of sweat patches. Surgical mask, full face shield, and gloves required for removal and handling of samples and when opening centrifuge. Mask and gloves worn during analysis.
Heat training in Mobile Environmental Trailer (MET)	Surgical or non-medical reusable cloth face mask required by staff and, where possible, the athlete whenever physical distance of 2 metres breached. 1 athlete maximum in MET at a given time. Staff remain in office portion whenever possible. Washout period of 30 minutes at maximum heat setting between athletes.
Alter G treadmill access	Surgical or non-medical reusable cloth face mask required by staff and, where possible, the athlete whenever physical distance of 2 metres breached. Athlete completes initial decontamination of treadmill and shorts post-session. Face shield (optional), mask and gloves worn by staff member for terminal cleaning after use.

SERVICES BEGINNING IN STAGE 3 (Oct 1 2020)

Type of Service	Required PPE and Comments
Spirometry	Gloves, surgical mask, and full face shield required for staff within 3 meters of athlete. Athlete positioned to face away from others, but where appropriate a plexiglass barrier will also be used to protect staff and equipment from exhaled droplets during forced maneuvers.

HEALTH SERVICES

Staff members:

- Dr. Paddy McCluskey, MD, CMO
- Sue Lott, PT
- Sandeep Nandhra, AT
- Didié Hamel-Jolette, AT

The following guidelines are in reference to duties that occur in the Camosun Athletic and Exercise Therapy (AET) Clinic. When staff are working in other parts of the PISE facility or other training facilities (i.e. the Commonwealth Pool), they will abide by the guidelines specific to those environments.

Stage 1:

- All treatments and athlete/patient encounters are currently being done virtually.

Stage 2:

At this time there is no opening day planned for the Camosun AET Clinic. The following guidelines are pertaining to when the Camosun AET Clinic opens.

- All staff will be directed to continue with virtual appointments, when appropriate.
- To avoid congestion in the waiting room, athletes/patients will be instructed to arrive on time for their appointments and, if they are early, to wait in their vehicle prior to coming to their appointment.
- Seating in the waiting room will be adjusted to allow athletes/patients to maintain 2 metres of physical distancing from others in the waiting room.
- Appointments will be scheduled so that there is a 15-minute buffer between appointments to allow for appropriate cleaning between each athlete/patient, and to avoid and overlap with other athletes/patients in the waiting room.
- All athletes/patients will be screened prior to each encounter. Any athlete with symptoms will be given a mask and asked to return home and contact their family physician.
- Presently in BC, most medical and therapy offices are permitted to be open and PPE is not required for interactions with patients deemed to be low risk. But in order to best protect patients/athletes, staff will wear masks for all encounters, including hands on treatment or interviews conducted in the same room.
- The treatment tables and chairs will be cleaned with the appropriate cleaning agents between each athlete/patient.
- At this time testing for COVID-19 is not being offered by CSI Pacific medical staff.
- At this time, CSI Pacific staff are not able to accommodate learners in the Camosun AET Clinic.
- Deeper cleaning of the treatment areas will be completed by Camosun College cleaning staff twice daily.

Stage 3: TBD

MENTAL PERFORMANCE

Mental Performance Consultant Team:

- Dr. Sharleen Hoar (Lead)
- Christie Gialloeto
- Alex Hodgins
- Dr. Kirsten Barnes
- Dr. Lauren McBride
- Dr. John Coleman
- Geoff Hackett
- (Danelle Kabush)

Stage 1:

- Mandatory Staff/Consultant Education Meeting: June 8th, 11:45-12:45
- Participate in NSO/PSO specific education meeting
- All consultations to continue as remote/virtual support

Stage 2:

The following guidelines are in reference to consulting the CSI Pacific facilities and facility partners return to work plan(s). When staff are working in other partner or training facilities (e.g. UBC, Pool complex or Rugby ACC) they will abide by the guidelines specific to those environments. (See "Stage 2 Guidelines" table below).

Stage 2 Guidelines

Modified use of Facilities and Consultations	<ul style="list-style-type: none"> • Continue to work remotely unless it is essential to come to a NSO or CSI Pacific facility. • Waiver of Liability and Assumed Risk are not required by CSI Pacific employees; contractors will be provided with a waiver of liability and assumed risk for all one to one/ in-face meetings (including walk & talks), if necessary. • Follow policy and procedures of NSO/CSI Pacific facility use • Meeting space to be used booked in advanced - Sharleen Hoar to manage bookings at PISE 209; 213; please communicate directly with her; Whistler bookings to be managed by Alana Irvine. • All bookings will be separated by 15min to avoid athlete overlap and allow time for appropriate cleaning of the area being used. • All staff will use designated entrance and exit for CSI Pacific staff; • All staff will check in with the 'screener' at the CSI Pacific facility entrance, verbally respond to the questions and provide name and time of entry as per CSI Pacific guidelines. Staff will follow guidelines of the NSO for sport specific facility attendance. All athletes/coaches will be screened prior to each in person consultation at the point of entry to the facility. • Athletes/coaches will be met at the front door of the facility by the consultant and will go together to the consult room.
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	<ul style="list-style-type: none"> • Mental Performance consultant to open and close door to meeting room in CSI Pacific policy.
Group Gathering Size	<ul style="list-style-type: none"> • Group sessions will continue to be provided remotely in this stage. • Group training size, must follow provincial/federal regulations for group gathering size (this will be communicated within CSI Pacific). • If multiple training groups are established by the NSO/PSO, keep training groups intact so that the same people are training together. • Bioneurofeedback services will not be administered during this stage.
Physical Distance	<ul style="list-style-type: none"> • Seating in the consult room will be set up to allow for 2m physical distance. • Walk and talk outside will be allowed while maintaining physical distance.
Sanitization	<ul style="list-style-type: none"> • Disinfectant wipes will be in each consult room and available to wipe the table, chairs and door handles after each consultation
Safety Contingencies	<ul style="list-style-type: none"> • Masks will be available if physical distancing is not possible • Mask will be provided and athlete asked to return home and contact their doctor should any symptoms are present • Deeper cleaning of the office/meeting rooms will be completed by Camosun College cleaning staff, for PISE (need to confirm timings for this and not book appointments)
Communication	<ul style="list-style-type: none"> • All staff CSI Pacific communication will come from the re-opening working group and/or MPC Lead Sharleen Hoar. • MPC specific communication will be delivered by Sharleen Hoar. • Individual safety and working concerns and questions need be directed to Sharleen Hoar and she will follow up with the individual. • Information is changing frequently and we will aim to update regularly. • All signed off waivers must be held in the possession of and tracked by individual consultants.
Mental Health	<ul style="list-style-type: none"> • Mental health referral process engaged during shutdown will continue in return to sport/work stages.

NUTRITION

Performance Nutrition Team:

- Susan Boegman (Lead)
- Genevieve Masson
- Jessalyn O'Donnell
- Joanna Irvine
- Vanessa Zoras

General

Nutrition services staging provision will align with the Institute policy as well as the other performance services disciplines that share common practice or service delivery.

All recommendations and timelines below are subject to change based on the best available scientifically published evidence.

Service delivery will be prioritized in the following order:

1. CAAP athletes
2. Senior national team training groups
3. Next Gen athletes
4. PSO groups
5. NSO independents
6. Sport school
7. General public.

Note that service requests will be fulfilled only when all resources necessary are available (i.e. staff space and personal protective equipment (PPE) and adequate time is built in between sessions to allow for cleaning and disinfection.

Safety considerations will include group gathering size, physical distancing, sanitization/hygiene and communication procedures. See table below for specific information.

In-Person Service Provision

STAGE 1:

- Mandatory Staff/Consultant Education Meeting: June 8th; 11:45 - 12:45
- Participate in NSO/PSO specific education meetings
- All consultations to continue as remote/virtual support exception may include supplement provision if indicated. (see stage 2 for supplement provision strategy)

STAGE 2:

The following guidelines are in reference to consulting the CSI Pacific facilities and facility partners return to work plan(s). When staff are working in other partner or training facilities (e.g. UBC, Pool complex or Rugby ACC) they will abide by the guidelines specific to those environments. (See "Stage 2 Guidelines" table below).

Service Provision	
Consultations and Facility use	<p>Continue to work remotely unless it is essential to come to an NSO or CSI Pacific facility.</p> <ul style="list-style-type: none"> • Waiver of Liability and Assumed Risk are not required by CSI Pacific employees; contractors will be provided with a waiver of liability and assumed risk for all one to one/ in-face meetings (including walk & talks), if necessary. • Follow policy and procedures of NSO/CSI Pacific facility use. • In person consults: <p>If meeting space is <2M both RD and athlete must wear a mask. Virtual and physical distancing sessions preferred.</p> <ul style="list-style-type: none"> • PISE: 209, 213/213a offices and meeting space to be booked in advance via Susan Boegman in conjunction with Sharleen Hoar using outlook please communicate directly with her. • COE – see Rugby COE document. In-person consultation to occur in Stage Four. • UBC – Shared CSI Pacific office space to be booked through the outlook calendar. Space available for more than one staff at a time – 2+M distancing to be maintained. • Whistler – Nutrition office space shared between 2 staff. Days to be scheduled via outlook calendar to ensure no overlap. All athlete bookings will be separated by 15min to avoid athlete overlap and allow time for appropriate cleaning of the area being used. Gen to request building access via Craig Hill or Alana Irvine. <ul style="list-style-type: none"> • All staff will use designated entrance and exit for CSI Pacific staff. • All staff will check in with the ‘screener’ at the CSI Pacific facility entrance, verbally respond to the questions and provide name and time of entry as per CSI Pacific guidelines. Staff will follow guidelines of the NSO for sport specific facility attendance <p>All athletes/coaches will be screened prior to each in person consultation at the point of entry to the facility.</p> <ul style="list-style-type: none"> • Athletes/coaches will be met at the front door of the facility by the consultant and will go together to the consult room. Nutrition staff to open and close doors to office / meeting rooms. • See also General Recommendations section below for guidelines on physical distancing, sanitization and safety considerations.
In-person training observation outdoors where physical distance of at least 2 meters maintained	<ul style="list-style-type: none"> • Surgical or non-medical reusable cloth face mask required by staff and where possible the athlete whenever physical distance of 2M breached.
In-person training observation indoors where physical	<ul style="list-style-type: none"> • Not allowed in Stage 2 • Ok in Stage 2B/3 – see physiology section

distance of at least 2 meters maintained	
Physique Assessment (anthropometry, body composition)	<ul style="list-style-type: none"> Requires PPE* - surgical or non-medical reusable cloth face mask required for staff and athlete. Athlete showers at home just prior to assessment. Third-party present to meet "Rule-of-2" will always maintain at least 2M distance. Face mask only required if distance is breached. Athletes with a suspected or confirmed case of COVID-19 will not be eligible until their family or team physician deems that they have recovered and provides written documentation clearing them for testing. See also General Recommendations section below for guidelines on physical distancing, sanitization and safety considerations.
Hydration Status Checks (USG)	<ul style="list-style-type: none"> Gloves, surgical mask, and goggles or face shield required for analysis of urine specimens. See also General Recommendations section below for guidelines on physical distancing, sanitization and safety considerations.
Requests to Physiology for: <ul style="list-style-type: none"> Sweat testing Basal metabolic rate 	<ul style="list-style-type: none"> See Physiology section above <ul style="list-style-type: none"> Sweat testing - Stage 2B RMR - Stage 3
Supplement Storage	<ul style="list-style-type: none"> For all newly delivered supplements the RD will ask the delivery person to leave the package outside the supplement storage site (facility dependent). If signing is required RD will sign wearing a mask and gloves (or clean hands). Once delivery has been accepted the supplements will be required to sit in original delivery packaging x 48 hours prior to final storage. If a product is needed in a more urgent timeframe RD to open delivery packaging wearing a mask and gloves and wipe/spray the products down with disinfectant prior to storage. RD to wash hands upon completion of supplement acceptance and storage.
Supplement Provision	<ul style="list-style-type: none"> Athletes to request supplements in advance via email, virtual or physical distanced meeting or via S&C coach. Confirmation that supplement policy signed or athlete to sign via online system (Smartabase or Smart Waiver) If request is through email or S&C athlete will be contacted with further information pertaining to supplement use/access. For Whistler only: Gen contacts Craig to request access to HP gym for supplement access Staff to wash hands and wear surgical mask during the packing of supplements for provision to the athlete Supplements either placed in a bag, sprayed or wiped using sanitizing products and left for the athlete for pick up in a predetermined safe location – i.e. outside PISE office 213, in PISE lab (to be determined), Whistler testing room etc. Athlete informed to let products sit x 48 hours or athlete to clean at home using sanitizing wipes. Supplement provision tracked as usual as per CSI Pacific supplement policy. See also General Recommendations section below

Meal Management	<ul style="list-style-type: none"> Rugby COE: phase 4 or 5 before athletes provided with in-house meals. See Rugby Return Protocol. RCA breakfast program: follow NSO Return Protocol. No in-restaurant breakfast in stage 2 timeframe. HPC-Vic – Recovery room at CWP as per Swim Canada and CWP Return Protocols
Group or Individual Cooking Sessions	<ul style="list-style-type: none"> Virtual sessions only in Stage 2
Grocery store tours	<ul style="list-style-type: none"> Not available in Stage 2
Team Presentations	<ul style="list-style-type: none"> Virtual preferred or see group gathering, physical distance, Sanitization and safety contingencies sections below
General Recommendations	
Group Gathering Size	<ul style="list-style-type: none"> Group training size must follow provincial/federal regulations for group gathering size (this will be communicated within CSI Pacific). If multiple training groups are established by the NSO/PSO, keep training groups intact so that the same people are training together.
Physical Distance	<ul style="list-style-type: none"> Seating in the consult room will be set up to allow for 2m physical distance. Walk and talk outside will be allowed while maintaining physical distance.
Sanitization	<ul style="list-style-type: none"> Disinfectant wipes will be in each shared office space and consult room. Desks, tables, chairs and door handles are to be wiped down after each work term/consultation. Across the stages of re-opening, hand hygiene will be performed before and after touching an athlete handling any equipment, urine (as per USG section above), donning or removing PPE and as per physiology practice in the event a nutrition team member provides any support to the physiology team. All working surfaces and equipment will be disinfected after use with a given athlete.
Safety Contingencies	<ul style="list-style-type: none"> Masks will be available if physical distancing is not possible. Masks will be provided, and athlete asked to return home and contact their doctor should any symptoms present. Deeper cleaning of the office/meeting rooms will be completed by the facility partner e.g., Camosun College cleaning staff, for PISE (need to confirm timings for this and not book appointments). Staff entering any building associated with their NSO/PSO/Affiliated partner will complete the screening process for that facility
Communication	<ul style="list-style-type: none"> All staff CSI Pacific communication will come from the re-opening working group and/or Susan as Lead. Nutrition specific communication will be delivered by Susan. Specific room / office / lab scheduling will be completed via outlook calendars and specific to each campus. Individual safety and working concerns and questions need be directed to Susan (Lead) and she will follow up with the individual. Information is changing frequently. We will aim to update regularly.

	<ul style="list-style-type: none"> All signed off waivers must be held in possession and tracked by individual RD's.
*PPE - personal protective equipment	

BIOMECHANICS/PERFORMANCE ANALYSIS

Biomechanics & Performance Analysis Team:

- Dr. Ming-Chang Tsai (Lead)
- Megan Kamachi
- Amarah Epp-Stobbe
- Graham Olson
- Matt Jensen

Stage 1:

- Mandatory Staff/Consultant Education Meeting: June 8th; 11:45-12:45
- Participate in NSO/PSO specific education meeting
- All consultations to continue as remote/virtual support

Stage 2:

The following guidelines are in reference to consulting the CSI Pacific facilities and facility partners return to work plan(s). When staff are working in other partner or training facilities (e.g. UBC, Pool complex or Rugby ACC) they will abide by the guidelines specific to those environments. (See "Stage 2 Guidelines" table below).

Modified use of Facilities and Consultations	<ul style="list-style-type: none"> • Continue to work remotely unless it is essential to come to a NSO or CSI Pacific facility • Follow policy and procedures of NSO/CSI Pacific facility use
Group Gathering Size	<ul style="list-style-type: none"> • Group training size, must follow provincial/federal regulations for group gathering size (this will be communicated within CSI Pacific). • If multiple training groups are established by the NSO/PSO, keep training groups intact so that the same people are training together
Physical Distance	<ul style="list-style-type: none"> • Seating in the consult room will be set up to allow for 2m physical distance • Walk and talk outside will be allowed while maintaining physical distance
Sanitization	<ul style="list-style-type: none"> • Disinfectant wipes will be in each consult room and available to wipe the table, chairs and door handles after each consultation
Safety Contingencies	<ul style="list-style-type: none"> • Masks will be available if physical distancing is not possible • Mask will be provided and athlete asked to return home and contact their doctor should any symptoms are present • Deeper cleaning of the office/meeting rooms will be completed by facility partners e.g., Camosun College cleaning staff, for PISE (need to confirm timings for this and not book appointments)
Communication	<ul style="list-style-type: none"> • All staff CSI Pacific communication will come from the re-opening working group and/or Ming as Lead • BPA specific communication will be delivered by Ming • Individual safety and working concerns and questions need be directed to Ming (Lead) and she will follow up with the individual • Information is changing frequently and we will aim to update regularly

Equipment Use	<ul style="list-style-type: none"> • BPA equipment such as the big treadmill in the performance lab, 3d motion capture, IMU sensors, video camera cleaning and care will be the responsibility of the BPA team. • Cleaning may consist of spraying down testing equipment (sensors, computer keyboard/mouse, video camera, iPod touch) with CSIP approved sanitizing solution. Allow sanitizer to sit on the equipment for 10-30min (or however long CSIP solution requires) before wiping down the equipment. Wipe down equipment. Wash hands. • Equipment and other cleaning guidelines see CSI Pacific, S&C and Physiology protocol.
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DATA SOLUTIONS

Data Solutions Team:

- Ryan Brodie (Lead)
- Jeremy Hall

STAGE 1:

- Mandatory Staff/Consultant Education Meeting: June 8th 11:45 - 12:45
- Participate in NSO/PSO specific education meeting
- All consultations to continue as remote/virtual support

STAGE 2: OPENING

The following guidelines are in reference to consulting the CSI Pacific facilities and facility partners return to work plan(s). When staff are working in other partner or training facilities (e.g., Elk Lake UBC, Pool complex or Rugby ACC) they will abide by the guidelines specific to those environments. (See "Stage 2 Guidelines" table below).

Modified use of Facilities and Consultations	<ul style="list-style-type: none"> • Continue to work remotely unless it is essential to come to a NSO or CSI Pacific facility. • Follow policy and procedures of NSO/CSI Pacific facility use. • All staff will use designated entrance and exit for CSI Pacific staff • All staff will check in with the 'screener' at the CSI Pacific facility entrance, verbally respond to the questions and provide name and time of entry as per CSI Pacific guidelines. Staff will follow guidelines of the NSO for sport specific facility attendance. All athletes/coaches will be screened prior to each in person consultation at the point of entry to the facility. • Athletes/coaches will be met at the front door of the facility by the consultant and will go together to the consult room. • Coordinate office 207 use with Ryan
Group Gathering Size	<ul style="list-style-type: none"> • Group training size, must follow provincial/federal regulations for group gathering size (this will be communicated within CSI Pacific). • If multiple training groups are established by the NSO/PSO, keep training groups intact so that the same people are training together
Physical Distance	<ul style="list-style-type: none"> • Seating in the meeting rooms must be set up to allow for 2m physical distance • Walk and talk outside will be allowed, and is encouraged, while maintaining physical distance
Safety Contingencies	<ul style="list-style-type: none"> • Masks will be available if physical distancing is not possible • Mask will be provided and athlete asked to return home and contact their doctor should any symptoms are present • Deeper cleaning of the office/meeting rooms will be completed by facility partners e.g., Camosun College cleaning staff, for PISE (need to confirm timings for this and not book appointments)
Communication	<ul style="list-style-type: none"> • All staff CSI Pacific communication will come from the re-opening working group and/or Ryan as Lead

	<ul style="list-style-type: none"> • Data Solutions specific communication will be handled by Ryan Brodie • Individual safety and working concerns and questions need be directed to Ryan (Lead) and he will follow up with the individual. • Equipment and cleaning guidelines see CSI Pacific, S&C and Physiology protocol.
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ATHLETE AND COACH PROGRAMS AND SERVICES – SYSTEM ENHANCEMENT

System Enhancement Team:

- David Hill (Director)
- Drew Todd (Manager, Performance Programs)
- Candice Drouin (Manager, Performance Pathways)
- Andrew Latham (Coach Program Advisor)
- Sarah Kiengersky (Game Plan Advisor)
- Laura Ellen de Vries (CSS Coach)
- Kendra Stoner (ACS Coordinator Victoria)
- Gurveen Clair (ACS Coordinator Vancouver)

General

Athlete and Coach Programs and Services liaise with athletes and coaches to:

- Ensure registration in CSI Pacific and waiver tracking
- Provide CSI Pacific card to access external benefits
- Offer educational programming to coaches and athletes
- Provide athlete consultation for game plan services
- Provide IGNITE training curriculum for sport school students
- Liaise with organizations, athletes, and coaches to identify performance solutions
- Provide support via 3rd party service providers such as fitness centres, eateries, and paramedical practitioners

In-Person Service Provision

STAGE 1:

- Mandatory Staff/Consultant Education Meeting: June 8th 11:45 - 12:45
- Participate in NSO/PSO specific education meeting where appropriate
- All consultations / interactions to continue as remote/virtual support

STAGE 2:

The following guidelines are in reference to work required to take place at CSI Pacific facilities.

Modified Use of Facilities	<p>Continue to work remotely for vast majority of tasks unless deemed essential to come on Campus. Examples of essential Campus-work include:</p> <ul style="list-style-type: none"> • Printing off and mailing out Athlete/Coach Cards; • Coordinating use of coach Field Testing Equipment; • Group athlete registration when unable to do so online. <p>Interactions with athletes will require that staff:</p>
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	<ul style="list-style-type: none"> • Notify athletes and coaches via electronic communication and facility signage that all engagement to be done remotely (contact via email/phone). • Perform athlete/coach intake sessions remotely whenever possible. • Perform all education workshops/seminars/presentations online. • Perform all Game Plan athlete advising sessions online through webinar platform. • Perform as much staff training as possible remotely and postpone in-person training until Stage 3. • All staff will complete on-site medical screen prior to coming to entering CSI Pacific and/or NSO facility confirming they have no symptoms or other red flags for being in the facility (see Appendix 8). • All staff will use designated entrance/exit for CSI Pacific staff.
Group Gathering Size	<ul style="list-style-type: none"> • Group training size must follow provincial/federal regulations for group gathering size (this will be communicated within CSIP). • If multiple training groups are established by the NSO/PSO, keep training groups intact so that the same people are training together.
Physical Distance	<ul style="list-style-type: none"> • Seating in meeting rooms must be set up to allow for 2m physical distance. • Walk and talk outside will be allowed, and is encouraged, while maintaining physical distance.
Safety Contingencies	<ul style="list-style-type: none"> • Masks will be available if physical distancing is not possible. • Mask will be provided and athlete asked to return home and contact their doctor should any symptoms are present. • Deeper cleaning of the office/meeting rooms will be completed by Camosun College cleaning staff, for PISE (need to confirm timings for this and not book appointments).
Communication	<p>All staff CSIP communication will come from the re-opening working group and/or David Hill as department Lead.</p> <ul style="list-style-type: none"> • Athlete Coach Services specific communication will be handled by Drew Todd. • Individual staff safety and working concerns/questions need be directed to relevant staff lead (David Hill, Drew Todd).

STAGE 3: TBD

ADMIN / BACK OFFICE

- Follow general CSI Pacific guidelines for physical distancing of 2m and cleaning workspace
- Continue to work from home when possible
- With physical distancing guidelines, will limit staff in open area to 3
- One person per private office
- If you are expecting a package or require in office support, please contact Admin Lead (Noah) in advance to ensure there is someone present

APPENDICES

Appendix 1: Emergency Response Plan Info

CSI Pacific is committed to working with Public Health, our building partners, our sport partners and the community to mitigate risk of any spread of COVID-19. While we will endeavor to take all appropriate steps to accomplish this risk mitigation, we acknowledge that there is no approach that is 100% safe, given that many cases are spread by affected but asymptomatic individuals. To avoid an outbreak, CSI Pacific will thus need to have a robust identification and communication plan to identify any potential cases of COVID-19 and alert public health officials and our partners.

CSI Pacific's Emergency Response Coordinator, will be supported by the primary COVID-19 Point Person for each campus. They will work to coordinate with the CSI Pacific CMO, PISE/Camosun, UBC, and WSL/Gymnastics representatives and local Public Health officials in any actions necessary in the event of a positive case. Each sport/training group will have a designated Medical Lead. The designated Medical lead will ideally be a suitably qualified health care professional. If a suitable person as above is not available, then the designated lead **MUST** have close communication at all stages with such a qualified professional. CSI Pacific will work with our sport partners to identify an appropriate person to be the designated Medical Lead.

All CSI Pacific staff, NSO staff and athletes must complete daily monitoring that confirms they have no red flags to suggest they are at risk of being in the facility (see appendix 8). Anyone who answers yes to any of the monitoring questions will be instructed to stay home (or return home in the case of onsite monitoring) and must be assessed virtually by a physician and receive formal clearance to come to work/training session (see Appendix 9). For CSI Pacific staff, daily monitoring will be confirmed by the CSI Pacific COVID Point Person Dr. Paddy McCluskey. For our sporting partners, this will be done by each sport designated Medical Lead. Lab testing is available widely in BC and can be accessed if needed.

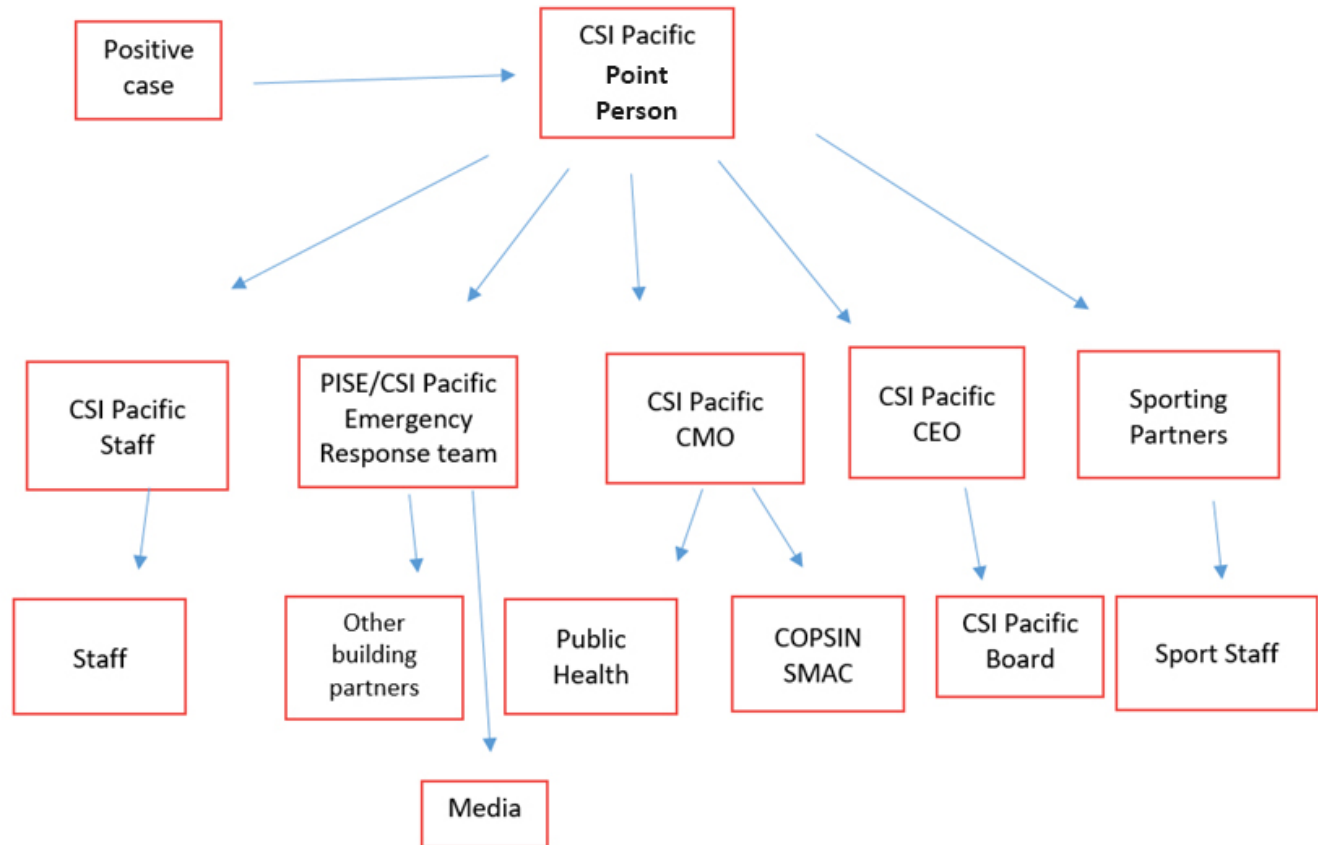
All staff or athletes that are determined to have contracted a case of suspected or confirmed COVID-19 must be reported to Dr. Paddy McCluskey, CSI Pacific CMO, and follow the protocol for a positive test (see Appendix 10). Dr. McCluskey will liaise with the appropriate team official and public health to determine the appropriate follow up which may include management of the affected person, contact tracing and whether training for that team needs to be suspended. In Victoria, RJH is the designated medical facility for treating suspected or confirmed cases of COVID-19. The contact number is 250 370 8000. This will be posted at the screening station at the main entrance.

If any staff or athletes are determined to require self-isolation due to having confirmed or suspected COVID-19, CSI Pacific will work with local Public Health officials to ensure all appropriate steps are taken. Any requirements for self-isolation must be done at home, in accordance with Public Health officials, as CSI Pacific does not have access to accommodations that would allow staff or athletes to self-isolate in a location that is not their home (see Appendix 11). Sports may make their own arrangements for accommodations, in the event of a positive case in their training group.

As our training facilities have multiple partners, all other partners at PISE, WAC, UBC and CSI Pacific will be notified. Additionally, the Sport Medicine Advisory Council will be made aware of any positive cases as this will impact the national strategy for supporting high performance training.

All reporting will be consistent with privacy laws to respect personal medical information.

Appendix 1b: Emergency Action Plan Communication Tree



Appendix 2: Victoria Campus PISE Facility Plan

PISE COVID Safety Plan – Based on WorkSafeBC Guidelines

updated June 9, 2020

Step One: Assess the risks at your workplace

The virus that causes COVID-19 spreads in several ways. It can spread in droplets when a person coughs or sneezes. It can also spread if you touch a contaminated surface and then touch your face.

The risk of person-to-person transmission increases the closer you come to other people, the more time you spend near them, and the more people you come near.

The risk of surface transmission increases when many people contact the same surface and when those contacts happen over short periods of time.

Involve workers when assessing your workplace: Assessed by Lindsay Player, Jodi Hensel, Will Sutherland May 19, 2020

Identify areas where there may be risks, either through close physical proximity or through contaminated surfaces. The closer together workers are and the longer they are close to each other, the greater the risk. We have involved frontline workers, supervisors, and the joint health and safety committee (or worker health and safety representative, if applicable).

1. We have identified areas where people gather, such as break rooms, production lines, and meeting rooms.
 - a. Kitchen, Refuel Café, second floor lounge area, regeneration room, CSI lab, third floor lounge, boardroom, resource room, bathrooms (three floors), change rooms, gym, fitness centre, Erg Centre, The Clinic, classrooms
2. We have identified job tasks and processes where workers are close to one another or members of the public. This can occur in your workplace, in worker vehicles, or at other work locations (if your workers travel offsite as part of their jobs).
 - a. Strength and Conditioning Coaches, Front Desk staff (CSS & FA) Physical Literacy Team, shared offices for Management and leadership teams, sport rentals
3. We have identified the tools, machinery, and equipment that workers share while working.
 - a. Reception phones, printers (first and third floor) office supplies (pens), front desk binders, laundry room contents, fitness equipment (fitness centre and movement studio) Physical Literacy equipment.
4. We have identified surfaces that people touch often, such as doorknobs, elevator buttons, and light switches.
 - a. Doorknobs, elevator buttons, light switches, stair rails (outside, fitness centre and main entrance) fridges, accessible door opener plates, hand sanitizer stations, cleaning bottles, work stations desks, front desk and swing door, vending machines, couches and chairs (second floor and third floor) Moneris machine

Step Two: Implement protocols to reduce the risks

1. Steps to reduce risk to areas where people gather

5. All common areas – Spray bottles with sanitizing solution will be provided in area. All building staff will be responsible for sanitizing touch points before and after use.

- a. Kitchen- posted occupancy sign only one person at a time allowed in the kitchen. In the initial reopening phase, the following items will not be accessible: Dishware, cutlery and coffee maker
- b. Refuel Café- café is closed and tables and chairs are blocked off to discourage use
- c. Second floor lobby lounge - per recommendation from WorkSafeBC chairs and tables have been moved and cordoned off for initial phase.
- d. Staff change rooms- Occupancy limit one person. No access to showers for initial phase.
- e. Regeneration Room- leased by Canadians Sport Institute – they will provide their safety plan for this area- see appendix 2
- f. CSI Lab- leased by Canadians Sport Institute – they will provide their safety plan for this area- see appendix 2
- g. Third floor lounge- table and chairs will be moved to make work stations for building staff with the appropriate distance apart.
- h. Boardroom – Occupancy limit posted for 4 people
- i. Resource room- Occupancy limit posted for 6 people
- j. Bathrooms- Occupancy limit posted for 2 people for first, second and third floor washrooms. Limit number of stalls to every second one. Accessible washrooms Occupancy limit to 1 (exception parents with kids or accessible worker aids.)
- k. Change rooms- will be closed for the initial reopening phase. Clients and staff will be encouraged to come prepared for work out. Limit the items being brought into the facility.
- l. Gymnasium will remain closed for the initial reopening phase. Sports organizations will need to provide a COVID safety plan to PISE before being rented out. Late July gym can be used for summer camps and small groups as long as they are maintain mandated physically distancing. Additional hand sanitizer station installed on wall by entrance to changeroom.
- m. Fitness Centre- separate plan for reopening- see appendix one.
- n. Erg Centre- Rowing Canada to provide COVID Safety Plan to PISE for use of Erg Centre – see Appendix 3
- o. The Clinic- Camosun to provide COVID Safety Plan- see appendix 2
- p. Classrooms - will post occupancy limit based on WorkSafeBC formula
- q. Facility Rentals (field)- all sports groups wishing to resume their activities will need to provide their return to play safety plan before resuming rentals at PISE- see appendix 7

2. Steps to reduce risk to workers working close to each other and members of public

- a. PISE Fitness Centre/Program clients will reserve day and time to train and will enter building through south main (level one – track side) entrance where they will be screened and registered.
- b. Sliding door on level two entrance will be unlocked for building staff to enter the building. The door will be monitored by staff 8am-5pm and all persons requiring access to the building will be required to answer Worksafe COVID questions. Staff are also expected to self-monitor before arriving at PISE and should not be coming in if they answer yes to any of the questions. **It will be mandatory for all building staff to check in and out during our initial reopening.** Doors will be locked from 5pm-8pm and only the level one entrance will be open for staff to use (door may be locked but there will be a doorbell to signal front desk staff of someone needing access. Signs stating no public access and No Public Washrooms will be posted to discourage public from entering building
- c. Stairwell flow direction. To reduce contact on the stairs- building staff will be expected to go up the main entrance stairs to second and third floors. To go down to the second floor from the third floor use the red fitness stairs. There will be no access to the first floor from either staircase in the initial reopening phase. Building occupants are asked to limit their movements from floor to floor. Those we do need to go the first floor will need to go out the building to the level one entrance or for CSI staff HP entrance.
- d. CSI Pacific will have organization health safety plan and share with PISE. Athletes and coaches will enter south side of PISE through CSI Pacific HP Gym access and be screened and registered. Rowing and Athletics will have health safety plans to be shared and coordinated with CSI Pacific and PISE.
- e. Only PISE, Camosun College and CSI Staff will enter PISE through main north entrance and will record day/time when they arrive and depart book placed on desk in main lobby. Camosun College will share health safety plan for faculty and students with PISE and coordinate access plans.
- f. PISE Strength and Conditioning Coaches- coaches are to remain 6ft from clients. They will also be required to wear a face mask and/or face shield. When possible sessions will be outside to reduce risk of transmission. Office space will be limited to one person at a time and must be cleaned by coaches after being used.
- g. Front Desk staff- Plastic barrier installed around front of desk to reduce contact with public on arrival. Limit to only two people at front desk at a time. One at the PISE one workstation and one at the membership workstation. The membership workstation is close to the entry to the Chargers office. To remain 6ft apart at all times. Hand sanitizer and cleaning solution to be at front desk at all times. Staff expected to clean high touch points behind front desk all days. Counters and Moneris wiped and cleaned before and after each client interaction. Fitness Attendants are to be on the fitness centre floor and not behind the front desk. Fitness Attendants will be issued safety glasses, gloves and masks to store in personal locker for their shifts. They will be expected to wear safety equipment while on shift.
- h. Physical Literacy team- Will not be allowed to car pool unless they live in the same household. Only two staff members allowed in the office space at once. Hand sanitizer and cleaning solution will be provided to the office space to maintain cleanliness. Physical Literacy Programs protocols- see appendix 4
- i. Management and Leadership shared offices- no staff should share an office where 6ft distance cannot be adhered to. Employees will be encouraged to work from home when able. If both staff are in the building at the same time only one will be allowed to work in the office. PISE has alternative areas for staff- resource room and/or third floor lounge. Staff who share an office are expected to use the cleaner on touch points and desk before their shift and at the end. Each desk will have hand sanitizer to ensure hands can be cleaned while working in the office to reduce the risk of contamination. Staff who share an office will work together to develop a time table of when each will be working in the office.

3. Steps to reduce transmission of COVID from shared equipment

- a. Reception Phones- only two people behind the front desk. Each will be designated their personal phone to use. Must be cleaned and wiped down before and after each shift.
- b. Printers- bottle of cleaner will be by the printer on each floor. Staff are expected to clean the printer screen after each use.
- c. Office supplies- limit the access to the office supplies to only front desk staff and HR and Administrative Coordinator to issue out. Designated staff will ensure their hands are sanitized before issuing items. Pens will be issued to front desk staff who will mark and store their pens in their cubbies for their personal use only. Pens for clients will be wiped down with sanitizer before and after each use by CSS
- d. Front Desk binders- limit access to the binder to only front desk personal accessing. CSS will find the page for the clients. Will make sure it is wiped down between shifts.
- e. Laundry room – limit the occupancy for the laundry room to only one person at a time. Staff will be expected to wear gloves when accessing this area. The staff table will be shut down for the initial return to work phase.
- f. Fitness Centre- plan part of the Fitness Centre reopening please see appendix 1
- g. Physical Literacy equipment- plan part of the Physical Literacy return to work

4. Steps to reduce transmission of COVID from high touch areas

- a. PISE has arranged to have a custodian on site during opening hours to maintain cleanliness of high touch points including bathrooms and will clean end of day.

- b. PISE has installed additional hand sanitizer stations including more in the fitness centre, points of entry, and inside elevator.
- c. Elevator occupancy limit will be one person unless it is children with care taker or an accessible athlete who has an aide worker
- d. PISE has provide cleaning spray bottles around high contact areas for staff to also clean touch points throughout the day
- e. High use doors have been blocked open to limit people using hands to open doors.
- f. Vending machines will be blocked and place out of order until further COVID restrictions are removed.
- g. Moneris machine will be cleaned and wiped before and after each transaction. Customers will be encouraged to use the tap system

Step 3: Develop policies

1. Develop the necessary policies to manage your workplace, including policies around who can be at the workplace
2. How to address illness that arises at the workplace, and how workers can be kept safe in adjusted working conditions.
3. Our workplace policies ensure that workers and others showing symptoms of COVID-19 are prohibited from the workplace.
4. Anyone who has had symptoms of COVID-19 in the last 10 days. Symptoms include fever, chills, new or worsening cough, shortness of breath, sore throat, and new muscle aches or headache.
5. Anyone directed by Public Health to self-isolate.
6. Anyone who has arrived from outside of Canada or who has had contact with a confirmed COVID-19 case must self-isolate for 14 days and monitor for symptoms.
7. Visitors are prohibited or limited in the workplace.
8. First aid attendants have been provided OFA protocols for use during the COVID-19 pandemic including use of PPE equipment.
9. 330B will serve as Isolation room should it be required only until end of August) if an isolation room is still required in September PISE management will re-evaluate the space and needs of the building to determine an alternate location.
10. We have a working alone policy in place (if needed).
11. We have a work from home policy in place (if needed).
12. Ensure workers have the training and strategies required to address the risk of violence that may arise as customers and members of the public adapt to restrictions or modifications to the workplace. Ensure an appropriate violence prevention program is in place.

13. Our policy addresses workers who may start to feel ill at work. It includes the following:

Sick workers should report to the designated isolation room (classroom 330B), even with mild symptoms. Sick workers should be asked to wash or sanitize their hands, provided with a mask, and isolated. Ask the worker to go straight home. [Consult the BC COVID-19 Self-Assessment Tool, or call 811 for further guidance related to testing and self-isolation.] If the worker is severely ill (e.g., difficulty breathing, chest pain), call 911.

Clean and disinfect any surfaces that the ill worker has come into contact with.

Step 4: Develop communication plans and training

1. COVID information package to be created for each employee upon return to work
2. Employees will be brought in for COVID training before reopening of fitness centre and return to work
3. COVID information binder to be kept at the front desk for quick reference
4. Employees are encourage to raise concerns and/or questions to PISE WorkSafe Committee: Jodi Hensel, Lindsay Player, Briana Coburn, Will Sutherland, Elysia Atkinson and Mary Thomas
5. PISE will provide a confidential process for employees to raise concerns to WorkSafeBC Committee
6. Posters will be posted in building and grounds: occupancy limits, effective hygiene practices, signage at main entrances indicating who is restricted from entering the remises including visitors and workers with symptoms
7. Managers and supervisors will be trained on monitoring workers and the workplace to ensure policies and procedures are being followed by PISE employees
8. A COVID Safety Committee will be formed with CSI, CSEE, RCA and AC representatives to ensure all building occupants are informed and engaged in COVID safety protocols.

Please report any concerns to your organization COVID Building Safety Committee Rep:

- PISE: Jodi Hensel, Lindsay Player
- CSEE: Richard Stride, Steven Rumpel
- CSI: Lindsay Jennerich
- Chargers: Kathryn Russell
- The Clinic: Katie Olsen
- RCA: Collen Miller, Kim Bell
- AC: Rosie Kirkpatrick

Step 5: Monitor your workplace and update your plans as necessary

Things may change as your business operates. If you identify a new area of concern, or if it seems like something isn't working, take steps to update your policies and procedures. Involve workers in this process.

1. We have a phased plan of reengagement with a plan in place to monitor risks. We make changes to our plan, policies, and procedures as necessary.
 - a. Management team will be monitoring the phased return to business plan carefully and will make adjustments as needed. Weekly management meetings will consist of updates on the plan and review of any new information provided by the government regarding policies and regulations.
 - b. Front line staff will be asked daily about the process and if they encounter any issues. We expect that minor adjustments will need to be made daily as we start the reopening process and experience the new system. Honest input from our staff will be critical in ensuring the health and safety of everyone.
2. Workers know who to go to with health and safety concerns.
 - a. PISE is creating return to work packages for returning staff which will consist of new policies, PISE COVID Safety Plan, WorkSafeBC BC info and posters and health and safety committee contact info. It will also include WorkSafeBC BC contact info for reporting unsafe conditions. There will also be a COVID Safety binder at the front desk with the same info which will be accessible to all staff anytime needed.
 - b. PISE will develop a process for staff to submit concerns in confidence if needed.
3. When resolving safety issues, we will involve joint health and safety committees or worker health and safety representatives (or, in smaller workplaces, other workers).

Step 6: Assess and address risks from resuming operations

If your workplace has not been operating for a period of time during the COVID-19 pandemic, you may need to manage risks arising from restarting your business.

1. We have a training plan for new staff. ☐ Date: _____
2. We have a training plan for staff taking on new roles or responsibilities. ☐ Date: _____
3. We have a training plan around changes to our business, such as new equipment, processes, or products. ☐ Date: _____
4. We have reviewed the start-up requirements for vehicles, equipment, and machinery that have been out of use. ☐ Date: _____
5. We have identified a safe process for clearing systems and lines of product that have been out of use. ☐ Date: _____

Appendix 3: Vancouver Campus UBC (War Memorial Gym and Med Block C) Facility Plan

Updated when available

Appendix 4: Whistler Campus Facility Plan

From Whistler Sport Legacies

Effective: May 21, 2020

Purpose:

The purpose of the procedure is to protect colleagues while maintaining work responsibilities during the COVID-19 crisis.

Important Precautions:

- All colleagues of Whistler Sport Legacies must:
- Stay home if you are ill or have come in contact with someone who has tested positive for COVID-19
- Participate in health screening for COVID-19 by acknowledging the absence of symptoms including: fever, sore throat, runny nose, cough and difficulty breathing on a daily basis
- Adhere to posted occupancy limits in buildings and common areas such as lunch rooms and meeting spaces
- Immediately report the onset of illness to your Manager / Supervisor
- Maintain 2m social distancing
- Conduct pre-work hazard assessments for all activities to determine methods to mitigate risks
- Practice good hygiene:
 - Wash hands when arriving on venue and regularly throughout the day by following Government of Canada recommendations <https://www.canada.ca/en/public-health/services/publications/diseases-conditions/reduce-spread-covid-19-wash-your-hands.html>
 - Disinfect radios before and after use
 - Disinfect mobile equipment after use
 - Do not shake hands
- Report when disinfecting supplies are getting low
- Be trained in the COVID-19 Safe Work Procedure, Job Specific Training, and Personal Protective Equipment
- Do not invite any visitors into our venue buildings
- Disinfect washroom services after use
- Disinfect kitchen services/lunch room before and after use

Details:

In order to help prevent the spread of COVID-19 at the workplace, WSL has implemented the following procedures:

1. Work From Home:

Colleagues are required to work from home where practical to do so. The following guides work from home arrangements for all colleagues:

- Colleagues MUST work with their managers to determine if it is practical for them to perform their role from home. If it is determined you can work from home, then you are required to do so.
- If your role permits you to work from home, you must develop appropriate work plans and coordinate the tools/access you need to support your role with your Manager
- Colleagues are expected to be available during your regular hours or general business hours based on discussion with your manager
- Work from home must support the organization's continued operation and prioritize critical tasks and projects
- If you need to re-enter the workplace:

- Minimize contact with others
- Maintain 2m social distancing
- Do not bring family members or friends to work
- Minimize the time you are on venue
- Communicate with your manager when you will be on-site

2. Working on Venue - follow all precautions in “Important Precautions” section:

If your work requires you to be on venue, immediately report to your supervisor/manager any illness or if you are living with someone who is ill or diagnosed with COVID-19

3. Company Vehicles:

- Limit vehicle occupancy to 1 where possible
- No more than 2 occupants in a vehicle at a time
- Wipe down mobile equipment with disinfectant wipes after use
- Limit the number of vehicles you are using in a day to 1
- Limit where you go based on the work that NEEDS to be completed

4. Meetings:

- Limit meeting participants to the minimum required and ensure that all members are able to maintain 2m social distancing.
- Maintain social distancing
- Wash hands before and after meetings
- Clean and disinfect workspace before and after meetings

5. Break Areas:

- Minimize the number of colleagues in any area at one time
- Adhere to the occupancy limits for break rooms
- Maintain 2m social distancing
- Wash your hands before and after
- Avoid washing by hand shared kitchen items, rinse and place in dishwasher
- Avoid personal contact (high fives, handshakes, etc.)
- Clean and disinfect any connected-with areas

6. Cleaning Supplies:

- Managing Director at each venue or work area will assign a colleague to ensure cleaning supplies are available
 - Soap in washing areas
 - Disinfectant available in common spaces
 - Disinfectant wipes

7. Hazard Assessment:

Each venue and operation will be assessed for risk. This information will be shared with all colleagues through posting on safety boards. The risk assessment will include control measures for:

- Locations where people congregate

- Jobs and processes that require workers to come into contact or close proximity to another worker or members of the public
- Materials that are exchanged, such as money, goods, paperwork
- Tools and machines that people contact

8. Cleaning:

Whistler Sport Legacies remains committed to cleaning, disinfecting, and sanitization

- Copiers, radios and other office equipment must be cleaned after use
- Surfaces should be cleaned first with normal cleaners then followed by disinfecting products
- Cleaning should be logged in each building
- Where trained and using required precautions, use disinfecting spray from workplace bottles for disinfecting activities.

Rapid Response

If a worker is at work with COVID-19 or develops symptoms of COVID-19, WSL will immediately:

- Apply a surgical mask on the colleague and immediately have them isolate
- Provide or ensure transportation is available for the individual to the clinic or home (avoid Cab and Bus)
- Wipe down any surfaces the individual has come in contact with
- Notify all other colleagues who have been in contact with the sick employee within 24 hours

Enforcement and Coaching

Violations to this procedure will be enforced in accordance with the workplace "Enforcement and Coaching Policy"

Appendix 5: Physical Distancing and Respiratory Etiquette

- Avoid possible exposure to COVID-19 by maintaining physical distance of a minimum 2metres at all times.
- Avoid crowded places.
- Avoid greetings with handshakes, hugs, high fives, fist pumps etc.
- Respect physical distancing during all aspects of training.
- Masks must be worn if physical distancing is not possible and remember a mask is not enough alone and should be combined with other preventative measures such as frequent hand washing and physical distancing.
- See discipline specific protocol and facility environment (Appendix 9) for facility access and exit, signage, and floor markings will be in place to guide people in the right direction and designated spaces; athlete protocol for arrival and preparation for training/consult.
- Staff, coaches and athletes will maintain physical distancing during the training session/consult and respiratory etiquette
 - When coughing and sneezing, cover your mouth and nose with a flexed elbow or tissue
 - When finished, throw the tissue into a closed waste bin
 - Immediately clean hands with alcohol based hand rub or soap and water

Appendix 6: CSI Pacific Facility Environment

- Only CSI Pacific staff/coaches who are training in the described protocols will be allowed in facility specific areas - e.g. the gym - with the athletes and adhering to the group size protocol/physical distance.
- Any request for outside coaches must be received in advance with the original planned booking and will be considered with appropriate physical distancing and determined if the outside coach can enter the facility for the training session.
- Staff, athletes and coaches must follow the facility guidelines and policies in place for specific guidelines when arriving at a CSI Pacific facility.
- Elevator use will be restricted to individual use by Paralympic athletes arriving for and departing a training session.
- Athletes must travel alone or with member of their household when possible in private vehicles to the facility and avoid public transportation, including taxis where possible.

Arriving at CSI Pacific facility:

- All staff, athlete and coaches must follow signage from the car park directing flow of people, follow signage and floor markers within the facility which will be in place to indicate direction, appropriate physical distancing and hygiene practices.
- The point-of-entry to the facility will track/record arrivals and you will go directly to the place of training/meeting/work.
- All facility equipment and meeting space will be cleaned thoroughly and regularly. Frequently touched surfaces will be disinfected (supplies will be provided).
- Any training items that are shared (mats, foam rollers, bands) will be disinfected immediately prior to and following each use by the athlete.
- Athlete personal equipment will not be allowed in the facility while training. and personal bags will be stored in the allocated space.
 - Athletes will be allowed to bring 1 bag that must include all the personal items needed for training.
 - Athletes will be asked to bring zip lock bag to dispose of any personal items (sanitary tissues, food wrappers). These zip lock bags must be disposed in a lidded disposal bin at the Facility or at home.
- No equipment will be shared; water bottles should be filled at home. Bring multiple water bottles if needed.
- Athletes must come ready to train; changing rooms will not be open.
- Practitioners are required to wear face masks where there is an increased risk of airborne pathogens during strenuous athlete activity in "enclosed" training.
- PPE is not required for athletes maintaining 2 metres social distancing during training; however, face masks can be worn at rest or during low intensity indoor activities to further mitigate infection risk. Athletes will bring their own masks.
- In activities supplementary to training that require essential close personal contact (less than 2 metres and typically performed at rest), face masks must be worn by both athletes and practitioners.
- Face masks, disposable aprons and disposable gloves must be worn by practitioners when cleaning training equipment. Cleaning will be conducted between sessions (equipment / meeting tables / chairs / door handles / treatment tables).
- Disposable gloves and aprons should be changed on a sessional basis (between sessions/ changeover of athletes/athlete groups e.g., in the HP Gym) and worn for no longer than 4 hours.
- Contaminated PPE should be disposed of in a marked clinical waste bin.

Departing CSI Pacific facility:

- After completing a training session or meeting, athletes will be directed to the designated exit.

- Staff at the end of their work time will also be directed to the designated exit.
- Athletes must respect their training / meeting window and will be required to depart at the pre-arranged time to ensure the number of persons in the facility at any one time is minimized.
- Following training there will be no access to any other areas of the facility and socializing will not be permitted.

Appendix 7: Isolation Room

CSI Pacific will focus on daily screening that will include home monitoring for athletes through our database and onsite screening at our training facilities [appendix 3] to prevent those with symptoms from presenting at our facilities.

New or suspected cases that are identified at the onsite screening will be sent home, unless presenting with signs of serious illness, and asked to follow up with their family physician, team physician or Dr. McCluskey, CSI Pacific CMO.

New or suspected cases that are identified at the onsite screening and present with significant symptoms will be given a mask, immediately sent home and asked to follow up with their family physician, team physician or Dr. McCluskey. Those with severe symptoms will be directed to the facility isolation room:

- In Victoria PISE: Rm 330B
- In Whistler WAC: downstairs therapy room
- In UBC & Vancouver campus: not required at this time.

And 911 will be called. Any staff interacting with this individual must also wear a mask.

It is expected with the daily home monitoring and on-site screening, that anybody with significant symptoms will not be presenting at our facilities.

Appendix 8: Daily Monitoring Questions

These questions will be reviewed during onsite screening:

1. In the last 24 hours have you experienced any new illness symptoms including:
 - Fever
 - Cough (new cough or worsening chronic cough)
 - Shortness of breath or difficulty breathing (new or worsening)
 - Runny nose
 - Stuffy nose
 - Sore throat
 - Painful swallowing
 - Headache
 - Chills
 - Muscle or joint aches
 - Feeling unwell in general, or new fatigue or severe exhaustion
 - Gastrointestinal symptoms (nausea, vomiting, diarrhea or unexplained loss of appetite)
 - Loss of sense of smell or taste
 - Conjunctivitis, commonly known as pink eye
- 2 Have you been in contact with a known or suspected case of COVID-19 in the last 14 days.
- 3 Have you or anyone in your household returned from international travel in the last 14 days

Appendix 9a: Protocol for Symptoms of Possible COVID-19 Infection

All individuals (staff or athlete) that report symptoms that could suggest a COVID-19 infection (see Appendix 8) will be reviewed virtually by their family physician, team physician or CSI Pacific physician. At this time, based on availability of testing, it is recommended that anyone whose symptoms are thought to possibly represent a COVID-19 infection be referred to a testing facility.

Individuals referred for testing will be asked to self-isolate until the results are reported. At that time, their results will be reviewed by the ordering physician and a decision made regarding further management.

If they have symptoms and the test is negative, they will remain in quarantine

- Until all symptoms have improved
- Fever has resolved without the need for medications
- They have been cleared to end their self-isolation by a physician

Depending on the situation, testing may be repeated.

If they have symptoms and the test is positive, they will remain in self isolation and referred for medical care (which may include further testing) at the appropriate local public health centre.

Individuals who do not undergo testing and are managed with quarantine will be quarantined:

- For minimum 10 days
- Until all symptoms have improved
- Fever has resolved without the need for medications
- They have been cleared to end their quarantine by a physician

All staff members who answer a screening question positive will not be able to return to work until clearance has been granted by our CMO.

Appendix 9b: Protocol for Symptoms of Possible COVID 19 Infection

Preamble

There have been a number of staff and athletes presenting with symptoms that could be COVID recently. The following is meant to explain the CSI Pacific protocol that is in place to allow staff to better advise athletes and their teams of our approach. While this approach is not part of a formal public health policy, but is meant to represent prudent steps to avoid spread of any illness (COVID or other) among our CSI Pacific staff and athletes.

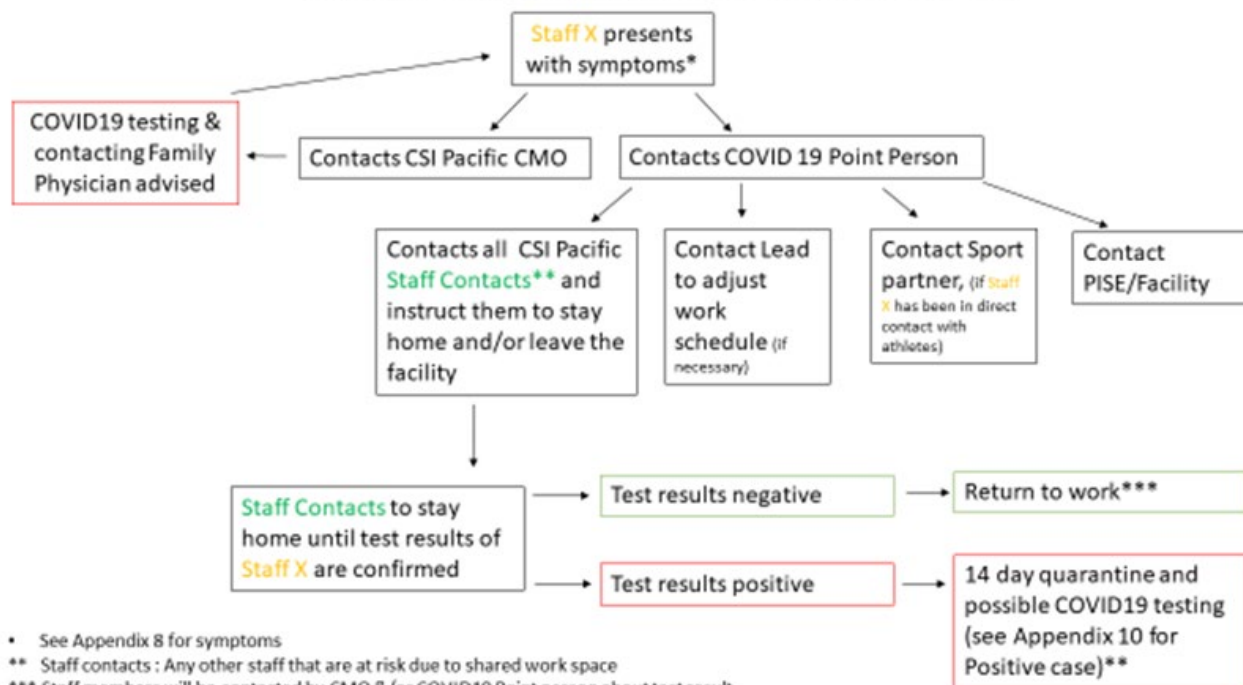
A key point in our protocol is someone with symptoms is not considered a COVID case or even a suspected COVID case. A suspected COVID case is someone with symptoms AND exposure to a known COVID case or recent travel internationally, as per the BC CDC [[http://www.bccdc.ca/health-professionals/clinical-resources/case-definitions/covid-19-\(novel-coronavirus\)](http://www.bccdc.ca/health-professionals/clinical-resources/case-definitions/covid-19-(novel-coronavirus))].

This protocol is considered appropriate because testing for COVID is available within 24 hours of calling to request an appointment and the results of that test are available within 24 hours of the test being completed. If these timelines cannot be met due to increased demand, we will review this protocol.

- **Staff/athlete** has positive screening response to symptoms (Appendix 8 from CSI Pacific Return to Work Plan)
 - COVID-19 Point Person (CPP) and Chief Medical Officer (CMO) are made aware

- **Staff/athlete** advised to follow up with family physician and testing is advised
 - At presently all BC residents can self-refer for COVID testing by calling the COVID Testing Booking Number: 1 888 901 8442.
 - Be prepared for a potentially long wait on the phone. But appointments are typically available within 24 hours
- CPP reviews daily log and determines any other staff or athletes that are at risk due to shared work space (now referred to as **staff/athlete contacts**)
 - Staff/athlete contacts considered at risk are those that
 - Have been in close contact with the symptomatic **staff/athlete** (less than 2 metres, longer than 15 minutes) on the day the **staff/athlete** developed symptoms or the day previous to developing symptoms.
 - At this time, we are not extending this further than the 1 day prior to the onset of symptoms.
 - **And** the symptomatic **staff/athlete** was not wearing a mask
 - Those **staff/athlete contacts** are advised to work from home (or avoid our training facilities)
 - Leads are made aware so that workload adjustments can be made
 - Sport Partners that may have been in direct contact with **staff/athlete** are made aware
- **Staff/athlete** informs CPP if testing is being planned
 - if testing planned then **staff/athlete** remains in self isolation until test reported and **staff/athlete contacts** remain home in self quarantine until test reported
 - If negative **staff/athlete** remains in self isolation until symptoms improve, fever resolves without need for medications and they have been cleared by family physician to return to work.
 - Return to work clearance communicated with CPP and CMO
 - **Staff/athlete** can return to work
 - **Staff/athlete contacts** can return to work immediately, if they have not developed symptoms.
 - If positive **staff/athlete** follows up with their family physician and public health for appropriate management
 - CPP and CMO informed
 - Positive case protocol followed as per Appendix 10
 - **Staff/athlete** will inform CPP and CMO when illness has resolved, and they have been cleared by their physician for a return to work
 - **Staff/athlete contacts** will be placed in 14-day self-quarantine and asked to follow up with their family physician and to self-monitor for symptoms
 - If symptoms develop within the 14-day time period, they will be referred to their family doctor and testing is recommended
 - If symptoms do not develop within the 14-day time period, they will be asked to follow up with their family physician for clearance to return to work
 - Return to work clearance communicated to CPP and CMO
- If testing not planned
 - **Staff/athlete** remains in self-isolation for minimum 10 days and until symptoms improve, fever has resolved without need for medications and they are cleared by family physician to return to work
 - Their return to work clearance must be communicated to the CPP and CMO
 - **Staff/athlete contacts** will be asked to follow up with their family physician.
 - Depending on rationale for why testing not done, **staff/athlete contacts** may be
 - Allowed to return to work immediately
 - Asked to remain in self quarantine for 14 days and self-monitor for symptoms.

Appendix 9: Protocol for Symptoms of Possible COVID 19 Infection



Appendix 10: Protocol for Positive Test

- If any staff or athlete test positive for COVID-19, the following steps **MUST** be taken:
 - The athlete or staff will be removed from the training group immediately.
 - They will be asked to begin self-isolation and remain in self-isolation for the clinically appropriate period. See home isolation recommendations (Appendix 11).
 - **Team training will be suspended and all members of the training group will be asked to quarantine for 14 days.**
- The following people will be informed (See Appendix 1b for more details)
 - CSI Pacific CMO, Dr. McCluskey
 - CSI Pacific COVID-19 Point Person will be informed.
 - Our facility partners
 - Our sport partners
 - The local public health authority (if testing was not done at a public health facility).
- Any staff or additional team members who develop symptoms will be referred to their family doctor, team physician or CSI Pacific physician as well as the appropriate public health authority for guidance on testing and appropriate management.
- The local public health authority will provide further recommendations which may include
 - Further testing for the person who has tested positive
 - Contact tracing
 - Possible facility closure and, if the facility is closed, when the facility can reopen.
- Team training could resume if
 - All team members undergo self-quarantine for 14 days and no member develops symptoms
 - Athletes are cleared to return to group training by their team physician or CSI physician
 - Staff are cleared to return to work by their personal physician

Appendix 11: Home Isolation Recommendations

- Remain at home except to get urgent medical care
- Do not go to work or other public places
- Cancel non-urgent appointments
- Do not use public transport
- Follow up with testing as required
- Monitor your symptoms and seek medical attention if you are having difficulty breathing are unable to drink fluids or if your illness is worsening
- Wear a face mask when around others, particularly when physical distancing cannot be maintained
- Do not have visitors and separate from household members (2 metres at all times)
- Stay in a well-ventilated room (open windows), use your own bathroom if possible
- Frequently sanitize common use surfaces
- Avoid contact with vulnerable individuals
- Avoid sharing household items
- Maintain excellent hand hygiene
- Follow local health authority guidelines

Appendix 12: Hygiene

Hand hygiene is essential to reduce the transmission of infection. Before performing hand hygiene:

- Expose forearms (bare below the elbows).
- Remove all hand / wrist jewelry (a single, plain metal finger ring is permitted but should be removed (or moved up) during hand hygiene).
- Ensure fingernails are clean, short and that artificial nails or nail products are not worn.
- Cover all cuts or abrasions with a waterproof dressing.
- Hand washing frequently with soap and water, or a suitable hand sanitizer product (for at least 20seconds),
- Hand washing should be undertaken before the start of any training session/consult
- Hand washing after any activity or contact that potentially results in hands becoming contaminated, including the removal of personal protective equipment (PPE), equipment decontamination and waste handling.
- Staff and athletes should also decontaminate their hands with alcohol-based hand rub when entering and leaving training or medical facilities.
- Carry your own personal hand sanitizer
- Avoid touching your eyes, nose and mouth
- Cover your mouth and nose with a disposable tissue or the crease of your elbow when you sneeze or cough
- Do not share food and drinks

Appendix 15: CSI Pacific COVID-19 Point Person

The purpose of this role is to have a point person for each facility/campus to take any questions or concerns to the appropriate person (see below) and fulfill the following responsibilities:

- COVID-19 Point Person for each location are to be available remotely or onsite during business hours as required.
- Work with Leads to manage the coordination of people coming and going in the building:
 - Be aware of the various schedules – staff working onsite, training groups using gym, athletes' assessments/treatments
 - Staff and Leads to communicate to COVID-19 Point Person weekly updates on staff coming to the office (room bookings will be visible on-line to check).
 - Enforce staff using Outlook calendar and entering all onsite appointments in outlook and inviting the COVID Point person for tracking (may require setting up Campus Specific emails). Checklist for facility entry will be sent out upon accepting request.
 - Ensure appropriate capacity levels for each campus.
- Athlete Screening – work with Strength and Conditioning (S&C) to ensure daily screening & monitoring is undertaken.
 - Collect and maintain daily screening logs (time in/out) for respective campus
 - Cross reference all daily logs (front door, S&C entrance, database if used) to ensure compliance of online monitoring, and storage of information.
- Ensure the following on a daily basis:
 - Education posters and signage are properly displayed in all our campus locations.
 - PPE is available and accessible in each campus - track usage and place request to re-order (this information will be provided for re-ordering).
 - Disinfectant/cleaning supplies and hand sanitizer are available and located in offices, meeting rooms and designated CSI Pacific spaces. Lab and HP gym will take care of own supplies.
 - Acquire daily logs from facilities screener – format TBD (photo, online log, paper...).
- Coordinate audits to ensure WSBC compliance when requested – S&C will use own staff to audit each other during the initial few weeks
 - Follow up with any points that need addressing.
- Inspect premises through regular “walk arounds” to identify any issues or noncompliance with stated safety guidelines.
- Be available to address any general COVID-19 related questions for our staff and is aware of the appropriate places to find answers.
- Review and understands the “CSI Reopening Plan” well enough they can ensure it is being followed properly and can answer questions, attend facilities and building meetings so they have all of the relevant information
- Information regarding reopening plans and guidelines are below for reference:
 - In accordance with the Public Health Officer, ensure our CSI Reopening Plan and Safety Precautions are clearly posted in each of our campus locations
 - https://www2.gov.bc.ca/assets/gov/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/covid-19/class_order_employers_covid-19_safety_plans_covid-19_may_14_final.pdf
 - Review and understands BC's Restart Plan
 - <https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support/bc-restart-plan#getting-back-to-work>
 - Review and understands the Worksafe Guidelines
 - <https://www.worksafebc.com/en/resources/about-us/guides/preventing-exposure-to-covid-19-in-the-workplace?lang=en>

- Review and understands the OTP Return to High Performance Sport Framework
 - <https://www.ownthepodium.org/en-CA/Resources/COVID-19-Resources>
- Review and understand viaSport Return to Sport Plan
 - <https://www.viasport.ca/return-sport>
- Questions and concerns the COVID-19 Point Person may have can be brought to the direct attention of CEO Wendy Pattenden.
- The following people will be the COVID-19 Point Person for each CSI Pacific facility/Campus – all staff will be made aware of who the person is and that they are available to address any day to day concerns:
 - **Whistler Campus:** Primary Point Person Craig Hill, Secondary Point Person Alana Irvine
 - **Victoria Campus:** Primary Point Person Stephanie Reid, Secondary Point Person Nitin Tailor
 - **Vancouver Campus:** Primary Point Person Stacey Hutton, Secondary Point Person Gurveen Clair