



Ausome Covid-19 Policy

Effective September 3, 2021

Ausome Ottawa continues to run safe outdoor in-person programs in compliance with pre-vaccination public health guidelines, which include online and on-site participant pre-screening, temperature checks and hand sanitization at registration, social distancing, and masks worn by all athletes, parents/caregivers, coaches, volunteers and staff.

In response to rising COVID-19 case numbers in our community, [new provincially mandated guidelines for vulnerable and high-risk groups](#) and the imminent start of the school year, Ausome has consulted with Ottawa Public Health and peer organizations to develop and implement a vaccination policy that will further protect our athletes and their families.

Ausome Ottawa will continue to monitor local COVID-19 data, comply with evolving public health guidelines and update this policy as necessary.

Ausome Staff, Volunteers and Coaches

All Ausome Ottawa staff, volunteers and coaches must have provided a record of their having been double-vaccinated or a record of a negative COVID-19 test result within 72 hours of programs and events in order to be present in-person.

Ausome Athletes of Vaccine-Eligible Age and Parents/Caregivers

In order to be eligible to participate in Ausome Ottawa in-person programs and events that **start on and after September 3, 2021**, all parents/caregivers must email us an electronic copy of one of the following documents for both themselves and their child athlete (if they are or will be 12 years old in 2021) at least 24 hours prior to the start of the program or event:

1) Record of double COVID-19 vaccination. You can download a PDF or print a copy of your vaccination record from the [Ontario COVID-19 online portal](#).

OR

2) Record of a negative COVID-19 test result within 72 hours of the start of each weekly session of the program.

In all instances, test results must be from an approved PCR or rapid antigen test conducted at a provincial centre, pharmacy or care clinic.



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Ausome athletes under the eligible vaccination age continue to be permitted to participate in in-person programs and events if they pass COVID-19 pre-screening.

If there is a medical reason for not receiving vaccination, a negative test result is still required (see #2 above).

To accommodate athletes and/or their parents/caregivers who are not yet vaccinated or are not yet ready to return to in-person programs, Ausome Ottawa is pleased to announce we will also be running live, interactive virtual fitness programs this fall/winter 2021. And we continue to create new on-demand sports and fitness videos so our athletes can remain active and part of Team Ausome from home.

Privacy

All personal medical records shared with Ausome Ottawa will be kept secure and confidential, used solely for confirming vaccination status and never shared.

Within Ausome Programs and Events:

1. Screening

Prior to arriving at an Ausome program, all individuals including staff, athletes, caregivers, and coaches must check their temperature. All participants must complete the online screening form prior to attending the Ausome program. An email will be sent to all participants the morning of each session.

- Ages 3-10yrs: 95.9–99.5°F (35.5–37.5°C) Acceptable range
- Ages 11-65yrs: 97.6–99.6°F (36.4–37.6°C) Acceptable range

If your temperature is above the acceptable range, you will not be permitted at an Ausome program.

Upon arrival at an Ausome program, all individuals must wear a mask during the screening process.

All athletes, staff, coaches, volunteers and visitors will be asked the following questions. If you answer yes, to any of the questions you will not be permitted to stay at the program:



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- Do you have a fever (check at home prior to attending the program), cough, loss of taste or smell, shortness of breath, or are you feeling unwell?
- Have you been in close contact with someone who is sick or has tested positive for COVID-19 in the past 14 days?
- Have you returned from travel outside of Canada in the past 14 days?
 - If you have travelled outside of Canada within the last 14 days, please provide Ausome with a negative COVID-19 test result within 72 hours of attending your Ausome program.

2. Physical Distancing

Parents/caregivers will partner with Ausome athletes during program sessions. In an effort to reduce the number of community contacts, **Ausome will not be providing program buddies during the COVID-19 pandemic.**

Parents/caregivers and athletes will maintain a 2m distance between themselves and other parents and athletes.

Ausome will use visuals to show proper 2m spacing on fields, when possible.

3. Sanitation and Hygiene Practices

Upon arrival and prior to departure, all individuals, staff, parents/caregivers, athletes and coaches **MUST** wash their hands with soap or use hand sanitizer.

All equipment that is used during a session will be disinfected before and after use.

Any pens, clipboards, door handles and surfaces in common areas will be cleaned before, in between and after sessions.

4. Personal Protective Equipment (PPE) for staff

Staff will wear non-medical procedure masks at all times when at work.

Parents/caregivers will wear non-medical procedure masks for any indoor programs. If the program is outdoors and parent/caregiver can maintain a 2m distance, they may remove their mask.

Ausome will have a touchless thermometer to check temperatures prior to sessions beginning and as required (at the staff's discretion).



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5. Illness at a Program

If any participant (parent, athlete, volunteer or staff) develops or shows symptoms related to COVID-19 during a session they will be asked to leave the program. Proof of a negative COVID-19 test must be provided prior to returning to the Ausome program.

If any participant (parent, athlete, volunteer or staff) develops or shows symptoms related to COVID-19 during the course of a program, they must stay home from the program and contact Ausome Program staff to notify of illness. Proof of a negative COVID-19 test must be provided prior to returning to the Ausome program. If they choose not to get tested they must remain away from the program for 14 days.

If a participant (parent, athletes, volunteer, coach or staff member) develops a runny nose, sore throat or headache they must remain home for 24 hours so long as their condition is improving.

We are confident that if we all work together to follow these protocols, we can continue to enjoy in-person Ausome programs. We appreciate your cooperation in these efforts to maintain a safe and healthy program.