



Ausome Covid-19 Policy

Updated January 18, 2022

Ausome Ottawa has updated our COVID-19 policy to reflect the latest provincial and municipal public health guidelines. **The following updated measures apply to all winter 2022 in-person programs and participants.**

For the purposes of this policy, “participants” refer to: athletes and their accompanying guardians, as well as Ausome staff, volunteers and coaches.

- Participants must provide a provincial record of their having received the maximum number of COVID-19 doses eligible for their age or record of an appointment on or before January 31, 2022 to do so. You can download your enhanced vaccine certificate [here](#).
 - Age 18+ = Double-vaccinated + boosted
 - Age 12-17 = Double-vaccinated
 - Age 5-11 = Single-vaccinated (double-vaccinated not required at this time)
- Participants with medical exemptions must provide proper documentation.
- On each day the program runs, participants must complete an online pre-screening and a second screening on-site upon arrival.
- Participants must wear a mask and maintain a minimum of two metres distance from others at all times. Accompanying guardians must assist their athlete in keeping their mask on and maintaining social distance.

NOTE: Some programs may be run at facilities that enforce COVID-19 safety measures that supersede those above, which all athletes and their guardians will be required to comply with in order to be eligible to register.

We understand these measures may create challenges for some families. We want to hear from you. Please contact us at info@ausomeottawa.com to discuss potential accommodations and alternate programs.

Please read on for more detailed information on these measures.

To accommodate athletes and/or their guardians who are not vaccinated or are not ready to return to in-person programs, Ausome is committed to continuing to:

1. Run more of our popular live, interactive virtual sport and fitness programs.
2. Add new programs weekly to our online sport and fitness video library.
3. Equip all of our athletes with their own Stay Active Kit with at-home activities, gear and prizes to keep them active and connected to Team Ausome.



Privacy

All personal medical records shared with Ausome Ottawa will be used solely for confirming vaccination status and never retained or shared.

Detailed Safety Measures at Ausome Programs and Events

1. Screening

An email will be sent to all participants the morning of each session with an online screening form that must be completed prior to arriving at an Ausome program, including a temperature check of both the athlete and guardian.

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

No one with a temperature above the acceptable range is permitted at programs.

Upon arrival at an Ausome program, all individuals must complete a second screening. All must wear masks during the screening process.

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

- Are you experiencing fever, chills, cough, sneezing, loss of taste or smell, shortness of breath, sore throat, nausea/vomiting or diarrhea?
- 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 yes, you must submit a record of a negative COVID-19 test result within the last 24 hours.

2. Physical Distancing

During the pandemic, Ausome athletes will not be paired with a volunteer or staff member at programs as normal. In an effort to reduce the number of community contacts, athletes will be paired with their accompanying guardian, who will ensure their pairing remains at a two-metre distance from all other participants. Visuals will be used to further illustrate how to maintain proper spacing.



3. Sanitation and Hygiene Practices

Upon arrival at and prior to departure from programs, all athletes, guardians, coaches, volunteers and staff must sanitize their hands (hand sanitizer will be provided on-site).

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)

All athletes, guardians, coaches, volunteers and staff must wear properly fitting masks at all times. Ausome will have a small supply of extra masks on hand.

5. Illness While Registered in a Program

If any participant (athlete, guardian, coach, volunteer or staff) develops or shows symptoms related to COVID-19 while actively participating in a program, they will be asked to leave immediately. That participant may be eligible to return to the program at a later date according to [provincial and municipal guidelines](#).

If any participant develops symptoms related to COVID-19 outside of being at that program they must not come to their next scheduled Ausome session. That participant may be eligible to return to the program at a later date according to [provincial and municipal guidelines](#).

Ausome Ottawa will continue to monitor local COVID-19 data, comply with evolving public health guidelines and update this policy as necessary to protect the health of our athletes, their families and our community. We are confident that if we all work together to follow these measures, our athletes and their families can continue to safely enjoy in-person Ausome programs.