



Updated March 10, 2022

The following changes to Ausome Ottawa's COVID-19 policies come into effect for programs starting on and after March 17, 2022:

- Proof of vaccination will not be required at outdoor programs. **As we begin to resume indoor programs, host facilities may require children and their caregivers to produce proof of vaccination in order to be eligible.**
- Masking remains in effect at all programs. Children who tolerate a mask but need short breaks will be accommodated.
- Social distancing remains in effect at all programs.
- Temperature checks upon arrival remain in effect at all programs.

We understand these updated measures may still 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.

Ausome Ottawa will continue to monitor local COVID-19 data, consult with public health agencies 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.

Please read on for more detailed information on these measures.

Screening

Prior to the start of a program, caregivers must sign a waiver in which they agree to, among other measures, not attend a session if either they or their child is or has recently experienced COVID-19 symptoms. Children and caregivers must also pass a temperature check upon arrival at all programs, during which they must be masked.

- 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.



Masking

All athletes, caregiver, coaches, volunteers and staff must wear properly fitting masks at all programs. Accommodations will be made for water and tolerance breaks. Ausome will have a small supply of extra masks on hand.

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 caregiver, 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.

Sanitation and Hygiene Practices

Upon arrival at and prior to departure from programs, all athletes, caregivers, 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.

Illness While Registered in a Program

If any participant (athlete, caregiver, coach, volunteer or staff) develops or shows COVID-19 symptoms **while at a program session**, they will be asked to leave immediately. That participant may be eligible to return to the program at a later date. Similarly, if any participant develops COVID-19 symptoms **in between program sessions**, they must not attend the next one scheduled. That participant may be eligible to return to the program at a later date.

Privacy

No personal medical records shared with Ausome Ottawa will be retained.