



Updated May 18, 2022

The following changes to Ausome Ottawa's COVID-19 policies come into effect for all programs effective May 18, 2022:

- Masking remains in effect at all **indoor programs**. Children who tolerate a mask but need short breaks will be accommodated. Masking is optional but encouraged at all **outdoor programs**.
- Social distancing where possible remains in effect in all programs.
- Proof of vaccination remains paused for all programs. However, host facilities may require children and their parent/caregiver to produce proof of vaccination in order to be eligible.

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, parents/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.

Masking

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

For the time being, masking at outdoor programs will be optional. We do encourage those who can tolerate a mask to continue to do so where possible.



Physical Distancing

For the time being, Ausome athletes will continue to be paired with a parent/caregiver at programs to reduce the number of community contacts. Parents/caregivers 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.

We anticipate the return of pairing athletes with a volunteer or staff member this fall.

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. 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.