



ONPARA COVID-19 Risk Mitigation Strategy

In this document, “individual” includes an employee, volunteer, athlete, coach or parent/spectator.

1. Assessment
 - a. Individuals must complete the COVID-19 Screening Tool before their practice/game/activity and attest that they are not currently experiencing any of the COVID-19 symptoms, nor traveled outside of Canada within the past 14 days and been advised to quarantine.
 - b. If individuals are unsure, please have them use the [Ontario COVID-19 self-assessment tool](#).
2. If an individual is experiencing any COVID-19 symptoms:
 - a. They must inform an individual in a position of authority (Coach, Program Coordinator, COVID-19 Safety Officer, etc.) **immediately** if they feel any symptoms of COVID-19 such as fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle ache, fatigue and loss of appetite, nausea or diarrhea.

See <https://www.ontario.ca/page/covid-19-stop-spread> for full list of symptoms.

- b. They should remain at home and consider the need to get tested at a local COVID-19 testing centre. Further instructions at <https://www.ontario.ca/page/covid-19-stop-spread#section-1>.
 - c. If they begin feeling or showing symptoms while at a practice/game/activity, they must leave the activity immediately and follow public health guidelines.
 - d. No individual may participate in a practice/game/activity if symptomatic.**
 - e. If an individual develops symptoms after attending a practice/game/activity, they must notify their designated club/program/event leader (e.g. Coach, Program Coordinator, COVID-19 Safety Officer, etc.) **immediately**.
3. If an individual tests positive for COVID-19, they must follow the direction of their local Public Health Authority.
 - a. Individuals must contact their club/program/event leader or designated COVID-19 Safety Officer **immediately** to notify them of their positive test result.
4. Individuals must quarantine or self-isolate if:
 - a. They have travelled outside of Canada within the last 14 days and have symptoms of COVID-19.
 - b. They have come into close contact with someone who has tested positive for COVID-19.
 - c. They have been advised to do so by public health officials.
5. Return to activity following a positive test:
 - a. If fully vaccinated, individuals may return to their club/program/event activity once they have isolated for 5 days from when symptoms began or from the date of the test, whichever came first, if symptoms are improved for at least 24 hours and all public health and safety measures, such as masking or physical distancing, are followed.
 - b. If not fully vaccinated or if immunocompromised, individuals must isolate for 10 days after symptoms began or from the date of the positive test, whichever came first.

ONPARA COVID-19 Outbreak Response Protocol

The purpose of this protocol is to aid in the contact tracing of those individuals who may have come into contact directly or indirectly with an infected individual and help prevent the community spread of COVID-19. The Ontario Para Network (ONPARA) is fully committed to the health and safety of its members and will be implementing the following action plan to limit exposure.

1. Every ONPARA sanctioned club, program, event, and ongoing administration must follow the Return to Sport guidelines approved by ONPARA.
 - a. In the case of an outbreak, the attendance list for every training session, program, or event will be essential to following the Outbreak Response Protocol and ensure that contact tracing can take place. **Each club, program, and event will be required to maintain an attendance and contact list for each session.**
 - b. Attendance records must be kept for a **minimum of 30 days.**
2. A COVID-19 Safety Officer must be designated and should ideally be on site during club/program/event activities. This can be a coach, staff member, parent, or volunteer.
3. If an outbreak at an ONPARA sanctioned club/program/event is confirmed, the following Outbreak Protocol must be adhered to:
 - a. The Safety Officer will ensure that the local Public Health Authority has been notified of the outbreak as soon as possible.
 - b. The Safety Officer will obtain the attendance list and contact information of all attendees and provide this to the Public Health Authority to facilitate contact tracing.
 - c. The Safety Officer will notify the session/program/event attendees **immediately** that an outbreak has occurred so that they may follow the ONPARA COVID-19 Risk Mitigation Strategy. They will not provide information as to who has become ill. **ONPARA must be notified** to manage any necessary communication response to the outbreak.
 - d. The Safety Officer will notify the designated facility contact to ensure appropriate disinfection and other response measures are completed.
 - e. If National Team Program athletes were present when and where the exposure occurred, the appropriate NSO will be notified **immediately.**
 - f. The club/program/event will be suspended until such time as the Safety Officer and ONPARA, with the Public Health Authority, can determine if the club/program/event will be shut down for a period of time (e.g. minimum of 14 days) due to the outbreak and any further steps that may be necessary.
 - g. The club/program/event activities will resume only under the guidance of, and with the permission of the local Public Health Authority and ONPARA.
 - h. Individuals may only return to club/program/event activities once they can provide documentation from their physician indicating they are cleared to return to contact sports and have a negative COVID-19 test result. Documentation must be submitted to the designated COVID-19 Safety Officer, who will determine the individual's ability to return to play, in consultation with ONPARA and the appropriate NSO, if applicable.