



Ausome Covid-19 Policy

The following document outlines the framework necessary for Ausome Ottawa to meet the guidelines set out by Ottawa Public Health and the Ministry of Health. These guidelines are to ensure our athletes/families/volunteers and staff have a safe and positive experience in our programs.

Ausome staff and management, along with members and participants, have a responsibility to strictly adhere to all guidelines in this document so athletes/families stay safe and the number of COVID cases continues to decline in our community.

At no time should these guidelines be interpreted as superseding or providing justification for not closely following public health directives or government regulations.

1. Screening

Prior to arriving at an Ausome program, all individuals including staff, athletes, caregivers, and coaches must check their temperature.

- 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:

- 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?



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).

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



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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.

Ausome Covid-19 Policy will be updated regularly as public health guidelines and government regulations change.

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.