



2022 CKC COVID-19 PLAYBOOK: NATIONAL TEAM TRIALS 1 - DARTMOUTH, NS

Updated April 21, 2022

KEY PRINCIPLES

The COVID-19 countermeasures described in the Playbook are designed to create a safe competition environment for all event attendees. Nova Scotia public health guidelines will be followed for the 2022 National Team Trials 1 in Dartmouth, NS. As of March 21, 2022 Nova Scotia transitioned to Phase 3 of their re-opening plan. Please visit the Nova Scotia Health webpage for more information:

<https://novascotia.ca/reopening-plan/phase-three/>

SELECTION CRITERIA

Please refer to the selection criteria documents on the CKC website for more information regarding COVID-19 and selection. The COVID-19 Playbook does not cover selection criteria or process.

<https://canoekayak.ca/selection-criteria/>

MASKS

It is expected to wear a face mask at all times when indoors to protect you and everyone around you.

Masks help prevent the spread of COVID-19, as they catch droplets exhaled by an infected person. By wearing a face mask at all times – **except when eating, drinking, training, competing, or in your personal accommodations** – you'll help keep the training environment safe for everyone.

Podium: Masks must be worn during podium ceremonies.

Media: It is encouraged that media interactions occur outdoors. It is at the athlete/coach/interviewee's discretion to wear a mask or to ask the media to wear a mask during the interaction.



SYMPTOMS AND TESTING

Nova Scotia public health guidelines will be followed with regarding to symptoms and testing. Please visit the Nova Scotia Health webpage for more information: <https://novascotia.ca/coronavirus/symptoms-and-testing/>

Symptoms

1 of the following	2 or more of the following
<ul style="list-style-type: none"> • Cough (new or worsening) 	<ul style="list-style-type: none"> • Fever (chills, sweats) • Headache • Runny nose or nasal congestion • Sore throat • Shortness of breath or difficulty breathing • Nausea, diarrhea, or vomiting

Testing

For the purposes of testing polymerase chain reaction (PCR) test are the most accurate and the highest standard, and should be used if available and practical, in place of PCR tests Rapid Antigen Tests (RAT) are the next best option.

Prior to Travel to Dartmouth, NS

- If you have symptoms as per chart above prior to travel, then do NOT travel until a negative COVID-19 test has been completed. Please follow your local public health guidelines for symptoms and testing.



During the Trials

- If you have symptoms as per chart above while in Nova Scotia, then you need to self-isolate and book a [COVID-19 test](#). Do NOT attend the Trials event until a negative COVID-19 test has been completed.
 - Event Volunteers and Staff: Please contact Jessica Kenney at 902-580-5244
 - Athletes and Coaches: Please contact Ian Mortimer at 613-323-2264
- If symptoms as per chart above develop while on-site at the Trials competition venue, then wear a mask immediately. Please contact Jessica Kenney at 902-580-5244 to arrange picking-up a COVID-19 test.

If you test positive for COVID-19, it's important for you to complete these actions as per Nova Scotia public health protocols. Key steps noted below and more detail on the Nova Scotia Health website:

<https://www.nshealth.ca/i-have-tested-positive>

Self-isolate right away. To prevent further spread of COVID-19, it's important for you to self-isolate right away. You must self-isolate for:

- At least seven days after the start of symptoms or a positive test (if no symptoms).
- You can leave isolation the morning of the 8th day if you no longer have symptoms or your symptoms are improving, and you have not had a fever for at least 24 hours. You can use the [COVID-19 day tracker](#) to determine your end isolation date.
- If there are others in your household, tell them to follow instructions based on whether they have [symptoms](#), or [do not have symptoms](#).
- Complete the Report and Support screening form, if you have not already completed it <https://c19hc.nshealth.ca/self-report> or call 1-833-797-7772 if you require assistance completing the form.



MAINTAIN EVERYDAY HEALTHY HABITS

Please refer to the Nova Scotia Health website for more information: <https://novascotia.ca/reopening-plan/phase-three/>

Minimize Physical Interactions

Keep physical interactions with others to a minimum (and don't forget to wear your mask when indoors!)

Avoid physical contact including hugs and handshakes. Keep 2m distance, when possible.

Clean surfaces

Viruses can live on surfaces for several days. Reduce the number of germs and your risk of infection by [cleaning and disinfecting](#) every day.

Cover coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze. Or use the inside of your elbow. Make sure you follow [cough and sneeze guidelines](#).

Wash your hands

Wash your hands often with soap and water, especially after being in a public place, or after blowing your nose, coughing or sneezing. Use hand sanitizer when you can't use soap and water and follow [hand washing guidelines](#).

Gather safely

You don't need to maintain social distancing from others, but it's still worthwhile keeping a safe distance from people you don't know while out and about. This helps reduce the spread of COVID-19 within the community.