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CHAMPIO

NATIONAL TEAM

COVID-19 FAQ

Athletics Canada COVID-19 Frequently Asked Questions

As at March 24, 2020

Information on COVID-19 and its impact on all communities, including sport, is changing every day. Updates made in this version are marked "New on March 24" so that you can find them quickly.

This document lists some Frequently Asked Questions asked by coaches, athletes and parents.

The answers are based on the latest updates and advice from bodies such as Health Canada, the International Olympic Committee, the International Paralympic Committee and the Canadian Olympic, Paralympic and Institute Network (COPSIN) Medical Advisory Committee. However, here is a video by Health Canada which also highlights a lot of our recommendations below:

<https://www.youtube.com/watch?v=CcnT2q4locU&feature=youtu.be> (<https://www.youtube.com/watch?v=CcnT2q4locU&feature=youtu.be>)

1.0 TRAINING QUESTIONS

1.1 Where can I train?

- *The Government of Canada is asking everyone to stay at home unless travelling for essential work, to buy food or to stay healthy. Therefore Athletics Canada's recommendation is to only train alone / in isolation.*
- *In some jurisdictions, being active outdoors in isolation may be allowed. There are links at the end of this document so that you can check the latest advice in your area. The lowest risk option is for athletes train indoors at home, however the following guidelines are meant to help athletes and coaches consider how to lower the risk if they choose to train outdoors in areas where it is permitted:*
 - *Training should still be alone, not in groups or with a coach.*
 - *No-one should train outside if they are currently in quarantine from recent travel, or self-isolation for a possible recent exposure or feeling unwell.*
 - *No-one should train outside if they have any symptoms of illness, even if only mild. Anyone with symptoms should place themselves in self-isolation and follow up with their physician. CAPP athletes can contact Dr. Paddy McCluskey, Dr. Sari Kraft or Dr. Margo Mountjoy (contact details at the end of this document).*
 - *You must stay at least 2 meters away from other people at all times.*
 - *The site of training should not be a crowded public space. Open spaces such as parks and fields etc. are fine. Do not use any public equipment in a public park.*
 - *You must get to the training location without using public transit. Riding a bike, running, walking or driving in a private vehicle are acceptable forms of transportation.*
 - *All equipment must be properly sanitized before and after each training sessions with approved EPA-registered cleaners / disinfectants / disinfectant wipes using manufacturer instructions. This includes items such as water bottles, towels and food.*
 - *No equipment can be shared.*
 - *While at a training session, you should frequently use 60% alcohol based hand sanitizer*
 - *You should follow appropriate respiratory etiquette while at a training session:*
 - *covering nose and mouth with a flexed elbow*
 - *refrain from touching mouth, eyes and nose*
 - *limit greetings to a friendly wave*
- *If you have any doubts or worries about your personal training space then don't use it. CAPP athletes or their coaches can ask their APA or Dr Paddy McCluskey, Dr Sari Kraft or Dr. Margo Mountjoy for more advice if needed (contact details at the end of this document).*

1.2 So I can't train in a group?

- *Athletics Canada's recommendation is to only train alone / in isolation.*
- *It is important to know that there is always risk when groups gather, as there is no way to know who may be infected. These are a few important concepts why we do not recommend training in a group:*
 - *Personal health status:* athletes and/or staff with underlying medical conditions, particularly respiratory conditions are at higher risk of any adverse events if they develop COVID-19. These people should take extra steps to avoid infection and may need to avoid all group settings outside their home.
 - *Home environment:* A person's risk is higher when more people live in their home environment. This is due to potential exposure each person in that home environment has each day in their activities outside the home that they could potential bring back to their place of residence.
 - *Public exposures:* Additional risk comes from a person's possible exposures throughout their day, including as they travel to a training session (i.e. on public transit).
 - *Training venue:* The risk at each training session is influenced by the ability to maintain proper social distancing, whether or not the workout environment is indoors (higher risk) vs outdoors (lower risk) or in a ventilated venue (lower risk than indoors).

1.3 So I have to do my training at home on my own now. Can AC help me buy training and rehab equipment?

- *We may be able to help CAPP athletes purchase equipment on a case-by-case basis. Any help will be tiered by the CAPP levels. Please speak to your APA about your needs.*

1.4 I'm struggling to train where I am, is it okay to travel to another part of Canada where it is warmer?

- *New on March 24: A number Provinces have started to introduce a quarantine period when entering from a different Province. For this reason we recommend that athletes remain in their normal home location and do not relocate for training reasons.*

1.5 I've just arrived back from USA or over-seas (after March 12th) – can I train by myself outside?

- *Everyone returning from outside Canada must quarantine for at least 14 days.*
- *No-one should train outside while they are in quarantine.*
- *Training or interacting with other groups of athletes, coaches, etc. is not permissible.*

1.6 How do I put together a training program that fits all of these rules?

- *Work with your coach and IST over the phone, email, or the internet to find the best way for you to keep fit and be ready for when competitions start again. You'll have to be imaginative but there is a lot that you can do.*
- *CAPP athletes and their coaches can contact their APA who can link them into many resources to help them plan training at home.*

2.0 MEDICAL ISSUES

2.1 What do I do if I get ill or injured?

- Athletes should **not** seek on-site medical attention for respiratory conditions (cough, fever, runny nose, sore throat) at CSI/CSC clinics if they are feeling ill. Consult with local public health authorities by telephone or email to discuss treatment, isolation or the need for testing. CAPP athletes should contact their APA or Dr Paddy McCluskey, Dr Sari Kraft or Dr. Margo Mountjoy directly (contact details at the end of this document).
- For other illnesses athletes should contact their Family Doctor or their local hospital as normal. CAPP athletes should contact their APA or either Dr Paddy McCluskey, Dr Sari Kraft or Dr. Margo Mountjoy directly (contact details at the end of this document).
- If they become injured athletes should contact their normal therapist for advice, initially through their email, websites and/or phone lines. In the first instance CAPP athletes should contact either their APA or any one of Dr Paddy McCluskey, Dr Sari Kraft, Dr. Margo Mountjoy, Andrea Stephen or Patricia Roney (contact details at the end of this document).

2.2 Is it safe to visit my Family medical centre, my local therapist or the hospital?

- Most family medicine clinics, therapy clinics, and hospitals have adjusted operations. If you don't need these facilities, then it's best to avoid them.
- Most family medicine clinics require a phone call before they will allow an in-person appointment. You may be able to speak to your family doctor by phone or video conference instead of attending in person. If you do need an in-person assessment, most clinics have screening procedures and cleaning/spacing policies to lower the risk of viral transmission. Most therapy clinics are offering virtual options, and some are still offering in-person appointments for urgent issues only.
- Hospitals have enhanced screening measures to make sure anyone with symptoms or a travel history is isolated and/or wearing a mask as appropriate. They have increased frequency of cleaning as well. If you need to go to the hospital for urgent issues, imaging, or other testing then you should keep that appointment. However, if you have minor issues that can wait then it's best to avoid the hospital.

2.3 If I think that I have COVID-19 can I still take anti-inflammatory medication?

- There have been reports that use of ibuprofen and related medications; non-steroidal anti-inflammatory drugs (NSAIDs) have been linked to worse outcomes for those with COVID-19. While our understanding of this possible relationship continues to develop, at this time, we do not recommend that you take NSAIDs if you have a cough, congestion, fever, or chills.
- But if you are not having respiratory symptoms, it is still OK to use these medications for musculoskeletal pain.
- Common medications in this class are ibuprofen-Advil / Motrin; naproxen-Aleve; diclofenac-Voltaren; ASA- Aspirin; celecoxib-Celebrex.
- There are many other medications in this class so please reach out to your family doctor or Dr. Sari Kraft, Dr. Paddy McCluskey or Dr. Margo Mountjoy if you have questions about your medication (contact details at the end of this document).

3.0 REPATRIATION (RETURNING HOME FROM ANOTHER COUNTRY)

3.1 I've just arrived back from USA or over-seas (after March 12th) – I feel fine and no-one where I came from was ill. Can I rejoin my training group immediately?

- As mandated by the Government of Canada **everyone** returning from outside Canada must quarantine for at least 14 days. You should not train outdoors, meet with your coach or any members of your training group during this period. You must inform any doctor or therapist that you have recently returned to Canada.

3.2 I'm living and training outside Canada, should I come home?

- We do not recommend travelling outside Canada or remaining outside Canada for the sole purpose of training (for example altitude training, warm-weather training, etc.). If you are normally a resident outside Canada due to dual citizenship, your partner's status, etc. then you should probably stay where you are.
- If you are staying outside of Canada, we strongly recommend that you check your medical insurance status directly with the insurance company and/or your rights to access the local health services. If your medical insurance is no longer valid and/or you have no rights to access the local health services, then we recommend that you return to Canada ASAP.

3.3 I'm outside of Canada and I want to come home, can you help?

- As a first step you should make contact with the local Canadian consulate.
- We may be able to provide financial help for CAPP looking to return to Canada, please speak to your APA as soon as possible.

4.0 COMPETITIONS AND QUALIFICATION

4.1 How do I know if my competition is still happening?

- The AC website (<https://athletics.ca/athletics-canada-covid-19-advisory-guidance/>) has an updated list of major domestic and international competitions that have been cancelled.

4.2a What does the postponement of the Olympic / Paralympic Games mean for me?

- **New on March 24:** The postponement of the Olympic and Paralympic Games was announced on March 24. The Games will be postponed until "a date beyond 2020 but no later than the summer of 2021". It may take up to a month before the final date is confirmed and a revised qualification process may take even longer. For now the main impact is that athletes no longer need to train for a peak in 2020 and should concentrate on maintaining their health and basic fitness. We will update with more details when we have them.

4.2b What does the postponement of the WU20 Championships mean for me?

- **New on March 24:** The postponement of the World U20 Championships was announced on March 24. World Athletics say that they "... are working together [with the Government of Kenya] to identify a mutually appropriate alternative date". For now the main impact is that athletes no longer need to train for a peak in summer 2020 and should concentrate on maintaining their health and basic fitness. We will update with more details when we have them.

4.3 Will the Olympics / Paralympics / World U20s selection criteria change due to COVID-19? Should we not amend this due to our announcement of not participating?

- **New on March 24:** Clearly there will be changes to the Olympic, Paralympic and WU20 qualification processes, but it is too soon to say what those changes will be. As soon as we have details we'll also update our selection criteria through the National Team Committee (in conjunction with the COC / CPC for the Games criteria).
- All changes to selection criteria will be communicated via the HP Newsletter and the AC website.

4.4 I'm not qualified for the Olympics / Paralympics / World U20s yet, how do I get a competition?

- **New on March 24:** When the current situation becomes clearer AC will do everything that we can to support competition and qualification opportunities across the country.

4.5 Its not fair, other countries are holding competitions and qualifying athletes and we can't. What is AC doing about that?

- **New on March 24:** With the Games being postponed we don't expect any country to have any special advantage in qualifying athletes due to the COVID-19 situation.

5.0 Mental Health

5.1 This whole situation is making me upset and anxious, interrupting my sleep and I'm worried that it is impacting my mental health. What can I do?

- It is important to attend to your mental health and well-being, as well as your physical health. The IOC Athlete365 (<https://www.olympic.org/athlete365/>) (<https://www.olympic.org/athlete365/>) and/or the Canadian National Team Athlete mental health resource guide (<https://files.constantcontact.com/028b6ad2201/f89c23b7-9e67-4331-a42f-779c88657e68.pdf>) are free 'athlete-specific' resources that you can utilize.
- We know that this situation is particularly challenging for those whose preparations for the 2020 Summer Olympic Games has been interrupted by the COVID-19 pandemic.
- CAPP athletes can reach out to mental health professionals or mental performance consultants through their APA or either Dr Paddy McCluskey, Dr Sari Kraft or Dr. Margo Mountjoy directly (contact details at the end of this document).
- Please see the additional information section below for relevant links.

6.0 MEDIA

6.1 Can I speak to the media about all of these changes (even if I'm a CAPP / National Team athlete)?

- **New on March 24:** Athletes are allowed to speak on behalf of themselves and how they are managing etc. However they should make it clear that they are not speaking on behalf of AC. To be clear athletes should not speak on behalf of AC without the prior permission of AC CEO (David Bedford), HPD (Simon Nathan) or COO Mat Gentès.

7.0 ADDITIONAL INFORMATION

7.1 How long might this last?

- At this time, restrictions on public gatherings are in place for at least 1 month. We think that it is very likely that restrictions will be in place for much longer, however the situation is still changing daily. Please follow your local public health guidelines on what is in place where you live.

7.2 How do I contact one of the doctors or medical leads?

- The following staff are mainly involved with CAPP athlete issues, but are also prepared to offer athletics specific expert advice to others if they cannot find help elsewhere...

- Dr Paoly McCuskey (AC's Chief Medical Officer & West Hub Medical Lead): pmccuskey@athletics.ca (mailto:pmccuskey@athletics.ca)
- Dr Sari Kraft (East Hub Doctor): skraft@csiontario.ca (mailto:skraft@csiontario.ca)
- Dr Margo Mountjoy (AC Doctor): mmsportdoc@uoguelph.ca (mailto:mmsportdoc@uoguelph.ca)
- Andrea Stephen (AC Physiotherapist & East Hub Medical Lead): astephen@athletics.ca (mailto:astephen@athletics.ca)
- Patricia Roney (AC Physiotherapist & Para Program Medical Lead): patricia.roney@athletics.ca (mailto:patricia.roney@athletics.ca)

7.3 Where can I get additional information?

- Athletes should **not** seek on-site medical attention for respiratory conditions (cough, fever, runny nose, sore throat) if they are feeling ill. You should consult with local public health authorities by telephone or email to discuss treatment, isolation or the need for testing.

Latest Athletics Canada Updates

Athletics Canada: <https://athletics.ca/athletics-canada-covid-19-advisory-guidance/> (<https://athletics.ca/athletics-canada-covid-19-advisory-guidance/>)

COPSIN Medical Advisory

COPSIN Medical Advisory release: https://myemail.constantcontact.com/Update--Advisory-on-COVID-19.html?oid=1108867463200&aid=r_egLUim7LI (https://myemail.constantcontact.com/Update--Advisory-on-COVID-19.html?oid=1108867463200&aid=r_egLUim7LI)

Mental Health Support

IOC Athlete365: <https://www.olympic.org/athlete365/> (<https://www.olympic.org/athlete365/>)

Canadian National Team Athlete mental health resource guide: <https://files.constantcontact.com/028b6ad2201f89c23b7-9e67-4331-a42f-779c88657e68.pdf> (<https://files.constantcontact.com/028b6ad2201f89c23b7-9e67-4331-a42f-779c88657e68.pdf>)

Game Plan Mental Health Support: <https://mygameplan.ca/resources/health> (<https://mygameplan.ca/resources/health>)

CSIP Mental Performance Recommendations: https://musercontent.com/e0b40c802147b61e3ecc927/files/20bcc8d-cb47-42cf-98ab-378cd6cc52b1/Optimizing_Performance_Preparation_with_COVID_19_National.pdf (https://musercontent.com/e0b40c802147b61e3ecc927/files/20bcc8d-cb47-42cf-98ab-378cd6cc52b1/Optimizing_Performance_Preparation_with_COVID_19_National.pdf)

Federal information

Government of Canada: <https://www.canada.ca/coronavirus> (<https://www.canada.ca/coronavirus>)

International information

World Health Organisation: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019> (<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>)

Provincial government information:

Alberta: <https://www.alberta.ca/coronavirus-info-for-albertans.aspx> (<https://www.alberta.ca/coronavirus-info-for-albertans.aspx>)

British Columbia: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19> (<http://www.bccdc.ca/health-info/diseases-conditions/covid-19>)

Manitoba: <https://www.gov.mb.ca/health/coronavirus/> (<https://www.gov.mb.ca/health/coronavirus/>)

New Brunswick: https://www2.gnb.ca/content/gnb/en/departments/ocmoh/odc/content/respiratory_diseases/coronavirus.html (https://www2.gnb.ca/content/gnb/en/departments/ocmoh/odc/content/respiratory_diseases/coronavirus.html)

Newfoundland & Labrador: <https://www.gov.nl.ca/covid-19/> (<https://www.gov.nl.ca/covid-19/>)

Northwest Territories: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice.html> (<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice.html>)

Nova Scotia: <https://novascotia.ca/coronavirus/#alerts> (<https://novascotia.ca/coronavirus/#alerts>)

Nunavut: <https://gov.nu.ca/health/information/covid-19-novel-coronavirus> (<https://gov.nu.ca/health/information/covid-19-novel-coronavirus>)

Ontario: <https://www.publichealthontario.ca/en/diseases-and-conditions/infectious-diseases/respiratory-diseases/novel-coronavirus> (<https://www.publichealthontario.ca/en/diseases-and-conditions/infectious-diseases/respiratory-diseases/novel-coronavirus>)

Prince Edward Island: <https://www.princeedwardisland.ca/en/information/health-and-wellness/travel-advice> (<https://www.princeedwardisland.ca/en/information/health-and-wellness/travel-advice>)

Québec: <https://www.quebec.ca/sante/problemes-de-sante/a-z/coronavirus-2019> (<https://www.quebec.ca/sante/problemes-de-sante/a-z/coronavirus-2019>)

Saskatchewan: <https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus> (<https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus>)

Yukon: <https://yukon.ca/en/information-about-novel-coronavirus-yukoners> (<https://yukon.ca/en/information-about-novel-coronavirus-yukoners>)

DISCIPLINES



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COMBINED EVENTS

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PARA-ATHLETICS

(<https://athletics.ca/disciplines/track/>)(<https://athletics.ca/disciplines/road-racing/>)(<https://athletics.ca/disciplines/field-events/>)(<https://athletics.ca/disciplines/combined-events/>)(<https://athletics.ca/disciplines/walks/>)(<https://athletics.ca/disciplines/cross-country/>)(<https://athletics.ca/disciplines/para-athletics/>)

LAST TWEET

@AthleticsCanada

All bundled up, [@alysha_newman94](http://twitter.com/alysha_newman94) (http://twitter.com/alysha_newman94) remains in top shape with her at-home workout Got an at-home-workout? Tag us a... <https://t.co/tLeITB1x7k> (<https://t.co/tLeITB1x7k>), 22 hours ago

RT [@TeamCanada](http://twitter.com/TeamCanada) (<http://twitter.com/TeamCanada>): Listen to what Chef de Mission [@MarnieMcB](http://twitter.com/MarnieMcB) (<http://twitter.com/MarnieMcB>) and [#TeamCanada](http://twitter.com/TeamCanada) ([#TeamCanada](http://twitter.com/TeamCanada)) Olympians [@phylicageorge](http://twitter.com/phylicageorge) (<http://twitter.com/phylicageorge>)

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