

Sports & Recreation Covid-19 Decision Guide

OPH has developed this resource as a guide for the Sports & Recreation sector on the decisions they may need to make when dealing with illness within their organization.

This document is not exhaustive and should be used for reference only, please refer to the Ottawa Public Heath COVID-19 webpage for more information.

Select from the following scenarios:

Players/coaches/trainers/officials, or any of their household members, are symptomatic

Players/coaches/trainers/officials have tested positive for COVID-19

Members of the team/coaching staff identified as high-risk contact

Members worried about transmission within the team

Members of the team attend school where there are cases





/Ottawa Health



Players/coaches/trainers/officials, or any of their household members, are symptomatic

The player/coach/trainer/official must not attend sport activities.

OPH recommends that the symptomatic member goes to a COVID-19 assessment centre or care clinic to get tested as soon as possible.

Player/coach/trainer/official and their household contacts must self-isolate while awaiting test results.

Positive Result

The player/coach/trainer/official follows the instructions provided by Ottawa Public Health.

Negative Result

The player/coach/trainer/official may return to regular activities 24 hours after symptoms have resolved without fever-reducing medication. All household contacts can also end self-isolation.



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Players/coaches/trainers/official have tested positive for COVID-19

Player/coach/trainer/official must not attend sport activities.

Players/coaches/trainers/official must stay home and self-isolate for 10 days(or as directed by OPH) from the onset of symptoms.

OPH follows-up with all people who have tested positive for COVID-19 to identify high-risk contacts and discuss next steps.

All teams should identify a communications channel by which you can connect with team members if indicated. Personal health information is kept private by OPH.



Members of the team/coaching staff identified as high-risk contact

OPH recommends that high-risk contact goes to a COVID-19 assessment centre or care clinic to get tested no sooner than 5 days from exposure.

Yes

Did you get tested?

No

You must self-isolate while you wait for your results. Even if your test result is negative you must continue to self-isolate for the full 14 days. More information on self-isolation requirements can be found on OPH's website.

You must stay home and self-isolate for 14 days after your last contact with that person. Self-isolation period is 14 days.

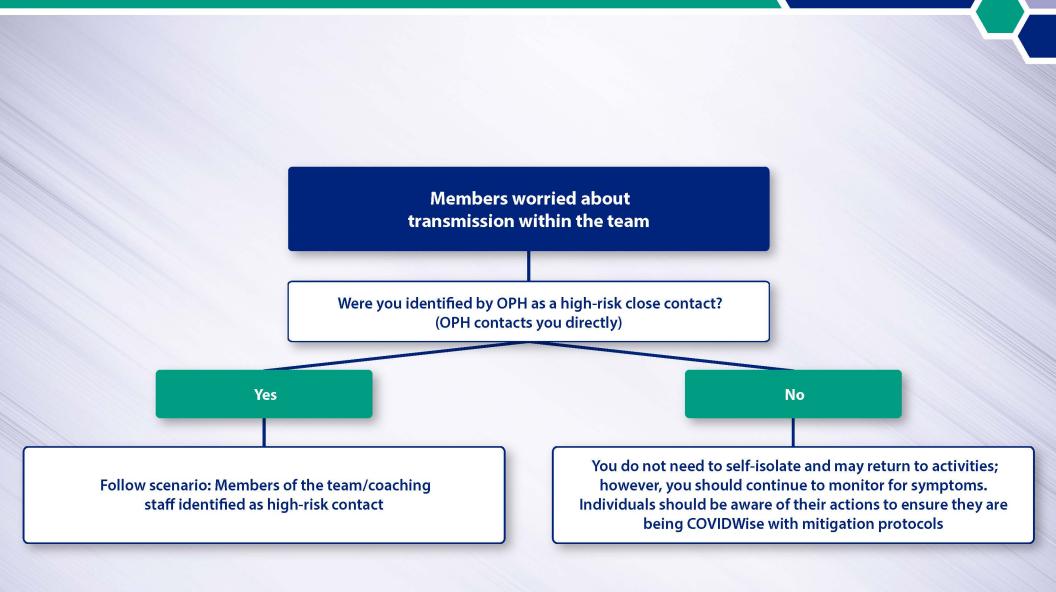
More information on self-isolation requirements can be found on OPH's website.

Monitor daily for symptoms of COVID-19.

The self-isolation instructions and criteria to discontinue self-isolation vary for each person's situation. Consult the self-isolation instruction section on OPH's Self-Isolation page for more information

Siblings and other members within the same household of a high-risk contact who has no symptoms awaiting test results do not need to self-isolate and may return to school/work/sports; however, they should continue to monitor for symptoms.









Were you identified by OPH as a high-risk close contact? (OPH provided you with a COVID-19 exposure letter)

Yes

If someone in a school setting tests positive for COVID-19 and your child is a close contact, OPH will contact you via an email letter with additional information and provide guidance on your next steps.

If someone from a school setting tests positive for COVID-19 and your child is not considered a close contact, you do not need to have your child tested or keep them home. Ottawa Public Health will reach out to parents via an email letter if it is determined that their child is considered a close contact and provide advice on if and when testing is necessary.

No