



Screening and Positive Test Protocols

Screening Protocols

The **Self-Screening Protocol** is in place to try to decrease the likelihood of spreading infection by encouraging sick or symptomatic participants (swimmers, coaches, officials, volunteers) to stay home and take care.

Activity is any Swim Ontario approved activity

Before the activity

Participants shall not attend the activity if they:

- are currently diagnosed with COVID-19, or are waiting to hear the results of a lab test for COVID-19
- someone in their household has COVID-19 symptoms
- have been in contact with a suspected, probable, or confirmed case of COVID-19 in the last 14 days
- have been told by public health that you may have been exposed to COVID-19
- have been told by public health or school to self-isolate
- **do not pass screening**

Please follow all Ontario published Health screening guidelines.

- Age Group Swimmers may use the [Ontario Health School Screening guidelines](#) before attending an activity
- Participants must do a screening before attending an activity ([see below](#))

Anyone who does not pass screening may not attend the activity and should follow provincial guidelines (self-isolate, call their health care provider or Telehealth Ontario and take the [COVID Self-Assessment](#). Further investigations may include a test for COVID-19. If home isolation is required, all Public Health instructions must be followed. The participant may not return until they pass screening (min. 24 hours).

Screening Questions - **Regardless of one's personal vaccination status**

1. Do you **or someone in your household** have any of the following new or worsening symptoms or signs?
Symptoms should not be chronic or related to other known causes or conditions.
 - Fever or chills
 - Difficulty breathing or shortness of breath
 - Cough
 - Sore throat, trouble swallowing
 - Runny nose/stuffy nose or nasal congestion
 - Decrease or loss of smell or taste
 - Nausea, vomiting, diarrhea, abdominal pain
 - Headache that's unusual or long lasting
 - Not feeling well, extreme tiredness, sore muscles
2. In the last 14 days, have you or **someone in your household** been in close physical contact with someone who currently has COVID-19? This includes getting a COVID Alert exposure notification.
 - (*medical professionals*) Have you been in contact with or cared for someone with COVID-19 in the last 14 days without appropriate medical grade PPE?



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3. I have travelled outside the country within the last 14 days and am required by the Canada Public Health Authority to quarantine/isolation
4. Someone within my household has travelled outside the country within the last 14 days and I am required by the Canada Public Health Authority to quarantine/isolation

A participant must answer 'No' to all the above questions before attending the activity.

During the activity

All participants should monitor their health during an activity, and if they feel ill or experience signs or symptoms of COVID-19 (even mild) they must leave the activity and contact their medical provider (doctor/nurse practitioner) or Public Health to consider the appropriateness of further investigations. Further investigations may include a test for COVID-19. If home isolation is required, all Public Health instructions must be followed.

Positive COVID-19 Test Protocols

If a participant tests positive for COVID-19, the following steps must be taken:

- The athlete/staff member is removed from the training group or sanctioned SO activity immediately.
- Report to Local Public Health and facility(ies)
 - Follow all directions from public health unit and facility(ies)
- Report to Swim Ontario by completing the [Incident/Injury Report Online Form](#)
- Individuals identified by Public Health officials cannot return to activities until cleared to do so by public health with provincial guidelines.
 - Public health officials will determine any requirements related to facility and/or group operations, as well as any requirements with respect to contact tracing as it relates to managing the spread of the virus. With the understanding that strict safety rules and procedures are in place and adhered to by all participants.
 - The Public Health Unit, may, in some regions, determine who/which individuals are considered to be [close contacts](#).
 - All persons who have been deemed to have been in close contact with the individual must follow all public health directions.
 - If public health does not provide direction, the club should consult with the facility and determine the next steps for the training group.
 - The facility may request the training group be suspended.
- Any additional participants who develop symptoms will be referred to the appropriate public health authority or helpline for guidance on testing and appropriate management.