



# 2022 U SPORTS CONFERENCE AND ANNUAL GENERAL MEETING COVID-19 HEALTH & SAFETY PROTOCOLS

## KEY DEFINITIONS

- **Participants:** all delegates, speakers and attendees at the 2022 U SPORTS Conference and Annual General Meeting.
- **Fully Vaccinated:** an individual who has received at least two doses of a two-dose series Health Canada approved COVID-19 vaccine or at least one dose of a single-dose series Health Canada approved COVID-19 vaccine, and whose last dose was administered at least 14 days before arrival at the U SPORTS Conference and Annual Meeting for two-dose vaccines and at least 4 weeks before arrival at the U SPORTS AGM and Conference for single dose vaccines.

## U SPORTS COVID-19 MANAGER

**Jennifer Smart, Director of Sport, U SPORTS**  
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905-914-1573

COVID Manager will be responsible for:

- Distribution of COVID-19 Rapid Antigen Tests
- Ensuring hand sanitizers and soaps are readily available
- Ensuring sanitization cloths are available for microphones and other high-touch surfaces
- Arranging the movement of participants to isolation rooms, if needed
- Answering questions and providing guidance/support on COVID-19 protocols and testing throughout the U SPORTS Conference and Annual Meeting.

## VACCINATION REQUIREMENT

While U SPORTS recommends that all participants be fully vaccinated and (if eligible) have received their booster shot(s) to protect against COVID-19, it is **not** a requirement for attending the 2022 U SPORTS Conference and Annual Meeting.

Participants will not be required to declare their vaccination status to U SPORTS.

## TESTING REQUIREMENTS

**Testing is not required in advance of arrival** to the U SPORTS Conference and Annual Meeting; however, please note that some airlines or travel providers still require COVID-19 testing in advance of travelling. It is the responsibility of the participants to confirm these requirements with their airline or travel provider.



Participants are not to travel to the U SPORTS Conference and Annual Meeting if they are currently experiencing symptoms of COVID-19 or if they or someone in their household tests positive for COVID-19 within 7 days prior to travel.

**Testing at the U SPORTS Conference and Annual Meeting is only required for participants who become symptomatic.** COVID-19 Rapid Antigen Testing Kits will be provided to participants upon arrival.

Self-Administered Rapid Antigen Testing Instruction Video (English):

[https://youtu.be/ikEK2EC\\_okc](https://youtu.be/ikEK2EC_okc)

Self-Administered Rapid Antigen Testing Instruction Video (French):

<https://youtu.be/fwHeCymCTUg>

## **SCREENING & SYMPTOM CHECK REQUIREMENTS**

Participants are not to travel to / attend the U SPORTS Conference and Annual Meeting if:

- They are feeling unwell or experiencing symptoms (as outlined below)
- They have travelled outside of Canada in the last 10 days **and** been told to quarantine (per federal or provincial quarantine requirements)
- A doctor, health care provider or public health unit has told them that they should currently be isolating (staying at home)
- In the 7 days prior to the U SPORTS Conference and Annual Meeting, they or someone they live with have tested positive on a rapid antigen test or home-based self-testing kit or a lab-based PCR test. – *If they have since tested negative on either a rapid antigen test or a lab-based PCR test and any symptoms have significantly improved, this is not applicable to them.*

All participants are required to conduct daily self-monitoring of symptoms (see symptom lists below) while at the U SPORTS Conference and Annual Meeting and are required to report any symptoms to the COVID Manager (contact details above).

Call 9-1-1 Emergency Services if you are experiencing any of the following symptoms:

- **Severe difficulty breathing** – struggling for each breath, can only speak in single words
- **Severe chest pain** – constant tightness or crushing sensation
- **Feeling confused or unsure of where you are**
- **Losing consciousness**



Contact the [COVID Manager](#) if you are experiencing any **ONE or more** of the following symptoms that are new or worsening and not related to other known causes or conditions you already have:

- **Fever and/or chills** – temperature of 37.8 degrees Celsius/100 degrees Fahrenheit or higher
- **Cough or barking cough (croup)** – continuous, more than usual, making a whistling noise when breathing (not related to asthma, post-infectious reactive airways, COPD or other known causes or conditions you already have)
- **Shortness of breath** – out of breath, unable to breathe deeply (not related to asthma or other known causes or conditions you already have)
- **Decrease or loss of taste or smell** – Not related to seasonal allergies, neurological disorders, or other known causes or conditions you already have
- **Sore throat** – painful swallowing or difficulty swallowing (not related to seasonal allergies, acid reflux, post-nasal drip)
- **Conjunctivitis (pink eye)** – not related to blepharitis, recurrent styes

Contact the [COVID Manager](#) if you are experiencing any **TWO or more** of the following symptoms that are new or worsening and not related to other known causes or conditions you already have:

- **Muscle aches/joint pain** – unusual, long-lasting (not related to getting a COVID-19 vaccine in the last 48 hours, a sudden injury, fibromyalgia or other known causes or conditions you already have)
- **Extreme tiredness** – unusual fatigue, lack of energy (not related to getting a COVID-19 vaccine in the last 48 hours, depression, insomnia, thyroid dysfunction or other known causes or conditions you already have)
- **Runny or stuffy/congested nose** – not related to seasonal allergies, being outside in cold weather, chronic sinusitis unchanged from baseline
- **Abdominal pain** – persistent or ongoing (not related to menstrual cramps, gastroesophageal reflux disease)
- **Nausea, vomiting or diarrhea** – not related to a pre-existing gastrointestinal disease or disorder



- **Headache** – new and persistent, unusual, unexplained or long lasting (not related to tension-type headaches, chronic migraines, receiving a COVID-19 vaccine in the last 48 hours)

**If a participant becomes ill or symptomatic, they will be presumed positive for COVID-19 and will be required to enter the COVID Positive Protocol outlined in the next section below.**

Any participants who were sharing a hotel room with the symptomatic / presumed positive individual (regardless of vaccination status), will also be required to enter into the COVID Positive Protocol.

### **COVID POSITIVE PROTOCOL (RESPONSE TO PRESUMED POSITIVE CASES)**

A participant is presumed positive and must enter the COVID Positive Protocol if:

- They begin experiencing symptoms of COVID-19
- They test positive on a COVID-19 Rapid Antigen Test or a lab-based PCR Test
- They test inconclusive twice in a row on a COVID-19 Rapid Antigen Test

#### **COVID Positive Protocol:**

1. Participants who develop symptoms of COVID-19 are to take a self-administered Rapid Antigen Test.
2. Participant to wear a mask and contact the COVID Manager to let them know they are symptomatic and inform them of the results of their test. The COVID Manager will assist in making arrangements for the participant to isolate in their own room (if not already in a single).
  - a. If a symptomatic participant opts not to take a COVID-19 test, then the result will be presumed to be positive and can **proceed directly to step 5.**
3. If the result of the first test was negative, then arrangements will be made for the participant to test again 48-hours after the onset of symptoms or their first positive test (whichever came first), via either a rapid-antigen test or a lab-based PCR test (if available/preferred). The individual must not attend any activities or sessions of the AGM and Conference and must continue to self-isolate during this time.
4. If the result of the second test is also negative and their symptoms have improved, then the individual can come out of isolation.



5. If the result of either test is positive, the individual must isolate for a minimum of 7 days, as per Nova Scotia Public Health (<https://www.nshealth.ca/i-have-tested-positive>)
6. If after 7 days, the participants symptoms have improved significantly and they have been fever-free for at least 24 hours, then the participant may come out of isolation (unless directed otherwise by public health officials).

Any costs associated with self-isolation and lab-based PCR tests are the responsibility of the individual or their organization / institution.

More Nova Scotia Public Health information on COVID-19: <https://www.nshealth.ca/coronavirus>

### **MASK REQUIREMENT**

Masks must be worn during all indoor U SPORTS Conference and Annual Meeting Sessions/Presentations, wherever physical distancing of at least 2m is not possible.

Exceptions to the masking requirement are:

- When eating or drinking
- When presenting;
- When in outdoor settings; and
- When physical distancing can be maintained

Honours Awards Reception: Masks are recommended to be worn at this event.

Tradeshow: Masks are recommended to be worn at this event.

Boat Cruise: Masks are recommended to be worn at this event.

Social Gatherings: Masks are recommended to be worn at this event.

Participants are welcome to bring their own masks; however, masks will be provided on site at all events.