



LONG TRACK TRAINING CAMP PROTOCOL - PHASE 1

STEP 1

COACHES TO SUBMIT TRAINING CAMP REQUEST FOR APPROVAL:

*essential training camps only

- Attendee names
- Arrival/departure date
- Mode of transportation (if sharing vehicles must include vehicle plan.)
- Accommodation request
- Destination



ONCE APPROVED PROCEED TO STEP 2

STEP 2

A) HAVE YOU SIGNED THE COVID TRAVEL WAIVER?



YES: Proceed to 2B



NO: Sign waiver



B) ARE YOU TRAVELLING OUT OF PROVINCE?



YES: Proceed to 2C



NO: Proceed to Step 3



C) ARE YOU ARRIVING WITH YOUR TRAINING GROUP?



YES: Proceed to Step 3



NO: Self-isolate and contact Dr. Lun



D) ARRANGE FOR TESTING ON DAY 5 OF CAMP. IS THE TEST NEGATIVE?



YES: Proceed to Step 3



NO: Self-isolate and contact Dr. Lun

STEP 3

FOLLOW RESPECTIVE SSC RETURN TO TRAIN PROTOCOL

- Athletes/staff will be required to isolate with their training group until tested and cleared
- Out-of-province travellers will have to be tested and cleared before resuming the SSC Return to Treatment protocol

ADDITIONAL REQUIREMENTS/GUIDELINES

All travel must be booked by SSC

Masks must be worn in shared vehicles and on travel days at all times

AB testing can be scheduled 7 days in advance

Carry hand sanitizer on travel days

No shared rooms unless within the same household

Wipe down/clean commonly touched surfaces

Maintain minimum 2m physical distance

Isolate within training group until cleared (i.e. no physical interaction with those external to your training group)

Athletes joining an existing training group must be tested and cleared by Dr. Lun

When eating out, get take-out/delivery/room service

Follow SSC self-isolation protocol as per Dr. Lun