

If you are sick, stay home.

About Covid19

- Covid19 is an infectious disease within the family of Coronaviruses.
- The Covid19 outbreak is a pandemic as labelled by the World Health Organization
- Symptoms of Covid19 include
 - Fever
 - Dry cough
 - Tiredness
 - Aches & Pains
 - Nasal Congestion
 - Headache
 - Conjunctivitis (Pink Eye)
 - Sore Throat
 - Diarrhea
 - Loss of taste or smell
 - Skin rash or discoloration of fingers and toes

Personal Hygiene & Prevention of Spread

- Physical Distance - maintain at least 2 meters between you and others as often as possible
- Wear a mask when indoors or when 2 meters of distance is not possible.
- When neither a mask nor physical distancing is possible, use a cohort model to reduce the spread. Cohorting should not be your primary source of spread reduction.
 - Participate in as few cohorts as possible. You are NOT permitted to participate in more than one sport cohort. If you are a dual sport athlete at the University, you must choose one sport.
- Wash hands often with soap and warm water for at least 20 seconds
 - Alternatively, you may use hand sanitizer containing at least 60% alcohol.

Social Responsibility

- Covid19 is a Healthcare crisis. As such, it is important that you take a health first approach in how you conduct yourself on and off campus.
- If you are sick, stay home.
- Your primary responsibility is to reduce the potential spread of Covid19. This includes reducing the potential spread to your family, your teammates, your classmates, your coaches and staff and members of the community.

- Understand that the more this virus spreads within our communities, the more likely it is that sport (and other societal activities) are cancelled.
 - Your participation in sport should be considered a secondary goal. Focus on staying healthy and keeping those around you healthy.
- All student-athletes are required to complete training and education prior to returning to campus.
 - [Return to Campus Seminar](#)
 - [What you need to know about being on campus](#)
 - Team Covid Orientation Session.
 - Your Head Coach will be running a Covid Orientation session prior to commencing on campus activities. Your attendance is mandatory.
- Student-athletes are also recommended to stay up to date on guidelines from the following organizations
 - [University of Alberta](#)
 - [Government of Alberta](#)
 - Your Provincial, National and/or International Sport Organization
- Athletics has named a Covid Manager: Brennan Mahon (Athletic Therapist)
 - If you have any questions or concerns, please do not hesitate to reach out to him (bmahon@ualberta.ca)

Training

- Allowance for training will vary from province to province based on current stages of re-opening. Please consult with your local provincial or municipal government guidelines for more detail
- The safest method of training is outdoors on your own with minimal or no equipment
- Training in groups may be permitted in some jurisdictions under certain phases of relaunch. Please consult with your provincial guidelines. Physical distancing should be observed as much as possible.
- Avoid sharing equipment if you participate in any group training
- Team sport may be permitted in some jurisdictions under certain stages of relaunch. Please consult your local authorities for details. Your coach will create guidelines for returning to training with your teammates

Travel and Transportation

- Individuals arriving from outside of Canada **must** Quarantine for 14 days upon return. Please plan ahead if you are returning from outside of Canada. Contact your coach if you require assistance navigating this.
 - Do **not** leave your property. You can “train” if you can do so without breaking quarantine requirements
- Avoid transportation to team activities with those outside of your immediate household. If you must transport using public transportation or with those outside your immediate

household, follow physical distancing guidelines and wear a mask. Avoid using public transportation during peak times.

Injury or Illness Assistance

- If you are experiencing a medical emergency, call 911.
- If you have any symptoms or Covid19, do not seek in person medical attention. Contact your local health authority remotely for further assistance. Contact Varsity Health remotely (email) to communicate your potential illness.
 - If you are in the City of Edmonton, Varsity Health can coordinate appointments and care for you.
- For other illnesses, you may wish to seek medical attention with your family physician. Many family physicians are operating via telehealth or in person visits. Your family physician can discuss options with you.
- NSAIDs (ex. Advil) are not recommended if you have Covid19 symptoms. You may wish to consult with your family physician or a Varsity Physician (contact Varsity Health) for more detail about your personal situation.

Mental Health

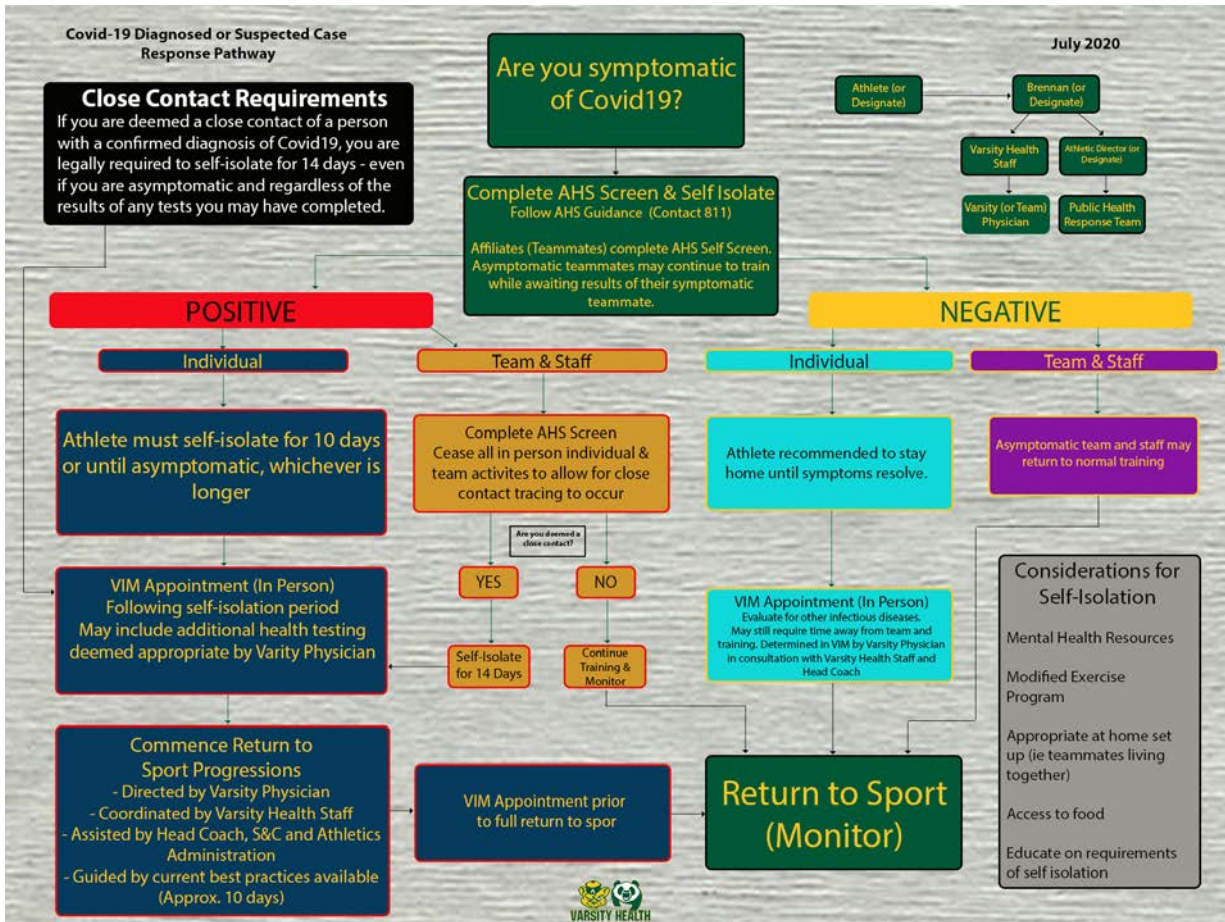
- Varsity Health and Athletics are committed to your physical and mental health. Please contact Varsity Health if you would like to seek out mental health resources.
- Keep a routine
- Eat Healthy. Nutrition tips for Varsity Athletes can be found [here](#).
- Stay connected. Utilize virtual communication tools to stay in touch with those close to you.
- Practice Mindfulness. Green & Gold has developed many tools to assist you with Mental Wellness practices.
- Do not stigmatize this virus. If we alienate individuals who have, or may have, this virus, they are less likely to report symptoms and more likely to spread the virus. Encourage your teammates and other close contacts to stay home when sick but be supportive of them when you do so.

Varsity Health Services

- The pandemic has placed restrictions on how organizations and individuals can conduct themselves. As such, Varsity Health services may not be available in the same manner as previous years
- Varsity Health will continue to coordinate and manage the care of our Student-Athletes to the best of our ability and resources. We will continue to coordinate the communication between all stakeholders of an athlete's health and wellness including Coaches, S&C, Mental Health Specialists, Student Kinesiologists and administration.

- Physiotherapy services will not be directly provided by Varsity Health this year. Varsity Health will help facilitate physiotherapy services for Student-Athletes that desire this service. The cost will be the athlete's responsibility.
- Athletic Therapy services will still be available through Varsity Health.
- Clinical appointments will be for assessment of new injuries and management of ongoing injuries only.
- Access to Varsity Physicians through VIM (Varsity Injury Management) clinics will continue. Access to these appointments may be reduced and will continue to be facilitated by Varsity Health staff.
- Student-Kinesiologists will continue to be available at team practices. SKs may not be available at small group training sessions.

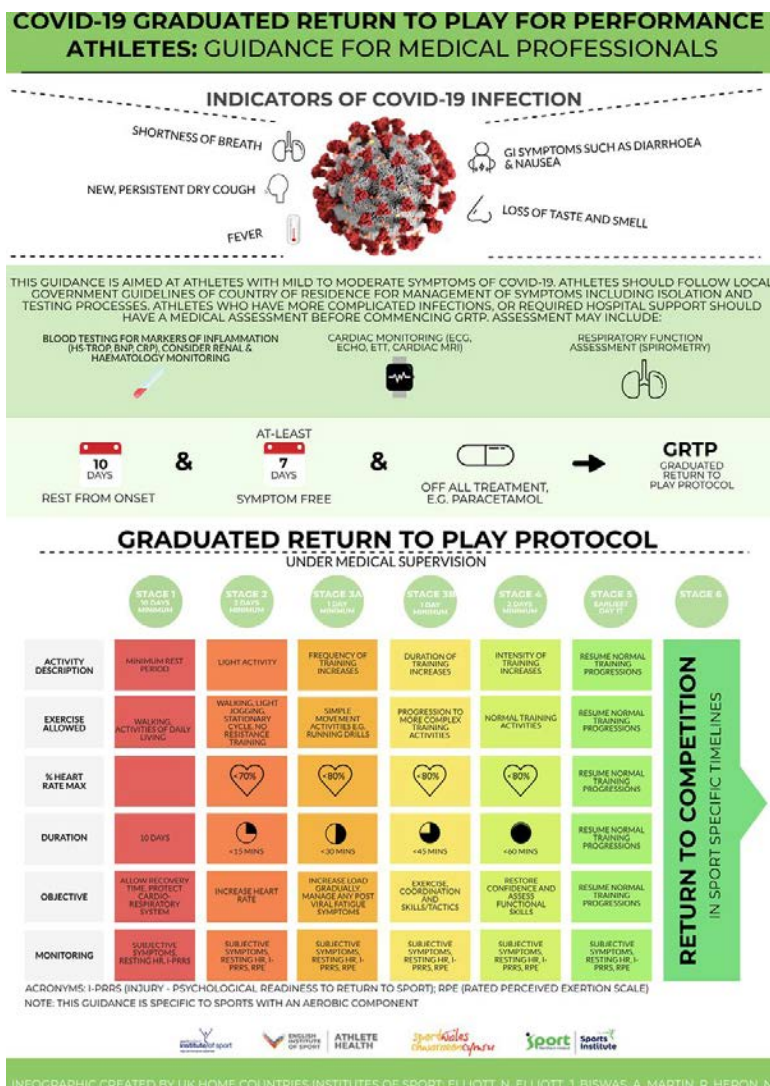
Suspected or Diagnosed Covid Response Pathway



This pathway was developed by Varsity Health in consultation with Varsity Physicians, Alberta Health Services and administration at the University of Alberta.

This pathway will be overseen by Athletics Administrators, Varsity Health and the Athletics Covid Manager.

Return to Sport Following a Covid19 Diagnosis



- In the event that you are diagnosed with Covid19, you will be required to complete a graduated return to sport. This return to sport will look similar to a graduated return to sport following a concussion.
 - This graduated return to sport will NOT commence prior to the end of your required self-isolation period.
- The above infographic is an example of a graduated return to sport following a Covid19 diagnosis. Your actual return to sport will be directed by a Varsity Physician and implemented by a Varsity Health staff member with input from yourself and your Head Coach.

Additional Information & Links

- [Government of Canada](#)
- [World Health Organization](#)
- [University of Alberta](#)
- [Alberta Health Services](#)
- [AHS Covid19 Self Assessment](#)
- [Province of British Columbia](#)
- [Yukon Territory](#)
- [Province of Alberta](#)
- [Northwest Territories](#)
- [Province of Saskatchewan](#)
- [Province of Manitoba](#)
- [Nunavut Territory](#)
- [Province of Ontario](#)
- [Province of Quebec \(French\)](#)
 - [English](#)
- [Province of Newfoundland & Labrador](#)
- [Province of New Brunswick](#)
- [Province of Nova Scotia](#)
- [Province of Prince Edward Island](#)