

COVID Best Practices

September 1, 2022

Mandatory public health restrictions were lifted on June 14, 2022. Good public health practices can minimize transmission of respiratory infections, including COVID-19, influenza & common colds. These practices include getting vaccinated against COVID-19, staying home when sick, proper hand hygiene and respiratory etiquette, enhanced cleaning & disinfecting, and maintaining adequate ventilation.

1. Participants are encouraged to strictly follow all Public Health hygiene and facility-specific rules and general recommendations.
2. Participants should fill their water bottles and bring personal hand sanitizer.
3. Sanitize hands before, during, and conclusion of each set.
4. Avoid touching faces, and cough or sneeze into their elbow.
5. Prevent unnecessary contact between participants and avoid handshakes and hugs.
6. Do not share food or drinks.

Isolation Guidelines

Albertans with [COVID-19 symptoms](#) not related to a pre-existing condition are encouraged to isolate as outlined below:

- Albertans with symptoms and a positive COVID-19 test should isolate for at least 5 days. If symptoms have not resolved after 5 days, they should continue to isolate until symptoms have improved and they have been fever-free for 24 hours without using fever-reducing medication. After leaving isolation, the person should wear a mask while in indoor spaces with others for up to 5 more days (10 total). Note that some symptoms may persist beyond 10 days (e.g., loss of taste or smell).
- Albertans who have symptoms, but test negative, should stay home and repeat the COVID-19 test at least 24 hours after the first test. If the two tests are negative, they should stay home until their symptoms have improved and they have been free of fever for 24 hours without using fever-reducing medication. Symptoms could be caused by another virus that can be transmitted to others.
- Albertans who have symptoms but do not get tested should stay home until their symptoms have improved and they feel well enough to resume normal activities. They have been free of fever for 24 hours without using a fever-reducing medication, whichever is longer.
- Household members and close contacts of people with COVID-19 should monitor themselves for symptoms for 7 days after their last exposure and avoid contact with vulnerable people during this time. Wearing a mask when around others during this time is an additional precaution that can be taken

Return to Play and Performance

As athletes begin to resume normal activities, consider seeking advice from a trained medical professional regarding return to performance sport. Research suggests a gradual and monitored return:

- [SNISI: Return to Sport in the Athlete Post COVID-19](#)
- [OTP: Protocol – Return to Play Post COVID-19](#)
- [COPSIN: Return to Performance Following COVID-19](#)