

Canada



# Advisory on COVID-19

## SPORT MEDICINE ADVISORY COMMITTEE UPDATE:

Yesterday the IOC and Tokyo 2020 made the official announcement that the Games would now be postponed to 2021 which will allow athletes to have some certainty and reduce their training.

### Hygiene and Social Precautions:

- All Canadians should stay at home, work from home, and exercise at home to the extent this is possible. The actual regulations may be different from Province to Province but the essential principle is the same.
- Maintain a distance of 2 metres from other people.

- There is a preferred hierarchy for handling coughs and sneezes.
- Best practice is to expel respiratory droplets into disposable tissue, dispose of it safely, then immediately wash or sanitize hands.
- Expelling respiratory droplets onto a flexed elbow is better than no protection or an unprotected hand but it is non-optimal, as virus then remains on either the clothing or skin of the elbow depending on attire, either of which then need to be washed.
- **For protection of others** – assume you are infected and behave as such.
- **For your protection** – assume all others are infected and behave as such.

#### **Updated Government of Canada Recommendations:**

- All Canadians are being urged to stay at home where at all possible.
- All non-essential travel outside Canada is to be avoided, the US border is closed to non-essential traffic. All Canadians currently abroad are urged to return to Canada ASAP.
- All travelers returning from any destination outside of Canada are required to self-isolate for 14 days from the date of return (see the infographic below for specific information on what is involved in self-isolation).

#### **KNOW THE DIFFERENCE: SELF-MONITORING, SELF-ISOLATION, AND ISOLATION FOR COVID-19**

#### **Exercise and Daily Training Environment:**

At this time, all athletes (Summer and Winter sports) are strongly recommended to reduce training regimens, and instead exercise moderately in isolation from others to maintain general health, work on stability, core strength, fundamental movement quality, and so on.

Under the guidance of their NSO coaches, athletes should seek out specific support services to manage transitions in exercise, nutrition, and health needs. The first recommended contacts for physical and mental health issues should be NSO Physicians and NSO Mental Performance / Sport Psychology providers. Athletes who do not have access to NSO health professionals can obtain advice from relevant professionals at COPSIN Institutes and Centres as listed in the link below.

- **COPSIN INSTITUTES AND CENTRES CONTACTS**

- **MENTAL HEALTH INFORMATION**

- **NUTRITION FOR ATHLETES IN ISOLATION**

**Canadian Centre for Ethics in Sport (CCES) Update:**

- The CCES has significantly reduced operations, testing only where necessary and possible. (Read our updated advisory note here: <https://cces.ca/news/updated-cces-statement-regarding-covid-19>).
- CCES is following guidance from public health officials and any decision to test is being taken with full consideration for the health of athletes, sample collection personnel and public health.
- During this time athletes are still subject to the CADP.
- Athletes who are part of the CCES' or their international federation's Registered Testing Pool should complete their whereabouts as best they can before the deadlines.
- Athletes are reminded to verify the status of medications using the Global DRO ([www.globaldro.com](http://www.globaldro.com)) and to submit an application for a Therapeutic Use Exemption if prescribed a prohibited substance.
- The CCES' athlete services team are also available to provide support for online learning.

AN UPDATE WILL BE PROVIDED EVERY WEDNESDAY AT 4:00 PM EDT OR AS REQUIRED.

# CORONAVIRUS

Covid-19 or 2019-nCov



## WHAT IS IT? Q

COVID-19 is a new virus and so health officials are still learning about its impact and severity. At this time, it appears to cause an illness similar to the flu with the most common signs of infection being fever, cough and shortness of breath. In severe cases patients can develop pneumonia, severe respiratory distress, kidney failure and death.



## PREVENTION



Stay at home when you are sick



Avoid touching eyes, nose, & mouth with unwashed hands



Avoid close contact with people who are sick



Clean & disinfect frequently touched objects and surfaces



Wash your hands at least 20 seconds



Use a hand sanitizer that contains at least 60% alcohol



Cover your cough or sneeze with a tissue



Avoid crowded places and all unnecessary travel



## SYMPTOMS

Common

Less typical



Fever



Headache



Fatigue



Diarrhea



Aching muscles



Shortness of breath



Phlegm Bulldup



Dry Cough



Hemoptysis



## INCUBATION

2-14 DAYS  
Because the early symptoms of COVID-19 are similar to other respiratory illnesses, if you have any of the common symptoms (fever, cough and shortness of breath) you should contact your doctor's office and arrange to have a consultation.

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## **Disease Update**

The number of confirmed cases of COVID-19 is over 423,000 globally, with approximately 107,000 recovered and over 19,000 deaths. The number of new cases continues to increase rapidly. Globally over 2.3 Billion people in over 50 countries are now required to self-isolate or “stay at home”.

In Canada, the numbers continue to rise quickly, with over 2,800 confirmed cases, 27 deaths. The Public Health Agency of Canada states that the overall risk of infection in Canada is high as the caseload has risen dramatically in the last week. Canada is still very early in the anticipated “epidemic curve” and we can expect the numbers to rise dramatically. Continuing to slow the spread of this disease must be our current national and global priority to minimize this rise.

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## Updated links from the Government of Canada and WHO

- <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html#faq>
- <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
- [Provincial Information](#)

## Further Questions:

Further information about COVID-19 may be obtained from your NSO Chief Medical Officer or Team Physician, or the Chief Medical Officers of the Sport Medicine Advisory Committee.

- Dr. Mike Wilkinson, Canadian Olympic Committee: [mwilkinson@olympic.ca](mailto:mwilkinson@olympic.ca)
  - Dr. Andy Marshall Canadian, Paralympic Committee: [amarshall@paralympic.ca](mailto:amarshall@paralympic.ca)
  - Dr. Suzanne Leclerc, Institut National du Sport du Québec: [sleclerc@insquebec.org](mailto:sleclerc@insquebec.org)
  - Dr. Doug Richards, Canadian Sport Institute Ontario: [drichards@csiontario.ca](mailto:drichards@csiontario.ca)
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