

## COVID PROTOCOLS - AS OF MARCH 1, 2022

### **CBTF Covid Policy for 2022 National Events**

- The facility rules will be enforced.
  - The provincial and municipal public health orders will be enforced.
  - The requirements for eligibility to travel by air or other federally regulated transport will be enforced.
  - At the CBTF national competitions this year, the above will apply.
  
  - Additionally, in order to ensure the safety of our attendees, in the event that the facility or provincial/municipal restrictions become less stringent, it will remain CBTF procedure for 2022 that all attendees, including but not limited to athletes, coaches, judges, officials, spectators, volunteer staff, provide proof of full vaccination, or a negative PCR test taken within the last 24 hours (with such test at the person's own cost).
  - Masking will be mandatory in all areas required by the host committee.
  - Social distancing and hand sanitizer will be encouraged and facilitated as is possible inside the facility.
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### **ABTA Covid Policy as of March 1, 2022 - Regional Competitions & Provincial Championships**

- Maintain 2 metres distancing, except youth while engaged in physical activity.
- Wear a mask, except athletes who are performing in front of the judges
- Spectators should remain masked and maintain 2 metres physical distancing. This also includes Judges, Coaches and Volunteers.
- ABTA will follow the CBTF Covid protocols, as well as any guidelines the facility requires.

### **ABTA Covid Policy as of March 1, 2022 - Clubs**

- Clubs must continue to follow the restrictions in their training facilities and municipalities.
- Clubs may implement extra protocols for their club, with the approval of ABTA.
- Spectators (if permitted) should remain masked and maintain 2 metres physical distancing.

## Isolation and Quarantine Requirements

- Isolation is still legally required for people who have COVID-19 symptoms or tested positive. Learn more about the isolation requirements for vaccinated and unvaccinated Albertans.
- Quarantine is no longer legally required for close contacts of positive cases, unless directed to do so by local public health officials.
- International travellers must still follow federal travel requirements

If you have COVID-19, you can spread the virus to others for up to 10 days. The risk of spread in fully vaccinated people is lower after 5 days, but it still exists.

Isolation helps prevent the spread by reducing the number of people you could infect by staying home and avoiding others. If you test positive or have symptoms not related to a pre-existing condition, you are legally required to isolate as outlined below:

- Fully vaccinated (2 doses or 1 dose Janssen): Starting the first day of symptoms or positive test, isolate for a minimum of 5 days or until symptoms resolve, whichever is longer. Following isolation, wear a mask at all times when around others outside of home for up to 5 more days (10 total). This means you must eat or drink alone, away from others.
- Not fully vaccinated (1 dose or less): Starting the first day of symptoms or positive test, isolate for 10 days or until symptoms resolve, whichever is longer.
- If you test negative and have symptoms, you should still stay home and away from others until symptoms resolve.

Quarantine limits potential spread from people who have been exposed to COVID-19 but have not yet developed symptoms or tested positive.

## Why we need to isolate or quarantine

COVID-19 can take up to 14 days to cause symptoms. Some people who get it only have minor symptoms or don't have any symptoms at all but could still be infectious. Staying home lowers the chance of spreading the virus to others.

When to isolate

- You tested positive for COVID-19, or
- You are sick with a core symptom: fever, cough, shortness of breath, loss of taste or smell, sore throat\* or runny nose\*.

\*Children under 18 with just one of either a runny nose or sore throat are not legally required to isolate but should stay home until well.

## When to quarantine

- Close contacts of positive cases are not required to quarantine, but should:
  - Monitor for symptoms and avoid visiting high risk settings.
  - Isolate if symptoms develop.
- International travellers must comply with federal travel requirements.

For more information: <https://www.alberta.ca/isolation.aspx>