

Effective January 1, 2022

This policy may change, without notice, based on local and provincial health regulations.

Before Practice

Evaluate how you are feeling before practice and come prepared to answer questions about your current symptoms, recent contacts and travel history. Do not attend practice if any of the items from the [OAWA Screening Checklist](#) apply to you. Additionally, before attending, participants must ensure that they comply with the provincial proof-of-vaccination requirements outlined later in this document.

- New or unexplained cough
- Unexplained fatigue or malaise
- Shortness of breath
- New smell or taste disorder
- Severe chest pain
- Nausea, vomiting, diarrhea, abdominal pain
- Headache
- Chills
- Fever
- Traveled or was in contact with someone who traveled outside of Canada in the past 14 days.
- Have come in recent contact with anyone with a probable or confirmed case of COVID-19

During Practice

- As of October 25th, indoor sports facilities may operate at 50 percent capacity. Contact training and competitions are once again allowed.
- Contact is allowed between all individuals participating in training. However, individuals who wish to limit their training partner(s) to housemates or other close contacts will be accommodated.
- Participants must wear masks at indoors when not actively engaged in training or drinking water
- All other attendees at indoor training sessions must remain masked at all times.

Vaccination certificate requirements

All eligible NCWC members are strongly encouraged to get vaccinated against COVID-19. Looking after our teammates is a core value of the NCWC and taking care our one's personal health is key to finding success on the mats.

Provincial proof of vaccination requirements applies at all indoor training sessions. New members are required to provide proof of vaccination at or before their first practice.

Who must provide proof of vaccination?

Per Ontario public health regulations, the following individuals must provide proof of vaccination:

- All individuals **aged 12 and above** who are actively engaged in the training. Ontario's previous exemption for youth aged 12-17 playing organized sports no longer applies as of December 20, 2021.
- All other visitors aged 12 and above (e.g., parents) entering the facility.

Proof of vaccination is not required at outdoor sessions, nor for individuals who have a valid medical exemption.

How do I provide proof of vaccination?

Individuals must display an enhanced vaccine certificate with a QR code, along with any piece of ID. Individuals with a valid medical exemption can register their exemption with their local public health unit and receive an enhanced vaccine certificate with a QR code. As of January 4th, 2022, NCWC can no longer accept second dose receipts without QR codes or doctor's notes stating medical exemptions.

Proof of vaccination can be downloaded from the Ontario COVID-19 vaccination service: <https://covid19.ontariohealth.ca/>. To provide proof of vaccination, simply bring your QR code on a phone, tablet, or piece of paper to your first practice. A coach will scan the code and be presented with a check mark indicating that you are cleared to train.

How will the NCWC protect my data and privacy?

The NCWC is taking measures to protect the medical data and privacy of its members. Proof of vaccination or medical exemption can be provided discretely, away from other members or bystanders. Coaches will only take note of whether or not an individual is cleared to practice. The club will NOT retain any information regarding which vaccine an individual received or whether they have a medical exemption.

Additional Resources

Ottawa Public Health COVID-19 Guidelines:

<https://www.ottawapublichealth.ca/en/public-health-topics/novel-coronavirus.aspx>

Ontario COVID-19 public health measures and advice:

<https://covid-19.ontario.ca/public-health-measures>



Update on Ontario proof of vaccination requirements:

<https://news.ontario.ca/en/release/1001327/ontario-taking-action-to-protect-against-omicron-variant>

I have read and agree to abide by the NCWC COVID-19 Policy:

Athlete Signature

Date

Parent/Guardian Signature

Date