



# COVID-19 & Sport

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# Update Agenda

- COVID-19 in our community
- Vaccines
- Sport SMART next steps



# *COVID-19 Dashboard*

## *Local Perspective*

**January 27, 2021**

**Total Cases: 13153**

**Resolved Cases: 12028**

**Active Cases: 705**

**Deaths: 420**

# COVID-19 Terminology

Case: a positive COVID-19 test

Outbreak:

OPH has defined non-workplace community outbreaks (excluding post-secondary institutions)<sup>1</sup> as five or more laboratory-confirmed COVID-19 cases from at least two different households with an epidemiological link (e.g., connection in person, place, and time) in the setting within a 14-day period where at least four of the cases could have reasonably acquired their infection in the setting.

- For example, five players were at the same sports practice and one player (index case) who acquired infection from a household contact attended the sports practice while symptomatic. The next day the index case tested positive for COVID-19 and 5 days later 4 teammates from 4 different households also tested positive. The players did not have any other contact aside from the sports practice and no other identified exposures to COVID-19. This would be reported as a community sports and recreation outbreak.

# Community Dashboard Subcategories

**Sports and Recreation:** Attended same sport team practice (e.g., hockey, soccer, other), fitness class, or club practice (e.g., **gymnastics, dance, other**)

**Social Event – Private Setting** Attended same one-time event such as a birthday party held in a private setting such as a home

**Social Event – Public setting** Attended same one-time event such as a dinner, wedding or festival held in a public setting, such as a restaurant, banquet hall, public park, or other venue with an owner/operator

# Community Outbreaks

- Sport related COVID-19 Outbreaks
  - October
  - December
- Workplace
- Social Events
- Multi-dwelling
- Religious/Spiritual Organization
- <https://www.ottawapublichealth.ca/en/reports-research-and-statistics/daily-covid19-dashboard.aspx>

# Outbreaks in Sports

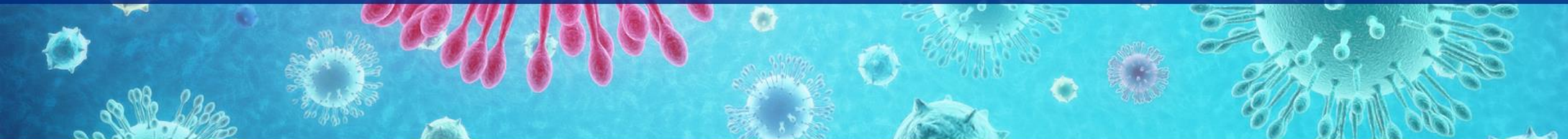
- Lessons learned:
  - Before, during and after activities
  - Carpooling
  - Multiple contact points – playing/coaching or training with multiple teams, players etc..
  - Vigilance with masking
  - Screening – when in doubt stay home
  - Communication





# *Vaccines*

*“No one is protected until everyone is protected”*





## COVID-19 Vaccine Sequencing: Timeline

Province of Ontario vaccination plan (pending supply)



Vaccine supply and the Province of Ontario's schedule will dictate when Ottawa receives more COVID-19 vaccines.

Visit [ottawa.ca](https://ottawa.ca) for more information.

# When will I be eligible to get a COVID-19 vaccine, and who comes next in Ottawa?

The Province has started to roll out a three-phased vaccine distribution implementation plan as follows:

**Phase 1** – Starting December 2020: Limited doses of the vaccine available for residents, essential caregivers, staff and other employees of long-term care homes, retirements homes, and other congregate settings caring for seniors at high-risk; eligible health care workers in accordance with the [Ministry of Health guidance\(link is external\)PDF opens in a new tab or window](#); first Nation communities and urban Indigenous populations, and adult chronic home care recipients.

**Phase 2** – Starting March 2021: Increasing stock of vaccines, available to older adults, beginning with those 80 and older, people who live and work in high-risk congregate settings (for example, shelters, community living), frontline essential workers, including first responders, teachers, food processing workers, individuals with high-risk chronic conditions and their caregivers, and other populations and communities who are at greater COVID-19 risk.

**Phase 3** – Starting **August 2021**: Vaccines available widely across Ontario for anyone in the general population who wants to be immunized.

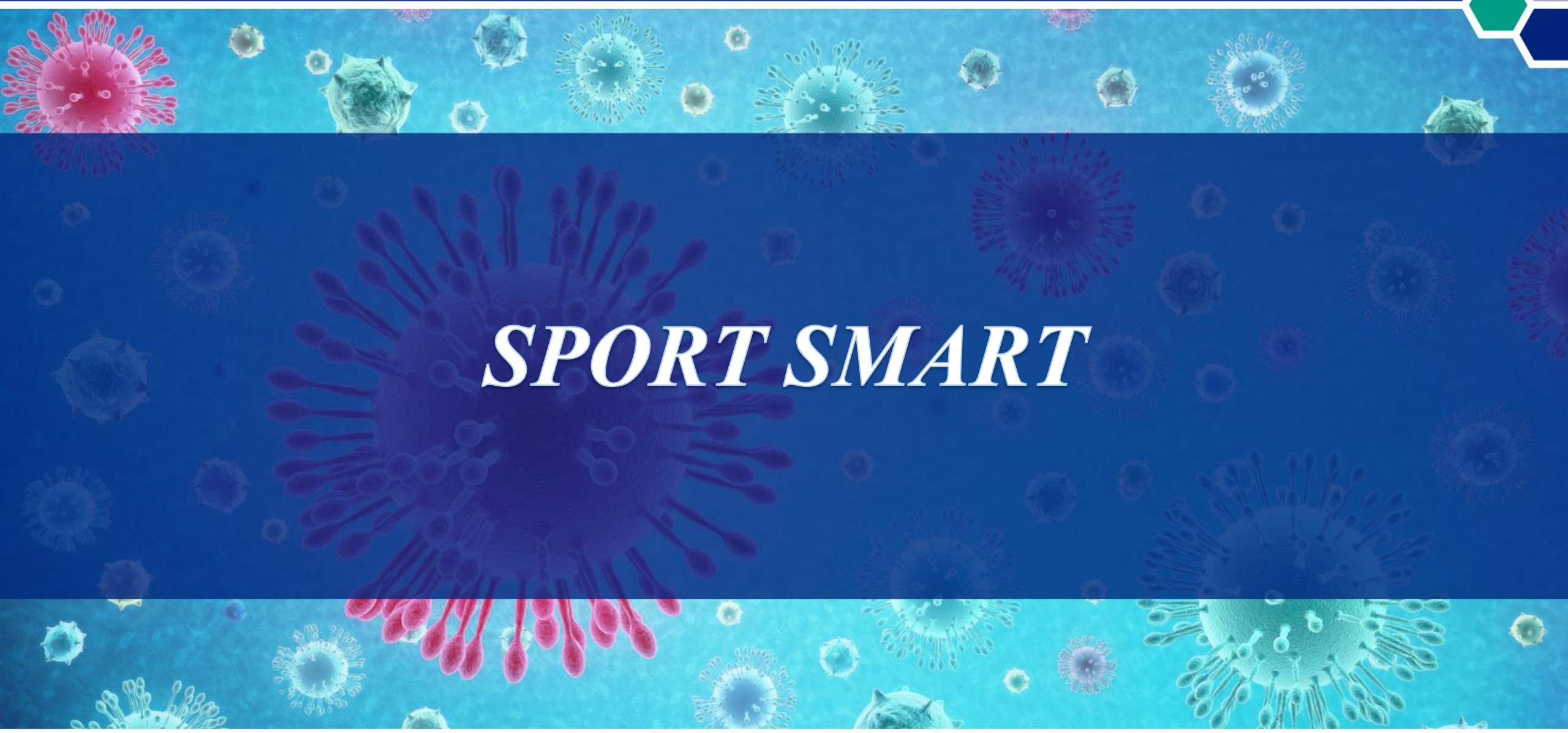
These timelines are subject to change subject to possible additional vaccine approvals and supply. Please check the provincial website for the latest on [vaccine distribution in Ontario\(link is external\)](#).

# Why should I get vaccinated?

Vaccination is one of the most effective ways to prevent the spread and reduce the impact of infectious diseases. Safe and effective vaccines for COVID-19 are becoming available to protect us against COVID-19. While many people infected with COVID-19 experience only mild illness, others may get a severe illness or even die. There is no way to know how COVID-19 will affect you, even if you are not considered to be at increased risk of severe complications. COVID-19 vaccination helps protect you by creating an antibody response without having to experience the illness itself.

# Will I need to continue wearing a mask after being vaccinated?

While experts learn more about the protection that COVID-19 vaccines provide under real-life conditions, it will be important for everyone to continue practicing [public health measures\(link is external\)](#) to help stop the spread of COVID-19. That means covering your mouth and nose with a mask, washing hands often and never touching your eyes, nose or mouth with unwashed hands, staying at least 2 metres (6 feet) away from others and self-isolating when sick. Health care and other staff must still wear personal protective equipment (PPE) when working, even after they have been vaccinated.



# *SPORT SMART*



# Working with our Partners

## **City ODR's – Signage & Rink Ambassador Program**

### **Your fun and health remain our priority**

Staying active is important for both your and your family's physical and mental well-being. That's why the City of Ottawa has worked hard to adjust and provide safe and fun activities to provide some normalcy to our far-from-normal lives.

Ottawa Public Health (OPH) recommends choosing activities that are as safe as possible, preferably outdoor activities that you can participate with members of your own household. Be sure to:

- Respect rink and sledding hill's 25-person capacities, and 12 on puddle rinks.
- Stay two metres from people who are outside your household.
- Wear a mask in the 15-metre area around the rink surface and Ottawa Public Health suggests wearing one on the ice for added protection.
- Be courteous and be mindful of your ice time when it's busy so everyone can enjoy a skate.
- Stay home if you're sick.
- Avoid crowds and come back later if it's busy.

Unfortunately, provincial measures prohibit any team or group sports play – which includes our beloved hockey. To help prevent any situation that may evolve into any shinny or team play – whether it's two or 10 people – the City does not allow any sticks, pucks, or any sports equipment on the ice. This straightforward rule takes away any grey areas that may cause confusion – making it much easier to follow and understand.

# Business Engagement and Program Support

- Website – tools & resources
- Communication – newsletters & updates via email
- Sport Webinar for coaches & safety officers
  - Would HEO want to host one for your organization?
  - Would there be value for a parents webinar?
  - Would there be value for your elite athletes?





*Thank you  
for your continued support & collaborations*

