



SPORT INSTITUTE NETWORK
RÉSEAU DES INSTITUTS DU SPORT



Sport Medicine Advisory Committee (SMAC)

Close Contact & Travel Policy Guidelines

Effective Date: December 13th, 2021

Returning From International Travel (Returning to CSIs)

PCR testing day 3 from arrival in Canada following international travel. Access to a CSI facility prior to the Day 3 PCR test being reported is permissible if a Rapid Antigen (RAg) is negative on that day. A new RAg is required for each day access is required until the Day 3 PCR test is reported.

OR

If no testing is done, access permitted 10 days after arrival from international air travel.

Domestic Travel (Returning to CSIs)

PCR testing is required on Day 3 following arrival from domestic travel arrival. Access to a CSI facility prior to the Day 3 PCR test being reported is permissible if a RAg is negative on that day. A new RAg is required for each day access is required until the Day 3 PCR test is reported.

OR

Daily RAg testing for 5 consecutive days after the arrival date of return travel; no PCR test required. Access to CSI is permissible on each day if your RAg test is negative that day and all prior daily RAg were negative.

OR

If no testing is done, access permitted 10 days after arrival from domestic travel.

Returning from Christmas Break

PCR testing is required on Day 3 following return after the Christmas break. Access to a CSI facility prior to the Day 3 PCR test being reported is permissible if a Rapid Antigen (RAg) is negative on that day. A new RAg is required for each day access is required until the Day 3 PCR test is reported.

OR

Daily RAg testing for 5 consecutive days after the date of return after the Christmas break; no PCR test required. Access to CSI is permissible on each day if your RAg test is negative that day and all prior daily RAg were negative.

OR

If no testing is done, access permitted 10 days after return from Christmas break



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Close Contact

Asymptomatic vaccinated persons in close contact with confirmed positive COVID person(s) require a negative PCR test completed between Day 3-5 after the exposure.

Self-isolation is recommended even if fully vaccinated until PCR test results is returned negative.

If testing is not available, individuals must isolate for 14 days after a close contact to access CSIs.

Please note:

The date of return/arrival is considered Day 0 when determining testing requirements.

Travel refers to traveling by public modes of transportation, air, bus, or train. It does not include travel in your personal vehicle.

The above policy guidelines may not supersede Federal, Provincial, Territorial, and/or Regional Public Health Guidelines that require higher level of restrictions.

<https://www.canada.ca/en/public-health/news/2021/11/adjustments-to-canadas-border-and-travel-measures.html>