

Canadian Sport Institute Ontario (CSIO) COVID-19 Testing Guidelines

Updated March 26, 2021

1. Preamble

The availability of testing and screening for COVID-19 in Ontario is dynamic and evolving. This guideline provides an overview of the available options, which are subject to change.

The COVID-19 testing options available at CSIO are only for the use of asymptomatic individuals without a known exposure.

All symptomatic persons or those with a close contact to a confirmed case should be directed to designated provincial assessment centres. These individuals will not have access to the Toronto Pan Am Sports Centre or other CSIO-affiliated sites. For information about Public Health Testing (at a COVID-19 assessment centre, participating community lab or pharmacy) please refer to <https://covid-19.ontario.ca>.

2. Eligibility

CSIO can provide or facilitate asymptomatic COVID-19 testing to eligible National Team athletes, coaches and other staff who meet any of the following criteria:

- Asymptomatic testing required prior to entering a training camp bubble
- Asymptomatic testing required to maintain a training camp bubble (conducted on site at CSIO or regionally in Ontario)
- Asymptomatic testing required prior to domestic or international travel for training or competition
- Asymptomatic testing required upon return to a training facility from domestic travel
- Asymptomatic testing for the purpose of supporting a local training node

CSIO will **not** provide COVID-19 testing under the following circumstances:

- Any individual who will be returning from international travel and is under a Government of Canada ordered 14-day quarantine period
- Any individual that exhibits COVID-19 symptoms
- Any individual who has been in close contact to someone who tested positive for COVID-19
- Any individual who has tested positive for COVID-19 within the last 90 days due to the risk of a false positive result (except when requested specifically by the NSO)

3. Testing Options

3.1 Private Lab Testing (PCR)

- a. *Group Testing* - Third party independent lab testing for groups provided by *Mount Sinai Services* (MSS), to be arranged in advance. Expected turnaround times are 24-48h from sample arrival at the lab, however, have been typically about 24h based upon experience to date.
- b. *Individual Testing* - CSIO will also facilitate testing for individual athletes through the Cleveland Clinic, with expected turnaround of 24-48h.



3.2 Point of Care (POC) Testing

CSIO is currently able to support two rapid point of care testing programs:

- a. *Rapid COVID-19 Testing Pilot Program (Antigen), Ministry of Health*
CSIO is extending our rapid testing program through the Ministry of Health until **March 31, 2021**. This program and service is provided to NSOs at no cost, and participation in this program has been mandatory for any program/athlete training at the CSIO location at TPASC.
- b. *Rapid COVID-19 Testing Program (Antigen), CDL Rapid Screening Consortium*
Beginning April 6, we will offer rapid testing through the Creative Destructive Lab Rapid screening Consortium (CDL RSC). There will be some changes to the delivery of the screening as follows:
 - **Mandatory minimum twice weekly screening for anyone accessing CSIO** (unless only accessing once or less per week)
 - **Screening will be self-administered**, observed by a trained person
 - **Screening will take place on first entry at CSIO, prior to entering shared spaces**
 - **Screening will take place in the Performance Kitchen on the main level across from the CSIO reception desk**
 - Data will be collected and anonymized, then shared with the CDL RSC in order to support their nationwide monitoring for Health Canada
 - When possible, screening will become available at other sites around the GTA who are currently unable to access the CSIO rapid testing program
- c. *Songbird Point of Care Testing (Molecular - NAAT) – CSIO is collaborating with OTP to deliver COVID-19 screening using the Hyris bCUBE from Songbird Life Sciences at the CSIO location at TPASC. Testing must be pre-arranged through Own the Podium.*

4. Understanding the Differences Between Asymptomatic Testing vs Screening Options

Point of Care COVID-19 Screening (Antigen) – CDL RSC updates

- Sample collection **self-administered** on-site at CSIO
- Results obtained and positive results shared directly to individual in 15 minutes, negative results not communicated
- POC tests cannot diagnostically confirm presence of COVID-19
- Positive screens must be referred to Public Health Testing Program for diagnostic tests to confirm COVID-19
- Must be performed regularly (>2 /week) as part of regular screening to effectively reduce likelihood of outbreaks
- Mandatory for all staff and athletes entering CSIO at TPASC

Point of Care COVID-19 Screening (Songbird)

- Sample collection performed by nurse or physician, analysis performed by trained staff either at CSIO or remotely
- Results obtained in 3-6 hours
- POC tests cannot diagnostically confirm presence of COVID-19
- Positive screens must be referred to Public Health Testing Program for diagnostic tests to confirm COVID-19

CSIO Third Party COVID-19 Testing

- Sample collection performed by nurse or physician at CSIO or regionally
- MSS transport the samples to a designated laboratory facility for processing and analysis
- SARS-CoV-2 DNA based diagnostic PCR test
- Results obtained in 24-48 hours after arrival at laboratory
- CSIO physician must review all results/laboratory reports
- Positive results get reported to Public Health Ontario
- Documentation to support international travel if requested

5. Arranging Asymptomatic Testing or Screening with CSIO

Advance notice is required for all testing requests, in order to arrange for appropriate staffing coverage. One week notice is required for testing requests, and two weeks or more is preferred. Costs for testing will vary depending on the requested location, number of requested tests and timing. Please direct all requests to our Director, Performance Services, Ryan Atkison, at ratkison@csiontario.ca.

5.1 Laboratory Certified PCR Testing for Groups (at CSIO or remote location)

1. NSO representative or IST lead submit request to CSIO through Ryan Atkison (ratkison@csiontario.ca)
2. CSIO will contact MSS for availability and make arrangements for the testing location
3. The CSIO Medical Coordinator will contact NSO representative to confirm number of athletes, coaches and staff, booking date and location, and will provide a spreadsheet to collect the following information about testing participants, which will be provided to MSS to complete the testing:
 - a. Name
 - b. DOB
 - c. Provincial Health Card Number
 - d. Email address & Phone number
 - e. Address
 - f. Required Travel Documentation (Yes/No)
4. The CSIO Medical Coordinator will work with the NSO representative to confirm a testing schedule
5. Upon arrival at CSIO (TPASC), all testing participants will be required to undergo pre-screening
6. Results will be sent to CSIO's CMO, Dr. Dilkas for review once test results are analyzed and received
7. Results and documentation will be communicated back to NSO members by the Medical Coordinator.
8. CSIO will invoice the sport for the full cost of testing after receiving the invoice from MSS. An itemized breakdown of the cost incurred can be provided when requested by the NSO.

The results will be available within 24-48 hrs. The cost for this service is \$145-175/test for a group of >10 athletes, and varies based on the collection location and number of participants.

5.2 Laboratory Certified PCR Testing for Individuals (Cleveland Clinic)

1. NSO representative or IST lead submit request to CSIO through Ryan Atkison (ratkison@csiontario.ca)
2. The CSIO Medical Coordinator will contact NSO representative to confirm booking date and number of tests, and will share with the NSO representative a spreadsheet to collect the following information about testing participants, which will be provided to Cleveland Clinic to complete the testing:
 - a. Name
 - b. DOB
 - c. Provincial Health Card Number
 - d. Email address & Phone number
 - e. Address
 - f. Required Travel Documentation (Yes/No)
3. The CSIO Medical Coordinator will contact the Cleveland Clinic for booking(s) and relay the appropriate information, and will confirm with the NSO representative
4. Testing participants will proceed to the Cleveland Clinic at the prearranged time for testing and pay for the service on site.

The results will be available within 24-48 hrs. The cost for this service is \$175/test, paid directly to Cleveland Clinic. CSIO has no financial arrangement with Cleveland Clinic.

5.3 Point of Care Testing (Antigen) at CSIO

1. NSO representative or IST lead submit request to CSIO through Ryan Atkison (ratkison@csiontario.ca)
2. The CSIO Medical Coordinator will contact NSO representative and provide registration information through the Thrive Health app used for booking
3. Athletes, coaches and staff requested to book appointments through Thrive Health App, and may do so upon arrival at testing site
4. Upon arrival at CSIO (TPASC), all participants will be required to undergo pre-screening by security
5. The screening participant will proceed through the CSIO entrance and enter the Performance Kitchen provided the room has available capacity
6. The screening participant will confirm consent, then self-swab (dual anterior nasal swab) under supervision of testing supervisor, instructions will be provided on-site
7. The screening participant will leave the screening area and proceed to their intended location (S&C space, therapy room, etc)
8. Results will be available within 15 minutes after the sample is collected, but only positive screens will be shared with the individual
9. If requested by the NSO, a summary of participation will be communicated back to NSO at the end of each week to verify compliance in regular participation in the screening program

The results will be available within 15 minutes. This service is free, with CSIO covering all costs to deliver the program.

5.4 Point of Care Testing (Songbird) at CSIO

1. NSO representative to request service to OTP Allan Wrigley at awrigley@live.com
2. OTP/NSO will contact CSIO Director, Performance Services Ryan Atkison with the request for Songbird Screening
3. The CSIO Medical Coordinator will contact NSO representative to confirm booking date and number of tests, and will share with the NSO representative a spreadsheet to collect the following information about testing participants to complete the testing:
 - a. Name
 - b. DOB
 - c. Email address & Phone number
 - d. Required Travel Documentation (Yes/No)
4. The CSIO Medical Coordinator will work with the NSO representative to confirm a testing schedule
5. Upon arrival at CSIO (TPASC), all testing participants will be required to undergo pre-screening
6. Results will be sent to CSIO's CMO, Dr. Dilkas for review once test results are analyzed and received
7. Results will be communicated back to NSO members by Dr. Dilkas or the CSIO Medical Coordinator with appropriate documentation as required
8. CSIO will invoice the NSO for the costs of the screening service. An itemized breakdown of the cost incurred can be provided when requested by the NSO.

The results may be available within 3-6 hrs from sample arrival at the CSIO lab (NSO and CSIO to confirm expected timeframe prior to testing). The cost for this service is \$50-75 / test for sample collection and analysis, or \$30-50 / test for analysis only, payable to CSIO.

Costs listed are based on a minimum of 6 participants being tested, and per-test costs will significantly increase for 5 or less tests.