



PROCEDURES FOR COVID SITE TESTS

April 1, 2020 to March 31, 2021

PREREQUISITES

INS Québec in partnership with the CellCarta laboratory offers COVID PCR tests to asymptomatic athletes requiring screening for a camp or before leaving abroad. It is important to note that any athlete with symptoms cannot access INS Quebec and cannot be tested for COVID-19 on site. Anyone who is symptomatic or has risk factors for contagiousness (recent close contact with an infected person, returning from international travel, etc.) will be referred to the COVID-19 clinics identified by Public Health.

NASOPHARYNGEAL PCR TESTS (NASOPHARYNGEAL SWAB)

COST

- The cost per athlete is \$ 132.00 plus applicable taxes. This includes the costs for the samples with the nurse, the necessary materials, transport and laboratory analysis.
- Teams can apply for financial support from Own the Podium (ANP) as outlined in the document: Canadian Olympic and Paralympic Program Guidelines for Covid-19 Screening.

PROCEDURE

- Contact INS Québec ideally 2 weeks in advance, minimum 1 week at the following address: testcovid@insquebec.org.
- Transmit the following information:
 - Complete list of asymptomatic athletes and staff requiring screening test.
 - Provide the names as they appear on the passport. A copy of the passport must be sent to INS Québec 1 week before the date of the screening tests.
 - Date of birth and contact details of all the people on the list provided: cell phone and email address.
 - Contact details of the person responsible for receiving the results for the group.
- Return to INS Québec the consent form authorizing electronic communication signed by each person for the transmission of the official certificate of the test result.
- The staff of the INS Quebec sports medicine clinic is responsible for producing the prescription and handing them to the nursing staff who will take the samples, so that the handling of documents is limited and the people on the list only need to present themselves at the identified room at the scheduled time.

DAY OF TEST

- A maximum of 4 hours before going to INS Québec, everyone must complete the online COVID symptom assessment questionnaire: <https://www.insquebec.org/accueil/informations-covid-19/>

- Go to the designated room (104) at the time of your appointment and wear the mask at all times.

TEST RESULTS

- Test results will be communicated within 12-48 hours.
- The official certificates will be sent by email to the person in charge designated by the sport, when the sport has made a group request.
- In the case of an individual athlete, their result certificate will be sent to them by email directly by the staff of the sports medicine clinic at INS Quebec.
- All the results will also be communicated to the team doctor and the medical director of INS Québec.
- In the event of a positive test, the team doctor will be notified immediately and complete the Public Health declaration form. The nurse responsible for managing the samples will also complete the MADO form, which will be placed on the CellCarta portal, in the file provided for this purpose. Any positive test will be declared to Public Health and the contact investigation will follow. The athlete will be notified immediately to quarantine and the team doctor will monitor their condition.

PCR SALIVARY SCREENING TESTS

The COVID-19 saliva test offered is a “passive” PCR test, meaning that only saliva should be collected (no spitting, clearing throat, etc.), without the need to dilute the saliva. This protocol makes it a more sensitive and robust process to variations in viscosity from sample to sample. If the tests are as part of a trip abroad or requiring air transport, however, it will be necessary to validate with the airline and the host country whether the saliva samples are accepted. In travelling cases, we recommend taking nasopharyngeal swabs to ensure admissibility of the result.

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documents is limited and the people on the list only need to present themselves at the identified room at the scheduled time.

PREPARATION FOR SALIVA SAMPLE COLLECTION

Minimum 30 minutes before the test:

- Do not eat, drink, smoke, chew tobacco or chewing gum;
- Do not brush your teeth or use a gargle.

At least 30 minutes before taking the saliva sample:

- Rinse the mouth with water while shaking the water for 10 seconds in the mouth; then swallow the water to clear the mouth of debris.

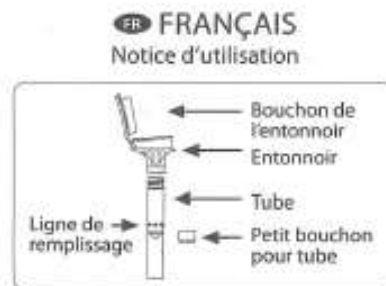
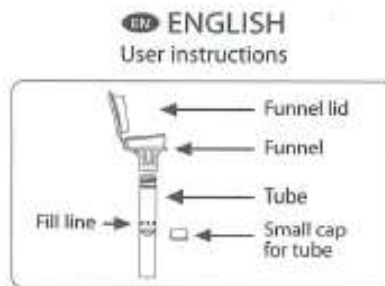
At the time of the test:

- The technique consists of accumulating saliva in the mouth and then discharging it into a collection device which will be given to you on site;
- No need for gargling;
- Make sure that only saliva is collected, without clearing the throat, coughing or accumulating phlegm;
- A volume of at least 1 mL of saliva must be collected in the collection unit;
- The process takes between 2 and 5 minutes, depending on the user.

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- All the results will also be communicated to the team doctor and the medical director of INS Québec.
- In the event of a positive test, the team doctor will be notified immediately and complete the Public Health declaration form. The nurse responsible for managing the samples will also complete the MADDO form, which will be placed on the CellCarta portal, in the file provided for this purpose. Any positive test will be declared to Public Health and the contact investigation will follow. The athlete will be notified immediately to quarantine and the team doctor will monitor their condition.

SALIVA COLLECTION PROTOCOL (with on-site nurse of medical staff)



Read all instructions prior to collection.

Contents: Kit contains stabilizing liquid.
Warnings and precautions: Wash with water if stabilizing liquid comes in contact with eyes or skin. Do NOT ingest. See MSDS at www.dnagenotek.com.
 Small cap, choking hazard.
Storage: 15°C, 30°C

Summary and explanation of the kit:
 OMNIGENE-ORAL is a collection kit that provides the materials and instructions for collecting and stabilizing microbial RNA and DNA from oral fluids.

Collection precautions:
 Do NOT eat, drink, smoke or chew gum for 30 minutes before giving your sample.
 Do NOT remove the plastic film from the funnel lid.

Procedure:
 Most people take between 2 and 5 minutes to deliver a sample following steps 1 to 5.

- 1 Spit into funnel until the amount of liquid (not bubbles) reaches the fill line shown in picture #1.
- 2 Hold the tube upright with one hand. Close the funnel lid with the other hand (as shown) by firmly pushing the lid until you hear a loud click. The liquid in the lid will be released into the tube to mix with the sample. Make sure that the lid is closed tightly.
- 3 Hold the tube upright. Unscrew the funnel from the tube.
- 4 Use the small cap to close the tube tightly.
- 5 Shake the capped tube for 5 seconds. Discard or recycle the funnel.

Collected specimen is potentially infectious and should be handled with appropriate biosafety practices. Ship in accordance to applicable regulations covering transport of biological specimens.

Label legend:

	Collect sample by (Use by)
	Catalog number
	Caution, consult instructions for use
	Storage instructions
	Manufacturer
	Lot number

Lire la notice avant le prélèvement.

Contenu : Le kit contient du liquide stabilisateur.
Avvertissements et précautions : Rincer à l'eau en cas de contact du liquide stabilisateur avec les yeux ou la peau. Ne PAS ingérer. Consulter la fiche signalétique sur le site www.dnagenotek.com.
 Bouchon de petite taille, danger de suffocation.
Conservation : 15°C, 30°C

Résumé et explication du kit :
 OMNIGENE-ORAL est un kit de prélèvement comprenant le matériel et les instructions permettant de prélever et de stabiliser l'ARN et l'ADN microbien des fluides oraux.

Précautions de prélèvement :
 Ne PAS manger, boire, fumer ou mastiquer de la gomme à mâcher dans les 30 minutes qui précèdent votre prélèvement d'échantillon.
 Ne PAS retirer le film plastique du bouchon de l'entonnoir.

Procédure :
 Il faut entre deux et cinq minutes à la plupart des personnes pour fournir un échantillon en suivant les étapes 1 à 5.

- 1 Cracher jusqu'à ce que la quantité de liquide (et non pas les bulles) atteigne la ligne de remplissage indiquée sur l'image n° 1.
- 2 D'une main, tenir le tube à la verticale. De l'autre, fermer le bouchon (comme indiqué) en le poussant fermement jusqu'à ce qu'un claquement fort se fasse entendre. Le liquide se trouvant dans le bouchon sera libéré dans le tube et se mélangera à l'échantillon. S'assurer que le bouchon est hermétiquement fermé.
- 3 Tenir le tube à la verticale. Dévisser l'entonnoir du tube.
- 4 Utiliser le petit bouchon pour fermer hermétiquement le tube.
- 5 Agiter le tube fermé pendant 5 secondes. Jeter ou recycler l'entonnoir.

L'échantillon prélevé est potentiellement infectieux et doit être manipulé selon les pratiques de biosécurité adaptées.

Envoyer conformément aux réglementations applicables en matière de transports d'échantillons biologiques.

Légende de l'étiquette :

	Prélever l'échantillon avant le (utiliser avant le)
	Numéro de référence catalogue
	Attention, consulter la notice d'utilisation
	Instructions de stockage
	Fabricant
	Numéro de lot

DNAGENOTEK™
 Made in Canada
 DNA Genotek Inc.
 3000 - 500 Palladium Drive
 Ottawa, ON, Canada K2V 1C2
 Tel: +1.613.723.5757
 info@dnagenotek.com
 www.dnagenotek.com
 PD-PS-Q0180 Issue 5/0320-05

TEST CALLED “POINT OF CARE”

HYRIS VIRUS FINDER BKIT

- Although Hyris' bKIT Virus Finder COVID-19 is now approved as a “Point of Care Trial” by the Quebec Ministry of Health and Social Services (MSSS), its use is not available at the INS Quebec.

ABBOT ID NOW

- The Laboratoire de Santé Publique du Québec (LSPQ) and the Ministry of Health and Social Services (MSSS) have instead chosen the Abbot ID Now device for rapid PCR tests for INS Quebec. This device allows you to do one test at a time and the result is obtained in 15 minutes.
- Reagent supply for the ID Now device is limited, however. These tests will be available for small groups, 1-10 athletes. A test certificate will be issued in the event of travel.
- The same preparation protocol as for the nasopharyngeal swab test applies.
- 48 hours notice is requested to ensure that the testing resource can be made available.