

## Travel for Training and COVID Self Isolation

SMAC has reviewed the current self-isolation requirements for travel to commence training and competition in different jurisdictions in Canada. The following is a summary of their findings and recommendations.

Regional public health guidelines (may differ between provinces or subsets thereof) serve as a starting point and minimum requirement. Individual judgments on a case-by-case basis made by qualified persons (NSO physician or CSI CMO) taking into account specific risk factors and mitigators (e.g. - travel origin, destination, vulnerabilities, means and route of travel) could be considered.

### Provincial and territories COVID self-isolation Requirements (July 15 2020)

	Days of Quarantine required (recommended) in each scenario			
	International Travel	Interprovincial Travel	Symptoms of COVID	Post Close Contact
Federal <a href="https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice.html">https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice.html</a>	14	NA	14	14
Alberta <a href="https://www.alberta.ca/isolation.aspx">https://www.alberta.ca/isolation.aspx</a>	14	NA	10 From onset of Sx or until resolved whichever is longer	14
BC <a href="http://www.bccdc.ca/health-info/diseases-conditions/covid-19/self-isolation">http://www.bccdc.ca/health-info/diseases-conditions/covid-19/self-isolation</a>	14	NA	10 From onset of Sx or until resolved whichever is longer	14

	Days of Quarantine required (recommended) in each scenario			
	International Travel	Interprovincial Travel	Symptoms of COVID	Post Close Contact
Manitoba <a href="https://www.gov.mb.ca/covid19/soe.html">https://www.gov.mb.ca/covid19/soe.html</a>	14	14 Restricted access within and from outside Province (professional athletes and team members exempt)	14 From onset of Sx or until resolved whichever is longer	14
New Brunswick <a href="https://www2.gnb.ca/content/gnb/en/corporate/promo/covid-19/travel.html">https://www2.gnb.ca/content/gnb/en/corporate/promo/covid-19/travel.html</a>	14	14 Restricted access from outside Atlantic Bubble	14 From onset of Sx or until resolved whichever is longer	14
Newfoundland and Labrador <a href="https://www.gov.nl.ca/covid-19/travel-restrictions/">https://www.gov.nl.ca/covid-19/travel-restrictions/</a>	14	14 Restricted access from outside Atlantic bubble	14 From onset of Sx or until resolved whichever is longer	14
Northwest Territories <a href="https://www.gov.nt.ca/covid-19/en/services/travel-moving-around">https://www.gov.nt.ca/covid-19/en/services/travel-moving-around</a>	14	14 Restricted access from outside Province	14 From onset of Sx or until resolved whichever is longer	14

	Days of Quarantine required (recommended) in each scenario			
	International Travel	Interprovincial Travel	Symptoms of COVID	Post Close Contact
Nova Scotia <a href="https://novascotia.ca/coronavirus/alerts-notice/#travel">https://novascotia.ca/coronavirus/alerts-notice/#travel</a>	14	14 Restricted access from outside Atlantic bubble	14	14
Nunavut <a href="https://www.gov.nu.ca/health/information/covid-19-novel-coronavirus">https://www.gov.nu.ca/health/information/covid-19-novel-coronavirus</a>	14	14 Restricted access from outside Province	14	14
Ontario <a href="https://www.publichealthontario.ca/en/diseases-and-conditions/infectious-diseases/respiratory-diseases/novel-coronavirus">https://www.publichealthontario.ca/en/diseases-and-conditions/infectious-diseases/respiratory-diseases/novel-coronavirus</a>	14	NA	14 From onset of Sx or until resolved whichever is longer	14
Prince Edward Island <a href="https://www.princeedwardisland.ca/en/topic/travellers">https://www.princeedwardisland.ca/en/topic/travellers</a>	14	14 Restricted access from outside Atlantic bubble	14	14
Quebec <a href="https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/travelling-region-to-another-covid19/">https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/travelling-region-to-another-covid19/</a>	14	NA	14 Days AND 48 Hrs afebrile and 24 hrs asymptomatic	14

	Days of Quarantine required (recommended) in each scenario			
	International Travel	Interprovincial Travel	Symptoms of COVID	Post Close Contact
Saskatchewan <a href="https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/travel-information">https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/travel-information</a>	14	Local internal travel restrictions, no restrictions if traveling between provinces	14	14
Yukon <a href="https://yukon.ca/en/health-and-wellness/covid-19/current-covid-19-situation">https://yukon.ca/en/health-and-wellness/covid-19/current-covid-19-situation</a>	14	14 other than 4 designated provinces/territories	14	14