



## General Rules & Information

- As of October 19, 2021 all SCA sanctioned events require proof of vaccination or negative test. This applies to PFC practices. To see the policy please see [SCA.ca](https://www.sca.ca)
- Effective September 17, 2021 masking is required for all indoor public spaces. All athletes are required to wear a mask for all of practice except for water breaks. (This has been extended until the end of January).
- Effective October 1, 2021 a provincial requirement for proof of vaccination or negative test will be implemented for public access to a list of businesses including: Indoor fitness centres, and gyms. This means that PFC is required by law to request proof of vaccination or negative test from anyone entering our building, including spectators.\*
- Because we are not only youth athletics we must follow the gym regulation.
- Coaches will take note of scanned vaccine QR codes so that athletes do not need to scan every practice.
- Temperature checks are still required at entry.
- 100% of PFC staff has been vaccinated and provided proof of vaccination.

\* Children under the age of 12 are exempt from proof of vaccination or negative test result.

### Vaccinated athletes

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- Following government recommendations, we advise picking up free test kits and testing often.
- Close contacts must self-monitor for symptoms but can continue to practice so long as no symptoms are present.
- If you test positive on an at home or PCR test you must immediately self-isolate for 5 days or 48 hours after your symptoms have ended, whichever is **later**.
- Team events will require rapid tests prior to the event\*
- Proof of Vaccination **in the form of a QR Code** is required to be shown and recorded by coaches upon first practice after October 1st.
- If you are under 12 and fully vaccinated, we ask you to please provide your QR code.

\* provided by PFC

### Un-vaccinated athletes & spectators

**Note: this includes athletes who are waiting for 2 weeks past 2nd dose**

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- Close contacts must stay home from practice for 14 days from your last date of exposure.
- If you test positive on an at home or PCR test you must immediately self isolate for 10 days or 48 hours after your symptoms have ended, whichever is **later**.
- Team events will require negative rapid tests prior to the event.\*
- Self-administered rapid COVID-19 testing must be completed prior to weekly practices, or spectating and negative result must be reported to your coach.\*\*
- If you have any symptoms you must remain at home until 48 hours past symptoms.
- A negative test is required to come back to practice after having symptoms.

\* provided by PFC

\*\* **not** provided by PFC, these are the responsibility of each athlete & not applicable to athletes under the age of 12