

Progressive Return to Cycling Guidelines



Information contained in this document are current as of July 16, 2021

Items reflected in this document took affect once Ontario moved to [Step 3 of its Reopening Ontario Plan](#) at 12:01am on Friday July 16.

Noteworthy changes from previous version highlighted

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Risk Mitigation

Participation in any organized activity carries with it some risk. It is important for participants in sanctioned activities to take the precautions necessary to protect themselves and others. The guidelines laid out in this document will help guide members, clubs and teams through the proper planning and execution of their activities. Some basic risk reduction methods include:

- Not participating in any group activities if you or any of the other group participants:
 - A. Exhibit any COVID-19 symptoms including:
 - Fever and/or chills
 - Cough
 - Difficulty breathing or shortness of breath
 - Muscle aches
 - Sore throat or difficulty swallowing
 - Runny, stuffy or congested nose (not related to seasonal allergies or other known causes)
 - Lost sense of taste or smell
 - Extreme tiredness
 - Any other symptoms as identified by health experts (<https://www.ontario.ca/page/covid-19-stop-spread#section-0>)
 - B. Have been in contact with someone who is a confirmed or presumptive case of COVID- 19 within the last 14 days
- Practicing proper hand hygiene by washing your hands frequently following recommended guidelines or using an alcohol based sanitizer containing over 60% alcohol if soap and water are not available
- Not touching your face/eyes/mouth with your hands
- Practicing proper etiquette by covering your mouth and nose with your sleeve (not your hands) when coughing or sneezing, and washing/sanitizing your hands as soon as possible after
- Limiting close contact with people deemed “high risk”
- Keeping a MINIMUM distance of 2m (or most recent provincially identified distance) from other individuals when not actively engaged in sport or physical fitness activity
- Avoiding physical contact including hugs, handshakes, high fives, etc. to people outside your household.
- Limiting the risk of an emergency situation by ensuring you do not push yourself too hard or take undue risks
- Ensuring you wash/sanitize all used clothing and disinfect all cycling equipment after use.



COVID-19 Information

If you are displaying any symptoms related to COVID-19 you should NOT be participating in any activities.

Use the Ontario Government's Self-Assessment Tool:

<https://covid-19.ontario.ca/self-assessment/>

To see if you should consult your appropriate medical professional or Telehealth Ontario.

Telehealth Ontario: 1-866-797-0000

[Ontario Government COVID-19 website](https://covid-19.ontario.ca/)

<https://covid-19.ontario.ca/>

[Download the COVID-19 Alert App](https://covid-19.ontario.ca/covidalert)

<https://covid-19.ontario.ca/covidalert>



Guidelines for Members

All participants in club or team sanctioned activities should follow the Progressive Return to Cycling Guidelines along with the latest recommendations from the Ontario Government, Ontario Public Health, local public health units and medical experts prior to participating in any club or team activity.

- Do **NOT** participate in any group activities if you or any of the other group participants:
 - A. Exhibit any COVID-19 symptoms including:
 - Fever, cough, difficulty breathing or shortness of breath, chills or muscle aches, sore throat or difficulty swallowing, runny, stuffy or congested nose (not related to seasonal allergies or other known causes), lost sense of taste or smell, extreme tiredness, or any other symptoms as identified by health experts and the Ontario Government (<https://www.ontario.ca/page/covid-19-stop-spread#section-0>)
 - B. Have been in contact with someone who is a confirmed or presumptive case of COVID-19 within the last 14 days.
- Consider avoiding participating in group activities (club/team) if you are considered vulnerable or at higher risk (unvaccinated, elderly individuals, immunocompromised persons, underlining/ongoing health conditions, etc.)
- Abide by gathering size limits as per provincial/local protocols and club/team Safety Plan
- Practice safe physical distancing by maintaining a minimum 2m distance (or most recent provincially identified distance) between yourself and any individual outside your household when not actively engaged in sport or physical fitness activity (ie. Before or after a ride, gathering at a stop, etc.)
 - A. The province of Ontario's Step 3 regulations no longer requires physical distancing when actively participating in sport however;
 - B. Individuals not within the same household should still practice physical distancing when not actively engaged in physical activity (including coaches, volunteers, team staff, and other participants at an event/sanctioned activity but who are not currently engaged the activity)
- Do not share food or equipment (including water bottles)
- Clean ALL your equipment prior to heading out including wiping down your handlebars, glasses or protective lenses, and ensuring you have a clean water bottle
- Bring a mask that covers both your mouth and nose whenever you are going to an event/sanctioned activity and wear it at any gathering spots (pre/post ride), if stopping to go indoors at a location, or if necessary to get within 2m of another individual when not actively involved in sport (ex. Emergency situation)
- Confirm your bike is in good working order and that you are aware of the basic bike maintenance necessities, and are equipped with the appropriate tools prior to an activity
- Ensure you are aware, and are following your club/team's approved Safety Plan/Risk Management Plan for activities

- If at any point you start displaying signs of COVID-19, members should:
 - A. Contact Telehealth Ontario and follow all instructions as provided
 - B. Contact the club to notify them of any symptoms or pending/confirmed test result



Guidelines for OCA Affiliated Clubs & Team

These guidelines are for all OCA affiliated clubs & teams to review prior to hosting in-person activities. Clubs & teams may implement even stronger measures to assure they are meeting the Ontario Government, Ontario Public Health, and local health unit recommendations and requirements during the COVID-19 situation.

- Format ALL planned activities to meet the most recent guidelines and recommendations of medical experts and provincial and local government and health units for the location the activity takes place
- All Clubs & Teams (along with event organizers) are required to have a Safety Plan in place (and available at each activity) detailing COVID-19 mitigation methods being undertaken. Items include:
 - Conducting a screening of participants prior to the activity [e.g. Covid-19 symptom questionnaire]
 - [EXAMPLE SCREENING FORM 1](#)
 - [EXAMPLE SCREENING FORM 2](#)
 - Abiding by physical distancing requirements when not actively engaged in sport
 - Recording of activity participant information and keeping on file for a minimum of 30 days (for contact tracing purposes)
 - Clubs/Teams are encouraged to have a sign-up for each activity to facilitate this
 - Mask requirements when not actively engaged in sport for sport and/or fitness activities for the location your activity takes place in.
 - Modification of activities to limit or eliminate contact between members
- Abide by any local area group size limits before, during, and after an activity (based on local guidelines)
- Confirm if there are any restrictions, limitations, or further regulations for the location where you are riding
- Follow all protocols of any facility you may be using, this Progressive Return to Cycling document, the club/team's Safety Plan, and any local area regulations at all times
- Review your current Risk Management/Safety Plan procedures and ensure these can be followed under current conditions
- Educate your members (especially those who are immunocompromised or are older) to the risks associated with COVID-19 and their participation
- Develop a process to limit registrants of an activity to the amount that can be managed for the activity (pre-registration)
- Keep a record of all participants in each activity (minimum 30 days). This may become necessary for contact tracing should an infected individual participate in an activity
- Remind members to wash their hands and disinfect their equipment both prior and post activity
- Ensure members, including Team Managers, Club Directors, Coaches, Ride Leaders and volunteers are aware

of the symptoms associated with COVID-19 including, but not limited to:

- Fever and/or chills
 - Cough
 - Difficulty breathing or shortness of breath
 - Muscle aches
 - Sore throat or difficulty swallowing
 - Runny, stuffy or congested nose (not related to season allergies or other known causes)
 - Lost sense of taste or smell
 - Extreme tiredness
 - Any other symptoms as identified by health experts [Ontario.ca website link](#)
- Continue to inform your members on various COVID-19 related items including local and provincial government updates, medical expert advice, and specific steps the club/team is taking

Prior to your sanctioned activity:

- OCA sanctioned Group activity sizes are subject to the latest OCA Return to Sport Update (<https://www.ontariocycling.org/covid-19-information/>). Please be sure to check the OCA website and be aware of the latest Provincial Government and local area updates
- Consideration must be given to overall length of the group when on the road
- Clubs/Teams may sanction multiple activities, however, these should be updated with the OCA as the COVID-19 situation progresses, and should follow Government guidelines, provincial and regional Public Health Guidelines, the OCA's latest Return to Sport Update and these Progressive Return to Cycling Guidelines (<https://www.ontariocycling.org/covid-19-information/>), and the club/team's own Risk Management/Safety Plan.
- Clubs/Teams should ensure they are updating their Risk Management/Safety Plan as the province moves forward through its reopening stages. A copy of any updates should be forwarded to the OCA office to keep on the club/team's file.
- If a club or team decides to have multiple activities, they should be spaced out enough (both time and distance wise) to ensure no congregating/mixing of groups/activities (if maximum group size limits are still in place).
- Confirm your Ride Leader knows who has registered for the activity for contact tracing purposes.
- Ensure Ride Leaders (or equivalent) carry PPE equipment (disposable gloves, mask or appropriate face covering, first aid kit, hand sanitizer) with them during activities to be prepared for any potential injury or mechanical situation
- Encourage participants to bring their own hand sanitizer, gloves, and/or face masks
- Remind registrants prior to the activity of the latest government and public health requirements (as well as any club specific rules or protocols)
- Confirm the 2021 membership status of each activity participant by requesting an electronic copy of their

membership or confirming through your club's 2021 CCN member registration list

- Remind all participants prior to departing that if they are experiencing any COVID-19 symptoms they should NOT participate in the activity and should immediately return home and complete the Ontario Government's COVID-19 Self-Assessment Tool
- Let any youth athlete know they are allowed to have one parent/guardian accompany them to the activity however, should the parent/guardian wish to participate, they MUST be a member, counted in the participant number for the activity, and go through the same participant recording of information and screening as all other members in the same capacity.

Remind ALL participants they are required to must pass a screening questionnaire prior to participating in an activity. This can be done through an app or online form (active screening) or through a verbal screening questionnaire (passive screening). Individuals leading activities (coaches, ride leaders, managers, etc.) are expected to complete one of the active screening methods (app or online form).

During your sanctioned activity:

- If meeting on the street or in a parking lot, ask that cars be parked at least one spot apart if possible
- Ride Leaders should remind members to maintain the provincially required physical distance (Min. 2m) when not actively engaged in the activity (gathering pre or post activity and at any stops)
- Remind participants:
 - DO NOT share food, water or equipment
 - Have a mask present during the ride and be prepared to wear their mask (unless they meet the exemption list) when not actively participating in the activity (i.e. pre-ride, post-ride, emergency/medical/safety stops or if entering an establishment at any point throughout the activity)
 - Maintain a minimum 2m distance (or most recent provincially identified distance) from one another and wear a mask when not engaged in the physical activity for a prolonged period (stopping for food/drink, emergency/first-aid situation, mechanical, etc.)
 - If at any point a participant does not feel comfortable with the ride to let the Ride Leader or another member know immediately.
 - If at any point you are not feeling well or comfortable on the ride to let your Ride Leader/Coach and fellow riders know IMMEDIATELY
 - **DO NOT SPIT OR CLEAR ANY AIRWAYS** outwardly

After your sanctioned activity:

- Remind participants to sanitize their hands as soon as possible
- If any member notifies the club that it has developed symptoms or has been (or will be) tested for COVID-19 the club/team should consider:
 - Contacting local public health for information on the process to follow to notify members of potential exposure.
 - Suspending club activities for those individuals who have been in contact with this individual until they have been cleared



Injury, Mechanical or Displaying Symptoms

- Any mechanical should only be worked on by ONE person
- If a bike is to be serviced by a ride leader, it should be wiped down before and after with a sanitizing wipe or spray. Gloves are suggested to be worn.
- Anyone servicing a bike, or attending to an injured individual MUST use hand sanitizer before and after
- If there is an injury, the designated person providing medical aid must put on PPE before assisting the injured participant (masks, gloves, etc.)
- If a participant displays signs of any illness including COVID-19, the club should remove the individual from further participation. If the individual is incapable of returning home safely, their Emergency Contact should be notified. If the participant is under the age of 18, a parent/legal guardian should be contacted.



Grassroots ITT Club & Team Activities

These guidelines are for all OCA affiliated clubs & teams to review prior to launching any Individual Time Trial (ITT) activities. Any ITT activity should also take into account the General Guidelines section of this document, especially as it pertains to the allowable structure of an activity to limit risk and the safety precautions to take if there is a mechanical or injury during an activity.

Clubs & teams may implement stronger measures to assure they are meeting the Ontario Government, Ontario Public Health, and local health unit recommendations and requirements during the COVID-19 situation.

Grassroots ITT activities that are organized by the affiliated club/team for its members may be permitted so long as physical distancing guidelines are followed AND the maximum number of participants (including athletes, volunteers, starters, timers, marshals, coaches, etc.) does not exceed the provincial guidelines at the time of publication.

For any provincial level events, please refer to event technical guide and/or safety plan.

Key Guidelines to Follow

Individual Timed Training Efforts (Time Trial)

- Each club/team hosting an ITT must have a safety plan in place for the activity (available to all members/participants) and have access to this available during the activity
- Individual Timed Training Efforts overseen by a Sport Trainer (Ride Leader, Coach, Manager, Organizer, etc.) are not subject to a specific maximum amount of participants under Step 3 regulations but rather must meet the following criteria:
 - Services may not be provided, at one time, to more than the number of persons who can maintain a physical distance of at least two metres from every other person in the space where the services are provided.
 - Any person who is not actively engaged in the activity (ie. On-bike on the course) should maintain a physical distance of at least two metres from any other person.
 - Masks are not required when actively engaged in the sport or physical activity
 - As per the regulations, anyone in a spectator capacity (ie. Not actively engaged in the activity, including volunteers, coaches, etc.) is expected to wear a mask, even outdoors)
- For all Individual Timed Training Efforts, the Sport Trainer is responsible for:
 - Ensuring a Safety Plan is prepared and available during the activity,
 - Recording the name & contact information of every individual they are providing services to and maintaining this information for a minimum of one month (though we suggest longer)

- The Sport Trainer must screen individuals in accordance with the advice, recommendations and instructions of the Office of the Chief Medical Officer of Health before they engage in sports training activities
 - [EXAMPLE SCREENING FORM 1](#)
 - [EXAMPLE SCREENING FORM 2](#)

Prior to the Activity:

On application, a club or team may run a grassroots ITT that is for the club/team’s members ONLY as per club/team guidelines. The following items will need to be demonstrated as part of the application to host such an activity:

- **Online Registration Process**
 - Ensures the club/team can track how many people have registered, split participants into groups & assign appropriate start times, as well as for beneficial for contract tracing.
- **Non-Contact Timing & Online Results (Step 2 Onward)**
 - Avoid riders congregating at the end of their timed activity.
- **Club Designate (preferably the Starter)**
 - This person (whether the Starter or someone else) is responsible for the activity on site and will deal with any incidents that may occur.
- **Time Difference Between Starts**
 - Provide enough time between riders to limit potential passing
- **Fastest Participant Goes First**
 - Faster riders should start first to limit potential passing
- **Staggered Group Starts (If more than one group)**
 - Clubs may run multiple group starts to accommodate more participants.
 - Groups should be staggered far enough apart to avoid any congregation prior, during or post activity which would exceed provincial gathering limits.
 - See latest Return to Sport update for specific rules for that Step of the province’s Reopening Plan.
- **ITT Guidelines/Rules Document**
 - A summary of the format and rules of the activity that is provided to participants. This should include safety measures that are being taken.

All of the above items are in addition to the regular requirements for sanctioning an activity which include providing the OCA:

- The date/day of the week the activity takes place
- The estimated start time and finish time of the activity



- A copy or link to the course map (required for all Time Trial Activities)

Main Guidelines:

- Each participant in the activity must be a 2021 OCA Member, and a member of the hosting club/team.
- Clubs/Teams should remind members that if they are experiencing any symptoms of COVID-19 they should NOT be participating in any activities and to get tested and/or self-isolate.
- Limit your **Total Maximum** amount of participants in a club/team ITT to the maximum allowed in the latest Return to Sport Update (<https://www.ontariocycling.org/covid-19-information/>) (unless local restrictions dictate less) and follow the guideline for multiple groups if over the maximum.
- A participant is considered anyone actively involved with the activity (with the exception of 1 Sport Trainer per group):
 - Athletes/Para-athletes
 - Starters & Timers
 - Marshals
 - Volunteers
 - Etc.
- It is important to remind riders that once they are done their ride not to hang around or congregate with another group. This will help ensure the group size does not surpass the allowable number for the area.
- Clubs/Teams should ensure all riders in a group are well spaced out at their start location following the government restrictions on physical distancing.
- If assembling at a parking lot, clubs/teams should encourage riders to arrive no more than 5-10 minutes prior to their estimated start time and leave directly after the finish of their effort.
- It is recommended that clubs/teams consider having different meeting areas for multiple group to ensure that any rider from a previous group does not have an interaction with an arriving group.
- With all private venues, clubs/teams should consider whether they are allowed to meet on the facility grounds prior to using that location. (IE. Ensure you are not deemed to be trespassing)
- Any capacity and physical distancing rules of the facility must be followed
- Any incident during the activity should be communicated to the Ontario Cycling Association as soon as possible by completing the [OCA Injury Report Form](#)



Indoor Velodrome Use

*In addition to the **Guidelines for Members** and **Guidelines for OCA Affiliated Clubs & Teams**, the following additional guidelines have been created specifically for activities taking place at an indoor velodrome.*

Preparation for Your Activity:

- Ensure awareness and compliance with facility specific protocols and restrictions (including mask requirements) and group safety plans shared
- Covid screening (e.g. Covid questionnaire) must be administered prior to entering the facility
 - [EXAMPLE SCREENING FORM 1](#)
 - [EXAMPLE SCREENING FORM 2](#)
- Ensure training group size is compliant with provincial gathering limits
- Maintain a physical distancing of a minimum 2m (or most recent provincially identified distance) when not engaged in physical activity
- Communicate the process for entering, using, and leaving the facility
 - Masks are required at all times within facility with the exception of while athletes are in the pit and on track. Coaches must wear a mask unless engaged in the physical activity (i.e. on bike)
 - Spectators are not permitted in compliance with facility protocols
 - Communicate the training plan including gearing (if applicable), and remind athletes of being self-sufficient with changing wheel/gearing and tools required
 - Athletes should be asked to come dressed in their cycling attire to avoid/minimize use of washroom/change facilities
 - Athletes should be asked to bring their own hand sanitizer and disinfecting wipes/spray

During Your Activity:

- Coach/Leader should arrive early to designate/identify athlete areas [pits] where only the designated athlete will be permitted to enter, warm-up, and store equipment during the training session [all areas must be a physically distanced]
- Equipment, tools, etc. should not be shared among participants
- Athletes [or parent designate] should work on the athlete's bike. A coach/mechanic, if required, may assist if the bike has been wiped [disinfected] and they are able to use their own tools
- Coach/Leader should coordinate athlete movements onto and off the track
- Use of assisted standing starts or track gates should be avoided unless those involved are from the same household or proper protective equipment is being used [mask, shield, gloves]

- Track gates, rails and any other touchpoints should be cleaned/disinfected following use
- Athletes must return directly to their designated area [pit] following their efforts and remain in their area at all times during the training session [use of washroom facilities permitted in accordance with facility regulations]

After Your Activity:

- Remind participants that they should wash their hands (or use hand sanitizer with a minimum 60% alcohol content), use disinfecting wipe/spray to clean equipment
- Athletes should be asked to clean (no garbage, empty water bottles, etc.) and wipe down their designated area [touch points is using pit rails] with disinfecting wipes/spray
- If any participants notify the coach that they have developed symptoms or has been (or will be) tested for COVID-19 the coach should consider:
 - Recommending the individual seek medical attention and follow Public Health Guidelines for the area
 - Suspending training activities for those individuals who have been in contact with this individual

In Case of Injury, or Mechanical or Participant Becoming Symptomatic:

- Any mechanical may only be worked on by either the athlete [or parent] or the identified coach/mechanic
- If a bike is to be serviced by a coach/mechanic, it must be wiped down before and after with a sanitizing wipe or spray
- Anyone servicing a bike, or attending to an injured individual MUST use hand sanitizer before and after
- All coaches must have PPE equipment (disposable gloves, mask or appropriate face covering, first aid kit, hand sanitizer) with them during training sessions to be prepared for any potential injury or mechanical situation
- If there is an injury, the person providing medical aid must put on PPE before assisting the injured participant
- If a participant displays signs of any illness including COVID-19, the athlete must be removed from further participation in the activity and asked to return home. If the individual is incapable of returning home safely, their emergency contact should be notified. If the participant is under the age of 18, a parent/legal guardian should be contacted. The coach/ leader may decide to end the training session at that time.
- If any participants notify the coach post activity that they have developed symptoms or has been (or will be) tested for COVID-19 the coach should consider:
 - Recommending the individual seek medical attention and follow Public Health Guidelines for the area
 - Suspending training activities for those individuals who have been in contact with this individual



BMX Facilities

In addition to the **Guidelines for Members** and **Guidelines for OCA Affiliated Clubs & Teams**, the following additional guidelines have been created specifically for activities taking place at a BMX Facility.

Preparation for Your Activity:

- Ensure awareness and compliance with facility specific protocols and restrictions and group safety plans
- Covid screening (e.g. Covid questionnaire) must be administered prior to entering the facility
 - [EXAMPLE SCREENING FORM 1](#)
 - [EXAMPLE SCREENING FORM 2](#)
- Ensure training group size is compliant with provincial gathering limits
- Reminder that social distancing of minimum 2m (or most recent provincially identified distance) be practiced when not engaged in the physical activity
- Communicate process for entering, using, and leaving facility
- Communicate training plan including gearing (if applicable), and remind athletes of being self-sufficient with changing wheel/gearing and tools required
- Athletes should be asked to come dressed in their cycling attire to avoid/minimize use of washroom/change facilities
- Athletes should be asked to bring their own hand sanitizer and disinfecting wipes/spray

During Your Activity:

- The Coach/Leader should arrive early to identify and designate athlete areas where only the designated athlete will be permitted to enter, warm-up, and store equipment during the training session [all areas must be physically distanced]
- Equipment, tools, etc. should not be shared among participants
- Athletes [or parent designate] should work on the athlete's bike. A coach/mechanic, if required, may assist if the bike has been wiped [disinfected] and they are able to use their own tools
- The Coach/Leader should coordinate athlete movements into start gate or specific sections of the track and coordinate process for exiting the track
- Start gates will only be operated by the coach/leader [certified and experienced in the use of the start gate]. This person, where possible, should remain a minimum of 2m (or most recent provincially identified distance) from any participants and wear a mask or other protective equipment.

After Your Activity:

- Remind participants that they should wash their hands (or use hand sanitizer with a minimum 60% alcohol content), use disinfecting wipe/spray to clean equipment
- Athletes should be asked to clean (remove garbage, empty water bottles, etc.) and wipe down their designated area [if applicable] with disinfecting wipes/spray
- If any participants notify the coach that they have developed symptoms or has been (or will be) tested for COVID-19 the coach should consider:
 - Recommending the individual seek medical attention and follow Public Health Guidelines for the area
 - Suspending training activities for those individuals who have been in contact with this individual

In Case of Injury or Mechanical or Participant becoming Symptomatic:

- Any mechanical may only be worked on by either the athlete [or parent] or the identified coach/mechanic
- If a bike is to be serviced by a coach/mechanic, it must be wiped down before and after with a sanitizing wipe or spray
- Anyone servicing a bike, or attending to an injured individual MUST use hand sanitizer before and after
- All coaches must have PPE equipment (disposable gloves, mask or appropriate face covering, first aid kit, hand sanitizer) with them during training sessions to be prepared for any potential injury or mechanical situation
- If there is an injury, the person providing medical aid must put on PPE before assisting the injured participant
- If a participant displays signs of any illness including COVID–19, the athlete must be removed from further participation in the activity and asked to return home. If the individual is incapable of returning home safely, their emergency contact should be notified. If the participant is under the age of 18, a parent/legal guardian should be contacted. The coach/leader may decide to end the training session at that time.
- If any participants notify the coach post activity that they have developed symptoms or has been (or will be) tested for COVID-19 the coach should consider:
 - Recommending the individual seek medical attention and follow Public Health Guidelines for the area
 - Suspending training activities for those individuals who have been in contact with this individual



Additional Resources

Government of Ontario Stop the Spread

<https://www.ontario.ca/page/covid-19-stop-spread>

Ontario Area Assessment Centres

<https://covid-19.ontario.ca/covid-19-assessment-centres>

Ontario Self-Assessment Guidelines

<https://covid-19.ontario.ca/self-assessment/>

Ontario Public Health

<https://www.publichealthontario.ca/>

Telehealth Ontario

1-866-797-0000

Download the COVID-19 Alert App

<https://covid-19.ontario.ca/covidalert>