

# Carleton Sport Medicine Clinic COVID-19 Protocol

A few key steps to consider when preparing for your appointment at Carleton Sport Medicine Clinic during the COVID-19 pandemic

## Stay home if:

- You have COVID-19 symptoms
- You have come in contact with someone who has tested positive for COVID-19
- You have travelled outside of Canada in the past 14 days



## Remember:

You can cancel your appointment at any time if you are unwell. There is no fee for cancelled appointments due to illness.

## Minimize your time spent in the waiting room

Arrive no more than 5 minutes before your appointment. This will ensure that the waiting room does not get too busy.

**Note:** Carleton University campus parking is free until January 1st 2021.



## Limit the number of people coming to the clinic

It would be preferred if you are able to come to your appointment by yourself. This will help limit the number of people on the premises. Exceptions will apply.



## Wear a mask

All persons entering the clinic must wear a mask that securely covers the nose, mouth and chin.



## Complete the COVID-19 screening questionnaire and consent form

This form must be completed within 24 hours of every appointment. Additional screening will take place when you come to the clinic.



**You can find the COVID-19 Screening and Consent Form at:**

[www.carletonsportmed.com](http://www.carletonsportmed.com)

## If needed: bring clothing to change into

As the weather is getting colder make sure to bring your own tank tops for upper extremity issues and shorts for lower extremity issues. The clinic will no longer be able to provide you with these clothing items.



## Practice social distancing

When possible, maintain 2 metres distance from other people at the clinic in order to reduce the risk of transmission.



## Health care providers may need to cancel appointments due to COVID-19 precautions

If this does occur, we will do our best to maintain your appointment with another doctor or therapist. If we are unable to do so, you may be offered a virtual appointment or you can reschedule your appointment.

