

Dear Athletes and Coaches,



Please find a summary of important medical information for the 2022 Ontario Summer Indigenous Games below:

- There will be **therapists** and **sport medicine physicians** or residents on-site providing event coverage across the various venues. One physician will be located at the University of Ottawa, and one at the Terry Fox Athletic Facility. The therapists and physicians are available to help assess and manage injuries, respond to medical emergencies, and will have medical supplies such as athletic tape and ice.
- There will be a **medical assessment centre** at Montpetit Hall at the University of Ottawa. Athletes can be seen here by a physician for general medical issues such as respiratory tract infections, urinary tract infections, headaches, rashes, gastrointestinal symptoms, or mental health concerns, to name a few. This will be available **9:00a.m.–9:00p.m. on Friday & Saturday**, and **9:00a.m.–12:00p.m. on Sunday**.
- There will be **COVID-19** rapid antigen tests available at the medical assessment centre at Montpetit Hall and at the Athletes' Services Desk located in the lobby at 90U. Please see the assessment centre hours above. If you develop symptoms at the residence or off-site, please notify an OSIG staff member immediately.
- The closest **pharmacy** is the Campus Pharmacy located at 100 Marie-Curie Private. It is open Thursday & Friday 8:30a.m.–7p.m., and Saturday & Sunday 10a.m.–2p.m. The closest 24/7 pharmacy is Shoppers Drug Mart at 1309 Carling Ave.
- In case of an emergency at the venues, please locate the medical personnel in charge. In case of an emergency outside of the venues, call 911. The closest **emergency department** is The Ottawa Hospital General Campus at 501 Smyth Road, or The Ottawa Hospital Civic Campus at 1053 Carling Ave, depending on the venue.
- For mental health emergencies, please refer to the attached mental health emergency action plan. The **Native Youth Crisis Line** number is **1-877-209-1266** which is available 24/7.

Sincerely,

A handwritten signature in black ink, appearing to read "Alex Thomas". The signature is stylized with a large, sweeping initial "A" and a long, horizontal flourish at the end.

Alex Thomas, MD, CCFP

Sport and Exercise Medicine PGY3

University of Ottawa

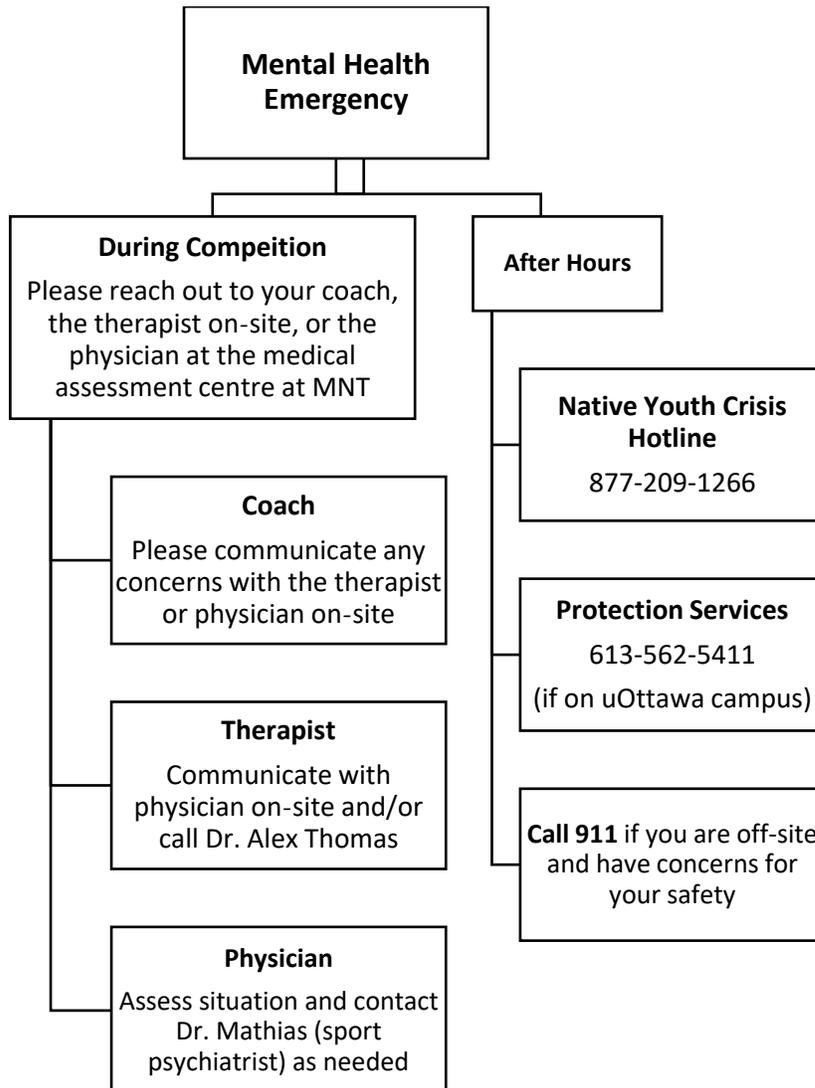
Mental Health Emergency Action Plan

Emergency Contacts:

- **Native Youth Crisis Hotline:** 877-209-1266
- **uOttawa Protection Services:** 613-562-5411 (if on uOttawa campus)
- **Local EMS:** 911

Ottawa Hospitals:

- The Ottawa Hospital General Campus at 501 Smyth Rd, Ottawa, ON K1H 8L6 (613-722-7000)
- The Ottawa Hospital Civic Campus at 1053 Carling Ave, Ottawa, ON K1Y 4E9 (613-722-7000)
- The Ottawa Hospital Riverside at 1967 Riverside Dr, Ottawa, ON K1H 7W9 (613-722-7000)
- Children's Hospital of Eastern Ontario at 401 Smyth Rd, Ottawa ON K1H 8L1 (613-737-7600)
- Queensway-Carleton Hospital at 3045 Baseline Rd, Nepean, ON K2H 8P4 (613-721-2000)
- Montfort Hospital at 713 Montréal Rd, Ottawa, ON K1K 0T2 (613-746-4621)



COVID-19 Symptom Protocol

