

Update Notice Regarding the 2022 Senior Pan American Championships

As we continue to plan towards attending the 2022 Senior Pan American Championships, we would like to provide all participants with the most recent information that we have regarding event participation requirements.

As per the event outline, all participants are required to present a negative PCR test that was taken within 72 hours of departure to the organizing committee. While the event organizers have provided an email address for electronic submission, Taekwondo Canada has been evaluating several concerns regarding who is receiving these emails and how the information will be processed. As we were unable to get further clarification from the organizers, **Taekwondo Canada is advising all participants to bring a printed copy of your PCR test result**, and we do not recommend that you submit this to the email address provided. We will provide hard copies at registration as necessary.

For those that have recently recovered from a COVID-19 infection, we would recommend that you bring your letter of recovery as there is a high likelihood of a false positive test due to recognized non-infectious viral shedding related to the previous infection. As per the Public Health Agency of Canada (PHAC) and Centers for Disease Control and Prevention (CDC) guidelines, no further PCR testing is recommended for 3 months post infection. However, as this is an event and not a local government or health authority requirement in Punta Cana, we do not know if the organizers will accept these letters. Please be aware that you if you choose to use a letter of recovery in lieu of a pre-departure PCR test that the event organizers may require you to complete a PCR test on site, at your cost. We have little control over this process and can only advise based on recognized health guidelines.

Aside from the event specific requirements, Dr. DeFreitas would like to remind you that individuals that are showing symptoms of COVID-19, have tested positive after April 21st, 2022, or receive a positive pre-departure PCR test result without a recent infection and letter of recovery, should not travel as per recognized health guidelines. Please ensure that you have adequate travel health insurance that includes coverage for COVID-19 illness.

Finally, for those with flights connecting through the USA, please keep in mind that you will need to ensure that you meet any pre-departure testing requirements for international travellers entering the USA.