**2023 CPS ASM COVID-19 Mitigation Strategy**

As an organization that values the health and wellbeing of its membership, our top priority is to create a safe environment for in-person learning for all attendees. We heard our members’ appreciation for the COVID-19 safety measures in place at the 2022 ASM, our first in-person meeting since the COVID-19 pandemic began. Building on the success of that meeting, and in keeping with CPS’ leadership as a Society that values inclusiveness, we have developed the following COVID-19 mitigation strategy for the 2023 Annual Scientific Meeting.

**The below guidelines have been produced with the wellbeing of all CPS members in mind, especially those at higher risk of negative outcomes of SARS-CoV-2, and are presented in solidarity with our healthcare practitioner membership who have been on the front lines for the past 3 years.**

Please ensure that you read this document thoroughly and note that these guidelines may be updated as needed.

**Before you arrive**

* Adhere to government-issued travel restrictions and guidance issued by the [Province of Alberta](https://www.alberta.ca/coronavirus-info-for-albertans.aspx), the [Government of Canada](https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html), and your region of origin.
* Prior to departure, we recommend that you use a self-assessment tool, such as: <https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx>; <https://covid-19.ontario.ca/self-assessment/>; <https://covid19.quebec.ca/surveys/cdd2/introduction>.
* Stay home if you feel sick or are exhibiting any COVID-19 symptoms.

***Last Minute ASM Cancellations Due to Symptoms of COVID-19***

We understand that last-minute cancellations may occur due to symptoms of COVID-19 and/or a positive diagnosis. In this circumstance, please contact office@canadianpainsociety.ca. Please be aware that airline and hotel cancellation policies, ASM registration fees, and any related charges are not the responsibility of CPS.

**During the CPS meeting**

* **Masks are strongly encouraged** at all times unless at designated spaces and times for eating and drinking**.**
* Please wear a medical-grade face mask or respirator. Boxes of surgical and N95/KN95 masks will be available at the registration desk.
* We strongly encourage you to attend the Poster sessions and wear a mask when speaking to poster presenters.

***Helpful information to keep in mind when deciding to wear a mask:***

* + - *The World Health Organization continues to recommend masks for everyone in indoor spaces (*[*https://www.who.int/news/item/30-01-2023-statement-on-the-fourteenth-meeting-of-the-international-health-regulations-(2005)-emergency-committee-regarding-the-coronavirus-disease-(covid-19)-pandemic*](https://www.who.int/news/item/30-01-2023-statement-on-the-fourteenth-meeting-of-the-international-health-regulations-%282005%29-emergency-committee-regarding-the-coronavirus-disease-%28covid-19%29-pandemic)*)*
		- *Wearing a good fitting mask lowers the risk of infection and transmission.*
		- *2-way masking is more effective than 1-way masking*

*(see https://www.pnas.org/doi/10.1073/pnas.2110117118)*

* Take-out boxes will be provided at breakfasts, lunches, and the gala for attendees who choose to eat in areas other than designated meal areas.
* Wash hands frequently with soap and water, and/or use an alcohol-based sanitizer.

***If you become ill at the ASM***

* Delegates who experience symptoms or start to feel ill onsite should quarantine in their guestroom immediately. Contact CPS at office@canadianpainsociety.ca to receive instructions on next steps. All health concerns will be handled discretely.

**After the CPS meeting**

* We encourage attendees to monitor themselves for potential symptoms post-conference and follow local health regulations and guidelines.