



ILLNESS POLICY

In this policy, “Team member” includes a coach, volunteer, participant, or parent/spectator.

1. **Inform an individual in a position of authority (coach, team parent, division coordinator) immediately if, you feel any symptoms of COVID-19** such as fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.
2. **Assessment**
 - a. Team members must review the pre-training checklist each day before their practice/activity to attest that they are not feeling any of the COVID-19 symptoms.
 - b. Coaches will conduct a verbal health check at the start of each practise and visually monitor team members and touch base regularly during practise to assess any early warning signs as to the status of their health.If Team Members are unsure please have them use the self-assessment tool <https://bc.thrive.health/covid19/en> or through the COVID-19 BC Support App self-assessment tool.
3. **If a Team Member is feeling sick with COVID-19 symptoms**
 - a. They should remain at home and contact Health Link BC at 8-1-1.
 - b. If they feel sick and/or are showing symptoms while at practice/activity, they should be sent home immediately and have them contact 8-1-1 or a doctor for further guidance.
 - c. No Team Member may participate in a practice/activity if they are symptomatic.
4. **If a Team Member tests positive for COVID-19**
 - a. The Team Member will not be permitted to return to the practice/facility until they are free of the COVID-19 virus.
 - b. Any Team Members who play closely with the infected Team Member will also be removed from the practice/facility for at least 14 days to ensure the infection does not spread further.
 - c. Close off, clean and disinfect their practice/facility area immediately and any surfaces that could have potentially been infected/touched.
5. **If a Team Member has been tested and is waiting for the results of a COVID-19 Test**
 - a. As with the confirmed case, the Team Member must be removed from the practice/facility.
 - b. The Public Health Agency of Canada advises that any person who has even mild symptoms to stay home and call the public health authority of B.C.



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- c. Other Team Members who may have been exposed will be informed and removed from the practice/activity for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.
 - d. The practice/activity space will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.
- 6. If a Team Member has come into contact with someone who is confirmed to have COVID-19**
 - Team Members must advise their coach/division coordinator if they reasonably believe they have been exposed to COVID-19.
 - Once the contact is confirmed, the Team Member will be removed from the practice/activity for at least 14 days or as otherwise directed by public health authorities. Team Members who may have come into close contact with the Team Member will also be removed from the practice/activity for at least 14 days.
 - The practice/activity area will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.
- 7. Quarantine or Self-Isolate:**
 - To follow the recommendations of the Provincial Health Authority if a player or team needs to self-isolate or quarantine.