

## **Appendix “C” Illness Policy**

### **Illness Policy**

In this policy, “**Team member**” includes a coach, player, safety coordinator, or volunteer.

- 1) **Inform an individual in a position of authority (coach, safety coordinator or team manager) 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 complete an online self-assessment each morning before their practice/activity to attest that they are not feeling any of the COVID 19 symptoms.
  - b) Safety coordinators/coaches will visually monitor team members to assess any early warning signs as to the status of their health and to touch base on how they are regarding their personal safety throughout the practice/activity.
  - c) 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.
  - d) The COVID-19 Self-Assessment Tool will help determine whether you may need further assessment or testing for COVID-19. You can complete this assessment for yourself, or on behalf of someone else. You can download the BC COVID-19 Support App and Self-Assessment Tool - <https://bc.thrive.health/>. The app will also let you receive the latest updates, trusted resources, and alerts for B.C.
  
- 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 the activity session, 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 practice/facility until they are free of the COVID-19 virus.
  - b) At the direction of public health authorities, Team Members who play closely with the infected Team Member may 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 work/practice/facility area immediately and any surfaces that could have potentially be 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.

- 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 in to contact with someone who is confirmed to have COVID-19**
- a) Team Members must advise their coach, safety coordinator or the President of the NSMLA if they reasonably believe they have been exposed to COVID-19.
  - b) 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. At the direction of public health authorities, Team Members who may have come into close contact with the Team Member may also be removed from the practice/activity for at least 14 days.
  - c) The 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 if:**
- a) Any Team Member who has travelled outside of Canada within the last 14 days is not permitted to enter any part of the facility and must quarantine and self-isolate.
  - b) Any Team Member with any symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
  - c) Any Team Member from a household with someone showing symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
  - d) Any Team Member who is in quarantine or self-isolating as a result of contact with an infected person or in families who are self-isolating, is not permitted to enter any part of the facility.