



North Shore Minor Lacrosse Association

Return to Play Guidelines

These Return to Play Guidelines (NSMLA Guidelines) of the North Shore Minor Lacrosse Association (NSMLA) have been approved by the Board of Directors on the 20th day of August 2020. The NSMLA reserves the right to modify these NSMLA Guidelines for any reason. If modifications are made, the NSMLA will advise its members of these modifications and continued participation in NSMLA lacrosse activities will represent member agreement to abide by these NSMLA Guidelines, as modified.

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1) NSMLA Return to Play Guidelines

These NSMLA Guidelines are substantially based on the British Columbia Lacrosse Association Return to Lacrosse Guidelines published on June 11, 2020 (BCLA Guidelines) and the viaSport Return to Sport Guidelines and Covid-19 Safety Plan Template published on June 1, 2020, as last revised June 25, 2020 (viaSport Guidelines).

These NSMLA Guidelines apply to all NSMLA sanctioned lacrosse activities and Facilities. For purposes of these NSMLA Guidelines, “Facilities” means outdoor fields or boxes on which NSMLA lacrosse activities are conducted and their associated works, including entry and exit points, parking lots and washroom facilities.

In the event of a conflict between these NSMLA Guidelines and health and safety guidelines as outlined by the provincial public safety guidelines and health restrictions in the local municipalities, the health and safety guidelines as outlined by the provincial public safety guidelines and health restrictions in the local municipalities shall prevail.

a) Risk Management Policies

Our top priority is the health and safety of our players, coaches, safety coordinators, volunteers and lacrosse families. The NSMLA have adopted the following risk management policies:

- **Less than 50 People/Avoid Bottlenecks:** There will be no gatherings of over 50 people until such time as public health orders advise that gatherings greater than 50 people are permitted. Specifically, each player, parent/guardian, coach, safety coordinator or volunteer will be encouraged to avoid gathering at the entry and exit points of the Facilities.
- **No Spectators:** Subject to exceptions permitted by the NSMLA President, in consultation with the applicable NSMLA safety coordinator, parents/guardians and other family members will not be permitted to watch and spectate NSMLA activities until such time as public health orders advise that gatherings greater than 50 people are permitted. Parents/guardians should make sure to maintain their contact information up to date so you can be contacted in the event of an emergency.
- **Parking Lot Drop Off/Designated Entry/Exit:** Players will be dropped off and picked up from parking lots and be encouraged to move through common areas where gathering/bottlenecks could occur. When possible, one-way entrance and a separate exit from Facilities will be maintained and signage will be placed to encourage traffic flow.
- **Physical Distancing:** Each player, coach, safety coordinator or volunteer must adhere to physical distancing guidelines of at least two (2) metres apart. Drills and activities will ensure that players and coaches maintain a minimum of two (2) meters apart.

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- **Limits on Space/Ratios of Players: Coach Ratios:** The number of players and coaches will be restricted by the field size that is available and the ratio of players to coaches will similarly be modified depending on field constraints, all as more particularly outlined in the BCLA Guidelines.
- **Sanitation of Equipment:** All equipment will be wiped down prior to and following a session and if applicable, during.
- **Participant Agreement Form:** Each player, parent/guardian, coach, safety coordinator or volunteer must agree to these NSMLA Guidelines and sign a Participant Agreement form, which among other matters includes the adherence to these NSMLA Guidelines, including the Player Guidelines and Illness Policy set forth below.
- **Same Day Health Screening Assessment:** All players, coaches, safety coordinators and volunteers must complete a same-day online health screening assessment prior to attendance at any NSMLA activity.
- **Temperature Checks:** The NSMLA is reviewing the potential for use of same day temperature checks as a secondary screening method.
- **Adherence to Public Health Guidance:** All players, coaches, safety coordinators and volunteers will be required and encouraged to follow public health guidance including washing hands (or sanitizing if hand washing not available), coughing and sneezing into your elbow or sleeve, no spitting, no sharing food, drinks, utensils, and no touching your face, eyes, nose or mouth with unwashed hands etc.
- **Adherence to Quarantine Rules:** Subject to applicable law, players who travel internationally will be expected to quarantine for 14-days following travel and players who travel interprovincially should self monitor for Covid-19 symptoms.
- **Stay Home if Ill:** Players, coaches, safety volunteers or volunteers who are sick, experiencing COVID-19 symptoms or have been exposed to someone with Covid-19 should stay home. For more information, refer to the NSMLA Illness Policy set out below.
- **First Aid Kits:** First Aid kits will be outfitted with masks, gloves, wet wipes and sanitizer in the event that first aid treatment is required and physical distancing be constrained.

b) Communication Plans and Training

The NSMLA have adopted the following communication plans and training protocols:

- **Distribution of NSMLA Guidelines:** Each player, parent/guardian, coach, safety coordinator or volunteer will receive a copy of these NSMLA Guidelines including the Illness Policy designed to assist such participants to understand the safety protocols when playing and for staying home when sick. See Member Communication set out below.
- **NSMLA Guidelines on Website:** NSMLA Guidelines will be available on the NSMLA's website.

- **Signage:** Where possible and in accordance with the rules of the Facility operators, signage will be posted and/or made available by Facility operators at Facilities including occupancy limits, hygiene practices, self-assessment of COVID-19 symptoms and restricted attendance, if applicable.
- **Training Sessions:** Coaches, safety coordinators and volunteers will be trained on monitoring players to ensure policies and procedures are being followed. This training is expected to include one or more online training sessions.
- **Review of NSMLA Guidelines:** Periodic reviews of these NSMLA Guidelines will be conducted to consider if further communication and training should occur.
- **Lacrosse Specific Touch Points and Maximum Players:Coach Ratios:** Coaches, safety coordinators and volunteers will be instructed to read the BCLA Return to Lacrosse Guidelines to familiarize themselves with lacrosse specific touch points (Pages 5-6 of such guidelines) and the maximum players and player to coach ratio permitted at each of the Facilities that NSMLA activities are being undertaken (Appendix D of such guidelines).
- **Review and Updates:** Policies and procedures regarding risk management, health and safety will be reviewed and updated as needed and communicated to each player, parent/guardian, coach, safety coordinator or volunteer, as necessary.

c) Member Communication

These NSMLA Guidelines will be posted to the NSMLA website and the NSMLA Facebook page available at <http://northshoremorlacrosse.com/> and <https://www.facebook.com/nsmla>, respectively.

Each member of NSMLA registered to participate in activities approved by NSMLA will receive by email a member communication substantially in the form attached as Appendix “A” to these NSMLA Guidelines (Member Communication) to their member contract email address(es) of registration . The Member Communication is based on Appendix E of the viaSport Guidelines, modified to fit these NSMLA Guidelines.

2) Participant Guidelines, Agreement, and Illness Policy

a) Participant Guidelines

The following guidelines shall apply for all players:

- **Player Safety:** Player safety is the top priority at all times.
- **Registered:** All players must be currently registered with the British Columbia Lacrosse Association (BCLA) through the NSMLA website registration page.
- **Waiver:** Before stepping into or onto any of the Facilities, all parents/guardians must sign on behalf of the player and themselves a waiver to acknowledge their

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understanding that COVID-19 and other such viruses are not covered by the insurance administered by the BCLA.

- **Physical Distancing:** Players must adhere to two (2) meter physical distancing at all times including entry, during and departing activity sessions.
- **Phase 2 Skills and Drills:** Sessions will be skill development and training only. There is no competition including scrimmages and absolutely no contact of any kind. No stick to stick, stick to body or body to body contact is permitted.
- **Stay Home if Ill:** Players must be healthy with no signs or symptoms of illness. All players must complete a same-day online health screening assessment prior to attendance at any NSMLA activity.
- **Illness Policy:** Players and parents/guardians should be aware of the common symptoms of COVID-19, stay away if displaying symptoms and consult and adhere to the Illness Policy below. Players who are immune-compromised, or have underlying health conditions should carefully consider whether to participate.
- **Parking Lot Dress:** Each player must arrive and depart from the Facilities dressed, wearing all required protective equipment (dress at home/parking lot/park).
- **No Early Access:** Players and their parents/guardians should arrive at the Facilities and stay in vehicle until no earlier than 15 minutes prior to the activity. Players should not enter the field/box until their designated playing time.
- **Minimize Extra Equipment:** Gear bags need to be kept in the parent/guardian vehicle. Players should only bring one lacrosse stick to the activity session. Additional gear and sticks should be retained in your equipment bag in the car.
- **Protective Equipment:** All players must wear required protective equipment at all times as outlined by the Canadian Lacrosse Association rules and regulations (i.e., helmet, gloves, shoulder pads, elbow pads, personal protective equipment, etc.). If a player forgets a piece of required protective equipment, they will not be permitted to participate in that session.
- **No Sharing:** Players should use their own lacrosse equipment -- NO SHARING equipment, apparel, towels, water bottles, etc.
- **No Touch:** Players must not touch balls with their hands and only use their stick to pick balls up.
- **Personal Water Bottles:** Each player must have their own clearly marked water bottle with a spout or straw in order to aim into mouth while still wearing helmet.
- **Focused Play:** Players must focus on the coaches and their directions when waiting to perform drills; no fooling around in lines.
- **Home Sanitation:** Players must clean their equipment and clothing after activity session.
- **Adherence to Public Health Guidelines:** Players must follow appropriate public health guidelines follow public health guidance including washing hands (or sanitizing if hand washing not available), coughing and sneezing into your elbow or sleeve, no spitting, no sharing food, drinks, utensils, and no touching your face, eyes, nose or mouth with unwashed hands etc.

- **Hand Sanitization:** Players should sanitize hands upon entering and exiting the Facilities or using facilities.
- **Avoid Physical Greetings:** Players should avoid physical greetings (e.g., handshakes, high fives and fist pumps).

b) Participant Agreement

Prior to participation in activities approved by the NSMLA, each player, parent/guardian, coach, safety coordinator or volunteer) (each, a Participant) must complete, sign and deliver to the NSMLA's register (register@northshoremajorlacrosse.com) a Participant Agreement in the form substantially as set forth in Appendix "B" of these NSMLA Guidelines (Participant Agreement). The form of the Participant Agreement is based on Appendix D of the viaSport Guidelines, as modified to fit these NSMLA Guidelines.

c) Illness Policy

Prior to participation in activities approved by NSMLA, each player, parent/guardian, coach, safety coordinator or volunteer) (each, a Participant) should read and review the NSMLA Illness Policy set forth in Appendix "C" of these NSMLA Guidelines (NSMLA Illness Policy). The NSMLA Illness Policy is based on Appendix C of the viaSport Guidelines, as modified to fit these NSMLA Guidelines.

3) Head Coach Guidelines

The following guidelines shall apply to all coaches of NSMLA sanctioned activities:

- **Training:** Prior to participation in any activities approved by NSMLA, all coaches shall participate in risk management and safety training.
- **Activity Plans:** Coaches shall prepare and adopt practice activity plans that adhere to the practice activity plans and Facility zone spacing recommendations set out in the BCLA Guidelines Appendix D, including the maximum individuals permitted in each of the field or box facilities and the maximum coach to player ratios .
- **Phase 2 Skills and Drills:** The primary focus during this phase of return to play activities shall be on skill development. There shall be no competition, no scrimmages, no games. There is absolutely no contact permitted – No stick to stick, stick to body or body to body contact is permitted.
- **Physical Distancing:** Coaches shall ensure that all drills and activities in their practice activity plans adhere to two (2) meter or more physical distancing from each other.

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- **Stay Home if Ill:** Coaches must be healthy with no signs or symptoms of illness. All coaches must complete a same-day online health screening assessment prior to attendance at any NSMLA activity.
- **Illness Policy:** Coaches should be aware of the common symptoms of COVID-19, stay away if displaying symptoms and consult and adhere to the Illness Policy below. Coaches who are immune-compromised, or have underlying health conditions should carefully consider whether to participate.
- **Rules of Two:** Coaches and other volunteers must maintain the Rule of Two: No minor will be left alone with a single adult.
- **Sanitization:** Equipment will be sanitized.
- **No Bench Access:** Together with the assistance of one or more safety coordinators, coaches shall ensure all benches are taped off as “No Entry” to avoid confined spaces.
- **Layout Markers:** Together with the assistance of one or more safety coordinators and where possible, coaches shall layout markers/cones indicating locations for player drill stations shall be used.
- **No Touch:** Coaches shall distribute balls to appropriate stations using a stick only.
- **Adherence to Public Health Guidelines:** Coaches shall follow appropriate public health guidelines (e.g., no spitting and use proper coughing/sneezing etiquette by using your inner elbow).
- **Hand Sanitization:** Sanitize hands upon entering and exiting the facility or using facilities.
- **Avoid Physical Greetings:** Coaches should avoid physical greetings (e.g., handshakes, high fives and fist pumps).

4) Safety Coordinator Guidelines

The following guidelines shall apply to all safety coordinators of NSMLA sanctioned activities:

- **Safety Coordinator:** Each activity session will have a minimum of one safety coordinator. A backup safety coordinator shall be appointed in the event a safety coordinator is unable to make the activity session on short notice.
- **Training:** Safety coordinators will participate in risk management and safety training prior to commencing their first on-field/box session.
- **Stay Home if Ill:** Safety coordinators must be healthy with no signs or symptoms of illness. All safety coordinators must complete a same-day online health screening assessment prior to attendance at any NSMLA activity and notify promptly the President of the NSMLA if this screening test is positive.
- **Illness Policy:** Safety coordinators should be aware of the common symptoms of COVID-19, stay away if displaying symptoms and consult and adhere to the Illness

Policy below. Safety coordinators who are immune-compromised, or have underlying health conditions should carefully consider whether to participate.

- **Administer Online Health Screening Tool:** Safety coordinators will administer the online health screening assessment tool.
- **Attendance Tracking:** Safety coordinators will confirm player attendees, coaches and other volunteers, if applicable, have completed their online screening assessment prior to entry into or onto the Facilities and maintain a list of session attendees to track attendance should follow up contact tracing be required.
- **Administer NSMLA Guidelines:** Safety coordinators will manage the Facilities and session so that players, coaches, volunteers and parents adhere to social distancing requirements during entry, exit, drill activities and water breaks.
- **Sanitization:** Safety coordinators will coordinate on-site sanitization of player hands (spray bottle) before and after play and as needed, during the activity session.
- **No Bench Access:** The safety coordinator shall assist the coach to ensure all benches are taped off as “No Entry” to avoid confined spaces.
- **Layout Markers:** The safety coordinator shall assist the coach where possible, to layout markers indicating locations for player drill stations shall be used.
- **First Aid Kits:** The safety coordinator shall carry a first aid kit that includes among other safety materials, masks, gloves, wet wipes and sanitizer, in the event that first aid treatment is required and physical distancing be constrained.

5) Field Management Plan

When you arrive:

- Maintain distancing when dropping off athletes.
- No access to spectator seating.
- All personal belongings other than a water bottle are to be left in the vehicle with parents/guardians.

During the session:

- Players will be assigned a field location and will comply with physical distancing.
- Players will be asked to sanitize hands before and after play or after accessing facilities.

After the session:

- Maintain distancing when picking up athletes.
- Equipment will be cleaned by the coaches after activity sessions.

6) Emergency Response Plan

- First Aid
 - In the event that first aid is required, all persons attending to the individual must wear a mask and gloves.
- Outbreak Plan (whereas a “case” is a single case of Covid-19 and an “outbreak” is two or more cases)
 - The NSMLA President must be informed of any suspected or confirmed cases of Covid-19 amongst players, coaches, volunteers or families. The individual will be required to:
 - Self-isolate/stay home if ill
 - Monitor symptoms daily
 - Use Covid-19 self-assessment tool (<https://bc.thrive.health/covid19/en>) to help determine if further assessment or testing is needed.
 - The NSMLA President will ensure that the facility is informed and that a suspected or confirmed case has been identified at the facility so that proper cleaning measures can be taken.
 - In the event of a suspected case or outbreak, the NSMLA President will ensure that the local health authority is notified. In the course of contact tracing, the NSMLA will cooperate with the local health authority.
 - The Director - Operations and Risk Management will provide back-up support to the NSMLA President.

Appendix "A"

Member Communication

Subject: NSMLA Return to our Play with respect to COVID-19

Dear each PLAYER, COACH, PARENT/GUARDIAN, FAMILY MEMBER, VOLUNTEER, AS APPLICABLE (each, a Participant);

As British Columbia public health authorities develop guidelines to lift some restrictions on gathering in a responsible way, the BC Lacrosse Association has been working with viaSport and the Province of British Columbia to understand the recommendations of our Chief Provincial Health Officer and how they best apply within sport.

The attached Return to Play Guidelines of the North Shore Minor Lacrosse Association (NSMLA Return to Play Guidelines) approved by the Board of Directors of the North Shore Minor Lacrosse Association have been developed for our sport in order to ensure:

- health and safety of all individuals is a priority;
- activities are in alignment with provincial health recommendations;
- modifications to activities are in place in order to reduce the risks to each sport organization and its participants; and
- our sport is united and aligned on a plan to reopen throughout the province.

At this time, we are opening registration for the field season. We will start with skills and drills and expect to roll out successive phases of play, including game scenarios and scrimmage later this fall now that the BC Lacrosse Association has released its Return to Play Guidelines for Phase 3. We do not know when game play/season will officially start yet but it is anticipated that game play will look different when it is permitted. We will be revising these NSMLA Return to Play Guidelines to reflect these recent announcements on return to play, but we don't want to wait to open our registration process.

While we do hope things will return to normal in the not too distant future, currently the NSMLA Return to Play Guidelines, read together with the Phase 3 Return to Play Guidelines of the BC Lacrosse Association will be the new normal until we are advised otherwise by public health authorities and our governing body BC Lacrosse Association.

If you choose to participate, you must follow these rules:

- **Registered:** All players must be currently registered with the British Columbia Lacrosse Association (BCLA) through the NSMLA website registration page.
- **Waiver:** Before stepping into or onto any of the Facilities, all parents/guardians must sign on behalf of the player and themselves a waiver to acknowledge their understanding that COVID-19 and other such viruses are not covered by the insurance administered by the BCLA.

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- **Participant Agreement:** All players must complete, sign and deliver to the NSMLA's register (register@northshoreminorlacrosse.com) a Participant Agreement.
- **Physical Distancing:** Unless otherwise advised, players must adhere to two (2) meter physical distancing at all times including entry, during and departing activity sessions.
- **Phase 2 Skills and Drills:** Until otherwise advised, sessions will be skill development and training only. There is no competition including scrimmages and absolutely no contact of any kind. No stick to stick, stick to body or body to body contact is permitted.
- **Stay Home if Ill:** Players must be healthy with no signs or symptoms of illness. All players must complete a same-day online health screening assessment prior to attendance at any NSMLA activity.
- **Illness Policy:** Players and parents/guardians should be aware of the common symptoms of COVID-19, stay away if displaying symptoms and consult and adhere to the NSMLA Illness Policy. Players who are immune-compromised, or have underlying health conditions should carefully consider whether to participate.
- **Parking Lot Dress:** Each player must arrive and depart from the Facilities dressed, wearing all required protective equipment (dress at home/parking lot/park).
- **No Early Access:** Players and their parents/guardians should arrive at the Facilities and stay in vehicle until no earlier than 15 minutes prior to the activity. Players should not enter the field/box until their designated playing time.
- **Minimize Extra Equipment:** Gear bags need to be kept in the parent/guardian vehicle. Players should only bring one lacrosse stick to the activity session. Additional gear and sticks should be retained in your equipment bag in the car.
- **Protective Equipment:** All players must wear required protective equipment at all times as outlined by the Canadian Lacrosse Association rules and regulations (i.e., helmet, gloves, shoulder pads, elbow pads, personal protective equipment, etc.). If a player forgets a piece of required protective equipment, they will not be permitted to participate in that session.
- **No Sharing:** Players should use their own lacrosse equipment -- NO SHARING equipment, apparel, towels, water bottles, etc.
- **No Touch:** Players must not touch balls with their hands and only use their stick to pick balls up.
- **Personal Water Bottles:** Each player must have their own clearly marked water bottle with a spout or straw in order to aim into mouth while still wearing helmet.
- **Focused Play:** Players must focus on the coaches and their directions when waiting to perform drills; no fooling around in lines.
- **Home Sanitation:** Players must clean their equipment and clothing after activity sessions.
- **Adherence to Public Health Guidelines:** Players must follow appropriate public health guidelines follow public health guidance including washing hands (or sanitizing if hand washing not available), coughing and sneezing into your elbow or sleeve, no spitting, no sharing food, drinks, utensils, and no touching your face, eyes, nose or mouth with unwashed hands etc.
- **Hand Sanitization:** Players should sanitize hands upon entering and exiting the Facilities or using facilities.

- **Avoid Physical Greetings:** Players should avoid physical greetings (e.g., handshakes, high fives and fist pumps).

Our NSMLA Return to Play Guidelines are based on current public health guidance. While we are all doing our best to minimize the risk of exposure to COVID-19, while the virus circulates in our communities it is impossible to completely eliminate the risk. Each Participant must make their own decision as to whether it is in their best interest to resume participation at this time. You must take into account your own circumstances and make the decision that is right for you. Should you choose to join us, we require your full cooperation with our NSMLA Return to Play Guidelines.

If you have questions about the NSMLA Return to Play Guidelines you should direct them to: president@northshoreminorlacrosse.com.

We thank you in advance for your patience while we developed these NSMLA Return to Play Guidelines and appreciate your support in adhering to them.

Our association is dependent on volunteers. If you can assist by volunteering your time, please kindly contact our association's Director of Team Operations at teamops@northshoreminorlacrosse.com.

Sincerely,
The Board of Directors
North Shore Minor Lacrosse Association

Appendix "B"

Participation Agreement

Participant Agreement

Each player, parent/guardian, coach, volunteer or other person as set out below (each, a Participant) agrees to abide by the following when participating in NSMLA lacrosse activities administered under the NSMLA Return to Play Guidelines approved on August 20, 2020, as modified from time to time (NSMLA Guidelines):

- I agree to complete daily symptom screening checks and will let the NSMLA know if I have experienced any of the symptoms in the last 14 days.
- I agree to stay home if feeling sick and remain home for 14 days if experiencing COVID-19 symptoms.
- I agree to sanitize my hands upon entering and exiting the facility, with soap or sanitizer.
- I agree to sanitize the equipment I use throughout my activity session/practice.
- I agree to continue to follow social distancing protocols of staying at least 2 metres away from others.
- I agree to not share any equipment during practice times.
- I agree to abide by all of the NSMLA Guidelines.
- I understand that if I do not abide by the aforementioned policies/guidelines, that I may be asked to leave the NSMLA activities for up to 14 days to help protect myself and others around me.
- I acknowledge that continued abuse of the policies and/or guidelines may result in suspension of my NSMLA membership.
- I acknowledge that there are risks associated with my presence in/on the Facilities and/or participating in NSMLA activities, and that the measures taken by the NSMLA and participants, including those set out above and under the NSMLA Guidelines, will not entirely eliminate those risks. For purposes of this statement, "Facilities" means any outdoor fields or boxes on which NSMLA activities are conducted and their associated entry/exit points, parking lots or washroom facilities.
- I acknowledge that while the NSMLA does provide insurance to its players, coaches and volunteers, such insurance expressly excludes insurance coverage in respect of matters concerning or however related to COVID-19 and such insurance does not apply in respect of parents/guardians or other individuals associated with NSMLA activities, including without limitation, in respect of matters concerning or however related to COVID-19.
- By agreeing to be bound by this Participation Agreement you acknowledge that the NSMLA Guidelines may be modified from time to time and that you will be bound by such NSMLA Guidelines, as modified. NSMLA will provide notice of these modifications, but for administrative ease, this Participation Agreement as signed below, together with your continued participation in NSMLA activities following notice of such modifications to the NSMLA Guidelines, shall represent your agreement to be bound by the NSMLA Guidelines, as modified.

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This Participation Agreement is acknowledged and agreed on the date set forth below by each of the below Participants, as applicable:

<u>Date</u>	<u>Name of Participant</u>	<u>Signature</u>
_____	_____ Print Player Name	_____ Signature of Parent/Guardian of Player
_____	_____ Print Parent/Guardian Name	_____ Signature of Parent/Guardian
_____	_____ Print Coach Name	_____ Signature of Coach
_____	_____ Print Volunteer Name	_____ Signature of Volunteer
_____	_____ Other Print Name _____ _____ Other Print Relationship to Player	_____ Signature

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.