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CAPRICE ARTISTIC SWIM CLUB ILLNESS POLICY

Adapted from viaSport's BC Return to Sport Guidelines

Definitions:

"Individual" refers to and includes an employee, coach, volunteer, athlete, participant, or parent/spectator.

"Training environment" refers to any in-person group training activities or events that take place either indoors or outdoors.

1. Disclosure

Inform an individual in a position of authority (e.g. coach, team manager, COVID-19 Risk Manager) **immediately** if you feel any symptoms of COVID-19 such as fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuff or runny nose, loss of sense of smell, headache, muscle aches, fatigues, and/or loss of appetite, nausea or diarrhea. Please refer to the BCCDC website for a full list of symptoms.

2. Assessment

- a. Individuals must conduct self-assessments on an ongoing basis and prior to joining or participating in any training environment to consider if they are experiencing any symptoms or signs of COVID-19. If individuals are unsure, they are directed to administer the [BC COVID-19 Self-Assessment Tool](#).
- b. The Club's COVID-19 Risk Manager or individual appointed and trained by the COVID-19 Risk Manager will complete a **Daily Wellness Check** with all participant, including checking their body temperature prior to individuals entering the training environment.
- c. The COVID-19 Risk Manager, team manager, and coaches will visually monitor athletes and other participants 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 training event.

3. If an individual 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 during training activities, they should be sent home immediately and direct them to contact 8-1-1 or a doctor for further guidance.
- c. No individual may join or participate in a training activity, event, or training environment if they are symptomatic.

4. If an individual tests positive for COVID-19 or is waiting for COVID-19 test results

- a. The individual must follow the direction of health officials.

5. Conditions Requiring Quarantine or Self-Isolation

- a. They have travelled outside of Canada or the province within the last 14 days.
- b. They have come in close contact with someone who has tested positive for COVID-19.
- c. They have been advised to do so by health officials.