



Rob Short Coaching (RSCA) Illness Policy

In this policy, “Member” includes an employee, volunteer, participant or parent/spectator.

1. Inform an individual in a position of authority (coach, team manager, age group coordinator) immediately if you feel any symptoms of COVID-19 while attending any RSCA activity, practice or session. COVID-19 symptoms could include 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. This includes the appearance of any of these symptoms in the 10 days preceding attendance at any activity.

2. Assessment

a. Members will be required prior to the first session to sign and submit a “Questionnaire and Attestation Form”. For the sessions 2 to 20 all members will fill out a self-assessment form 8 hours prior to each session online via RSCA’s TeamSnap portal.

b. 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 activity.

c. If Members are still unsure, please use the self-assessment tool available on <https://bc.thrive.health/covid19/en> or through the COVID-19 BC Support App self-assessment tool.

3. If a Member is feeling sick with COVID-19 symptoms

a. They should remain at home and contact HealthLinkBC at 8-1-1.

b. If they feel sick and/or are showing symptoms (even mild) while at an activity, they will be asked to wash or sanitize their hands and will be sent home immediately and asked to contact 8-1-1 or a doctor for further guidance.

c. If the Member is severely ill (e.g., difficulty breathing, chest pain), call 9-1-1. Clean and disinfect any surfaces that the ill participant has come into contact with.

d. Close off, clean and disinfect the area immediately and any surfaces that could have potentially been infected/touched.

e. No Member may participate in a practice/activity if they are symptomatic

4. If a Member tests positive for COVID-19

a. The Member will not be permitted to return to the activities until they are free of the COVID-19 virus. b. Any Members who work/play closely with the infected Member will also be removed from any activity for at least 14 days to ensure the infection does not spread further.

5. If a Member has been tested and is waiting for the results of a COVID-19 Test

- a. As with the confirmed case, the Member must be removed from any activities.
- b. The Public Health Agency of Canada advises any person who has even mild symptoms to stay home and call the local health authority (e.g. Vancouver Coastal Health).
- c. Other Members who may have been exposed will be informed and removed from any activity for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.

6. If a Member has come in to contact with someone who is confirmed to have COVID-19

- a. Members must advise the program administrator if they reasonably believe they have been exposed to COVID-19.
- b. Once the contact is confirmed, the Member will be removed from any activity for at least 14 days or as otherwise directed by local health authorities. Members who may have come into close contact with the Member will also be removed from any activity for at least 14 days.
- c. If the Member has attended any activity, practice or session, 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 Member who has travelled outside of Canada or the province within the last 14 days is not permitted to attend any activity and must quarantine and self-isolate.
- b. Any Member with any symptoms of COVID-19 is not permitted to attend any activity and must quarantine and self-isolate.
- c. Any Member from a household with someone showing symptoms of COVID-19 is not permitted to attend any activity and must quarantine and self-isolate.
- d. Any 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 attend any activity.