



## **Rob Short Coaching (RSCA) Emergency Response Policy**

### **FIRST AID**

First aid protocols for an unresponsive person during Covid-19: <https://www.redcross.ca/training-and-certification/first-aid-tips-and-resources/first-aid-tips/first-aid-protocols-for-an-unresponsive-person-during-Covid-19>

In the event that first aid is required to be administered during an activity, all persons attending to the injured individual must first put on a mask and gloves.

After assessment and as required, refer home to rest, to a clinic, closest hospital or call 9-1-1 if urgent. If the injured individual leaves the session, ensure they have the necessary support to return home (can self-drive or contact family member).

### **OUTBREAK PLAN**

Early detection of symptoms will facilitate the immediate implementation of effective control measures. In addition, the early detection and immediate implementation of enhanced cleaning measures are two of the most important factors in limiting the size and length of an outbreak. An “outbreak” is two or more while a “case” is a single case of Covid-19.

In the event of safety issues occurring during a RSCA program (including a participant, staff or volunteer suspected of having Covid-19):

- If a safety issue is detected at the field, Safety Officers and/or Coaches may halt activity at any time if they consider it unsafe to continue;
- Coaches and safety office may halt activities at any time if they consider it unsafe to continue;
- Coaches and safety officers will decide together whether to postpone or cancel future activities. If staff, a volunteer or a participant reports they are suspected or confirmed to have Covid-19 and have been at the field, they must notify an RSCA representative who will in turn notify the facility operator right away (UBC).

RSCA will implement the RSCA Illness Policy and advise the individual to:

- Self-isolate
- Monitor their symptoms daily, report respiratory illness and not to return to activity for at least 10 days following the onset of 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.
- Use the Covid-19 self-assessment tool at BC Covid-19 Self-Assessment Tool to help determine if further assessment or testing for Covid-19 is needed.

- Individuals can contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency.

- Individuals can learn more about how to manage their illness here: <http://www.bccdc.ca/health-info/diseases-conditions/Covid-19/about-Covid-19/if-you-are-sick>

In the event of a suspected case or outbreak of influenza-like-illness, immediately report this to a RSCA coach or safety officer. An RSCA representative will discuss the suspected outbreak with the Medical Health Officer at Vancouver Coastal Health.

If our organization is contacted by a medical health officer in the course of contact tracing, we commit to cooperating with local health authorities.