

SAMPLE ILLNESS POLICY¹

Sample Illness Policy

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

1. **Team member should assess themselves for any symptoms of COVID-19.** Symptoms 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.
2. **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 curling club, 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.
3. **If a Team Member tests positive for COVID-19.**

NOTE: A positive test will trigger the local health authority to implement contact tracing. Do not attempt to do the contact tracing on behalf of them. Please ensure you work with them to communicate about the outbreak.

 - a. The Team Member will not be permitted to return to the workplace/practice/facility until they are free of the COVID-19 virus.
 - b. Any Team Members who work/play closely with the infected Team Member will also be removed from the 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.
4. **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 workplace/practice/facility.
 - b. Other Team Members who may have been exposed will be informed and removed from the workplace/practice/activity for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.
 - c. The workspace/practice/activity space will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.
5. **If a Team Member has come in to contact with someone who is confirmed to have COVID-19**
 - a. Team Members must advise their employer/coach 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 workplace/practice/activity for at least 14 days or as otherwise directed by public health authorities. Team Members who may have come into close contact with the Team Member will also be removed from the workplace for at least 14 days.
 - c. The workspace/activity area will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.
6. **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.

¹ viaSport Return To Sport Guidelines: <https://www.viasport.ca/sites/default/files/ReturntoSportGuidelines.pdf>

- 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.