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## **Vancouver Sports Club Illness Policy and Outbreak Plan**

This Vancouver Sport Club (VSC) policy is applicable to all Club trainers, members, players and each of their family members with respect to illness and attendance or participation in any sanctioned Club activity or event.

### **Defined Terms**

- “Activity” shall be defined as VSC-sanctioned activities (i.e. training session, skills academy, team practice).
- “Facility” shall mean the VSC Clubhouse and/or any facility used for any VSC Activity including but not limited to indoor gyms and outdoor courts.
- “Participant” is defined as any trainer, volunteer, participant, or any of these.

IT IS MANDATORY FOR ALL PARTICIPANTS TO INFORM A TRAINER, OR COACH IMMEDIATELY IF, THEY 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.

### **Self-Assessment Requirement**

- a. Participants must confirm that they are not feeling any COVID 19 symptoms prior to beginning any training session.
- b. Trainers will visually monitor Participants’ health throughout the Activity.
- c. The COVID Self-Assessment Tool should be used by participants to confirm their readiness to participate in VSC activities.
- d. If a Participant is considered vulnerable or at risk (immunosuppressed persons, individuals suffering from serious health problems, notably high blood pressure, pulmonary diseases, diabetes, obesity and asthma) VSC must be notified of this vulnerability and the Participant is requested to seek written doctor’s approval for participation in the Activity.

### **If a Participant is feeling sick with COVID-19 symptoms, regardless of severity (i.e., even mild symptoms)**

- a. They must remain at home.
- b. They should consider contacting Health Link BC at 8-1-1.
- c. They will be sent home immediately if symptoms are present during any session and unable to return until the symptoms clear.

#### **If a Participant tests positive for COVID-19**

- a. The Participant will not be permitted to return to any Activity until they are completely recovered from COVID-19 and provide VSC with a doctor's note confirming the same.
- b. Any Participant who has been in close contact with a Participant who has tested positive for COVID19 will be removed from all Activity for at least 14 days to ensure the infection does not spread further.

#### **If a Participant has been tested and is waiting for the results of a COVID-19 Test**

- a. As with any confirmed case, the Participant will be unable to participate in any Activity until test results are received and a negative result is confirmed, and symptoms have cleared.
- b. Other Participants who may have been in close contact with the Participant will be informed and must self-monitor for COVID-19 symptoms for 14 days as required by health authorities.

#### **If a Participant has come in to contact with someone who is confirmed to have COVID-19**

- a. Participants must inform VSC as soon as possible following confirmation they have been in close contact with a confirmed case of COVID-19.
- b. The Participant will be removed from all Activity for at least 14 days or as otherwise directed by public health authorities.
- c. Participants who may have come into close contact with the Participant must self-monitor for COVID19 symptoms for 14 days as required by health authorities.

#### **Participant Quarantine Requirements**

- a. Any Participant who has travelled outside of Canada within the last 14 days is not permitted to participate in any Activity or be present at any Facility.
- b. Any Participant who has travelled outside of Canada within the last 14 days must quarantine and self-isolate in accordance with health authority regulations.
- c. Any Participant who has been instructed by public health authorities to self-isolate.