



NRST CLUB ILLNESS POLICY

In this policy "member" includes an employee, volunteer, participant or parent/spectator.

NRST has appointed a COVID-19 Safety Officer who will oversee and ensure that safety standards are being complied with.

1. **Inform an individual in a position of authority (coach, team manager) immediately if, you 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.

2. **Assessment:**
 - a. Members must fill out a pre-training COVID-19 screening log and submit to a temperature check before every swim practice/ activity to attest that they are not feeling any of the COVID 19 symptoms.
 - 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 practice/ activity.
 - c. If members are unsure, please have them use [the BC COVID-19 Self-Assessment Tool](#) 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 Health Link BC at 8-1-1.
 - b. If they feel sick and/or are showing symptoms while at practice they should be sent home immediately and have them contact 8-1-1 or a doctor for further guidance.
 - c. 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 practice until they are free of the COVID-19 virus.
- b. Any member who worked / practiced closely with the infected member will also be removed from club activity for at least 14 days.
- c. Ensure work / practice area is closed off, cleaned and disinfected immediately and any surfaces that could have potentially been infected/ touched.

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 the work / practice area.
- b. The BCCDC and NRST Staff advises that any person who has even mild symptoms to stay home and call 8-1-1.
- c. Other members who may have been exposed will be informed and removed from the work / practice for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.
- d. The works / practice space will be closed off, cleaned, and disinfected immediately and any other surfaces that could have been potentially infected/ touched.

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

- a. Members must advise their employer/ coach if they reasonably believe they have been exposed to COVID-19.
- b. Once the contact is confirmed, the member will be removed from the workplace/ practice for at least 14 days or as otherwise directed by public health authorities. Members who may have come into close contact with the 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.

7. Quarantine or Self-Isolate conditions:

- a. Any member has travelled outside of Canada or the province within the last 14 days is not permitted to enter any part of the facility and must quarantine and self-isolate.
- b. Any member with any symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.

- c. Any 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 member who is quarantined 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.