



PMSC ILLNESS POLICY

In this policy, “team member” refers to and includes team player, coach, assistant coach, team manager, and/or program co-ordinator.

- A. Inform an individual in a position of authority (coach, team manager, program co-ordinator) immediately if, you feel any symptoms of COVID-19 such as a fever, chills, cough, shortness of breath, sore throat and or painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle fatigue and loss of appetite.
- B. Assessment:
 1. Team members must review the self-assessment signage located throughout the training facility before any practices, games and or team activities to attest they are not feeling any of the COVID-19 symptoms.
 2. Managers/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, game, activity.
 3. If team members are unsure, please have them use the self-assessment tool <https://bc.thrive.health/covid19/en> or through the Covid-19 BC Support App self-assessment tool. The parents of any (youth) players would be notified and informed of the situation.
- C. If a team member is feeling sick with Covid-19 symptoms:
 1. They should remain home at home and contact Health Link BC at 8-1-1.
 2. If they feel sick and/or are showing symptoms while at a training session and or practice, they should be sent home immediately and have them contact 8-1-1 or a doctor for further guidance.
 3. No team member may participate in a practice or game if they are symptomatic.
- D. If a team member tests positive for COVID-19:
 1. The team member will not be permitted to return to any practice, game or team event until that free of the COVID-19 virus.
 2. Any team member who practices or plays closely with an infected team member will also be removed from the practice, game or event for at least 14 days to ensure the infection does not spread any further.
 3. Close off, clean and disinfect their practice area, equipment and changing room immediately and any surfaces that could have potentially be infected/touched.
- E. If a team member has been tested and is waiting for the result of a COVID-19 test:
 1. As with the confirmed case, the team member must be removed from training sessions and games.
 2. The Public Health Agency of Canada advises that any person who has even mild symptoms to stay home and call the public health authority of BC.
 3. Other team members who may have been exposed will be informed and removed from the practices, game and team events for at least 14 days or until the diagnosis of the COVID-19 is ruled out by the health authorities.
 4. The practice area, changing room and any other location that could have been contaminated with the virus will be closed off, cleaned and disinfected immediately and any other surfaces that could have potentially been infected/touched.

- F. If a team member has come in to contact with someone who is confirmed to have COVID-19:
1. team member must advise their coach/trainer/manager if they reasonably believe they have been exposed to COVID-19.
 2. Once the contact is confirmed, the team member will be removed from the practice, game or team events 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 practices, games and team events for at least 14 days.
 3. The practice area and changing room used, will be closed off, cleaned and disinfected immediately. Along with any other surfaces that could have been potentially infected/touched.
- G. Quarantine or Self-Isolation:
1. Any team member who has travelled outside of Canada or the province within the last 14 days is not permitted to enter any part of the training and or playing facility and must quarantine and self-isolate.
 2. Any team member with any symptoms of COVID-19 is not permitted to enter any part of the training or playing facility and must quarantine and self-isolate.
 3. Any team member from a household with someone showing symptoms of COVID-19 is not permitted to enter any part of the training facility or playing field and must quarantine and self-isolate.
 4. 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 attend a practice, game or team event.