

BC AQUASONICS ILLNESS POLICY

Adapted from viaSport's BC Return to Sport Guidelines and
BC Artistic Swimming Return to Artistic Swimming Guidelines

Updated: September 25, 2020

Approved by BCAQ Executive Board: October 1, 2020

DEFENITIONS

- A. "Individual" refers to and includes an employee, contractor, coach, volunteer, athlete, participant, or parent/spectator/family member.
- B. "Training Environment" refers to any in-person group training activities or events that take place either indoors or outdoors.

1. DISCLOSURE

Inform an Individual in a position of authority (e.g. coach, contractor, COVID-19 Risk Manager) **immediately** if you feel any symptoms of COVID-19 such as fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuff or runny nose, loss of sense of smell, headache, muscle aches, fatigues, and/or loss of appetite.

2. ASSESSMENT

- A. Individuals must conduct self-assessments on an ongoing basis and prior to joining or participating in any Training Environment to consider if they are experiencing any symptoms or signs of COVID-19. If Individuals are unsure, they are directed to administer the [BC COVID-19 Self-Assessment Tool](#).
- B. The Club's COVID-19 Risk Manager or Individual appointed and trained by the COVID-19 Risk Manager will complete a **Daily Wellness Check** with all participants.
- C. The COVID-19 Risk Manager, team manager, safety support personnel and coaches will visually monitor athletes and other participants 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 training event.

3. POSSIBLE ILLNESS

- A. If an Individual is feeling sick with COVID-19 symptoms, they must remain at home and contact Health Link BC at 8-1-1.
- B. If they feel sick and/or are showing symptoms during training activities, they should be sent home immediately and direct them to contact 8-1-1 or a doctor for further guidance. They may not rejoin the Training Environment until they have completed the self assessment again and are symptom free.
- C. No Individual may join or participate in a training activity, event, or Training Environment for 14 days or until they have a negative test result if they are symptomatic.

4. TESTING POSITIVE FOR COVID-19 OR IS WAITING FOR COVID-19 TEST RESULTS

- A. The individual must follow the direction of health officials.

5. CONDITIONS REQUIRING QUARANTINE OR SELF-ISOLATION

Individuals are required to Quarantine or Self-isolate if:

- A. They have travelled outside of Canada or the province within the last 14 days.
- B. They have come in close contact with someone who has tested positive for COVID-19.
- C. They have been advised to do so by health officials.

6. OTHER REFERENCE RESOURCES

BC Artistic Swimming website <https://www.bcartisticswimming.ca/resources/covid-19.htm>