



Pride

Integrity

Respect

Appendix C – Illness Policy

In this policy, “Team member” includes a coach/volunteer, player/parent or guardian.

1. Inform an individual in a position of authority (coach/volunteer) 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. Team members must review the self-assessment tool each day before their practice/activity to attest that they are not feeling any COVID 19 symptoms.
 - b. Coaches/volunteers will visually monitor team members to assess any early warning signs as to the status of their health regarding their personal safety throughout the practice/activity.
 - c. If Team Members are unsure please have them use the self-assessment tool.
3. **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 activity, 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.
4. **If a Team Member tests positive for COVID-19**
 - a. Follow the directions of the health officials.
 - b. The Team Member will not be permitted to return to the practice/facility until they are free of the COVID-19 virus with a note from a doctor.
 - c. Other Team Members who may have been exposed will be contacted and must self-isolate for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.
5. **If a Team Member is waiting for the results of a COVID-19 Test**
 - a. The Team Member will not be permitted at the practice/facility.
 - b. 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 B.C.
 - c. Other Team Members who may have been exposed will be informed and removed from the practice/activity for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.
6. **If a Team Member has come in to contact with someone who is confirmed to have COVID-19**
 - a. Team Members must advise their association if they reasonably believe they have been exposed to COVID-19.



Shuswap Minor Lacrosse Association

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7. 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.
- b. Any Team Member with any symptoms of COVID-19 is not permitted to enter any part of the facility.
- c. Any Team Member from a household with someone showing symptoms of COVID-19 is not permitted to enter any part of the facility.
- d. Any Team Member who has been in contact with an infected person is not permitted to enter any part of the facility.
- e. Any Team Member who has been ordered to self-isolate by the health authorities.