



This policy was approved by the North Vancouver Cruisers Board of Directors as part of its COVID-19 Safety Plan January 8, 2022

**Self-Assessment, Illness & Return to Sport Policy Goal:** To maintain healthy participants, workers, maintenance personnel & lifeguards by ensuring that sick employees & participants do not return to work until safe to do so, in accordance with current public health guidelines

**1. All public health guidelines and orders must be followed by all participants, volunteers and employees, and any change to public health orders supersede the content of this plan.**

**2. Masks are required in all indoor public settings, including on the pool deck, and may only be removed when entering the water. Spectators are not permitted. Proof of full vaccination is required for any adults entering the facility to assist youth participants, and volunteers ages 12+.**

**3. Cruisers has a ZERO TOLERANCE policy for working or training while sick. You should not participate or come to the facility if:**

- You don't feel well, are displaying symptoms of COVID-19, or are awaiting a COVID-19 test result;
- You have had a positive COVID-19 test: Self-isolate for the length of time recommended by public health.
- If you are a close-contact of someone with COVID-19 test or someone in your household has COVID-19 and you are not fully vaccinated or partially vaccinated
- You have travelled outside of Canada within the last 14 days and are not fully vaccinated;
- You have been directed to self-isolate by public health or in accordance with current public health orders

1. Inform an individual in a position of authority (coach, team manager, program coordinator) immediately if, you feel any symptoms of COVID-19. See BCCDC website for a full list of symptoms:

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/symptoms>

## 2. Assessment

- a) All Team members must self review the BC COVID-19 self-assessment tool <https://bc.thrive.health/covid19/en> before their shift/practice/activity to attest that they are not feeling any of the COVID 19 symptoms.
- b) If employees have any symptoms, even mild symptoms, they must remain home.
- c) Team members sick with any symptoms of respiratory illness consistent with cold, influenza or COVID-19, even if symptoms are mild, must remain at home and contact Health Link BC at 8-1-1 or get a COVID-19 test if appropriate.
- d) Managers/coaches may 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 workday/practice/activity.

## 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 or get a COVID-19 test if appropriate.
- b. If they feel sick and /or are showing symptoms while within the sport environment, they should be asked to leave immediately, go straight home, and have them contact their family physician/primary care provider or 8-1-1 for further guidance.
- c. No Team Member may participate in a practice/activity if they are symptomatic.
- d. Objects and surfaces touched by sick persons must be disinfected before being used by other Team Members
- e. If the Team Member is severely ill, call 9-1-1.
- f. Inform North Vancouver Recreation facility staff to ensure the cleaning of all surfaces the sick Team Member may have come into contact with.

## 4. If a Participant or Team Member tests positive for COVID-19: Follow the direction of public health officials.

## 5. Quarantine or Self-Isolate if:

- You don't feel well, are displaying symptoms of COVID-19, or are awaiting a COVID-19 test result;
- You have had a positive COVID-19 test: Self-isolate for the length of time recommended by public health.
  - If fully vaccinated, self-isolate for at least 5 days since the start of your symptoms.
  - If unvaccinated or partially vaccinated, self-isolate for at least 10 days since the start of your symptoms.
  - If you don't feel better after the 5 or 10 days, keep self-isolating until you feel better and your fever is gone (without taking medicine that reduces fever).
  - Public health will let you know if you need to self-isolate for more than 10 days.
- If you are a close-contact of someone with COVID-19 test or someone in your household has COVID-19 and you are not fully vaccinated or partially vaccinated, you will need to self-isolate for 10 days since you last had contact with the person with COVID-19. If you are a close contact and fully vaccinated, you will need to self-monitor for 14 days.
- You have travelled outside of Canada within the last 14 days and are not fully vaccinated;

- You have been directed to self-isolate by public health or in accordance with current public health orders

**Return to Sport:** If a Team Member was required to quarantine or self-isolate, they may return to sport once allowed to do so by public health officials.

**Resources:**

COVID-19 Self-Assessment Tool: <https://bc.thrive.health/> Poster: [COVID-19](#)

Testing for all who Need it: [http://www.vch.ca/Documents/GPU\\_UPCC\\_Testing\\_Poster.pdf](http://www.vch.ca/Documents/GPU_UPCC_Testing_Poster.pdf)

COVID-19 Self-Isolation and Self-Monitoring:

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/self-isolation>

<http://www.vch.ca/Documents/COVID-19%20Guidelines%20for%20swimming%20pools.pdf>