

APPENDIX A: Illness Policy
Sample Illness Policy taken from viaSport BC

In this policy, “Team member” includes an employee, volunteer, coach, manager, participant and/or parent/spectator.

1. 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 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.
See [BCCDC website for a full list of symptoms](#)
2. **Assessment**
 - a) Team members must review the self-assessment signage located throughout the facility before activity to attest that they are not feeling any of the COVID-19 symptoms.
 - b) If team members are unsure, please have them use the self-assessment tool.
 - c) 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 feeling regarding their personal safety throughout the activity. [BC Support App 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 for further guidance.
 - c) No team member may participate in an activity if they are symptomatic.
4. **If a team member tests positive for COVID-19**
 - a) Follow the directions of the health officials.
5. **Quarantine or Self-Isolate if:**
 - a) You have travelled outside of Canada or the province within the last 14 days.
 - b) You have come into close contact with someone who has tested positive for COVID-19.
 - c) You have been advised to do so by health officials.