



Definitions:

“Individual” refers to and includes an employee, coach, volunteer, athlete, participant, or parent/spectator.

“Training environment” refers to any in-person group training activities or events that take place either indoors or outdoors.

It is important to remember that while mitigation measures can reduce the risk of COVID-19 infections, they cannot completely eliminate the threat.

If you feel sick – stay home.

1. Disclosure

Inform an individual in a position of authority (e.g. coach, team manager, COVID-19 Risk Manager) immediately if an individual feels 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. For those with preexisting conditions (asthma, allergies, etc.) it is recommended to discuss with your medical practitioner on how to assess your daily health.
- c. Coaches will have training on and complete a **Daily Wellness Check** with all participants, including the *Daily Health Monitoring Questionnaire and Attestation*.
- d. The COVID-19 Risk Manager, team manager, 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. If an individual 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 during training activities, they should be sent home immediately and direct them to contact 8-1-1 or a doctor for further guidance.
- c. No individual may join or participate in a training activity, event, or training environment if they are symptomatic.

4. If an individual tests positive for COVID-19

- a. All suspected or confirmed cases of COVID-19 are reported to Victoria Synchro's COVID Response Coordinator immediately
- b. The Designated COVID-19 Response Coordinator to advise facility operator immediately of suspected or confirmed case
- c. The individual will not be permitted to return to training or any artistic swimming activities until they are free of the COVID-19 virus.
- d. Any individual who is in the same training group or has participated in a training activity or event with the infected individual will also be removed from the training environment for at least 14 days to ensure the infection does not spread further.
- e. Close off, clean and disinfect any surfaces that could have potentially been infected/touched by the infected individual.

5. If an individual has a suspected case and/or has been tested and is waiting for COVID-19 test results

- a. All suspected cases of COVID-19 are reported to Victoria Synchro's COVID Response Coordinator immediately
- b. The Designated COVID-19 Response Coordinator to advise facility operator immediately of suspected case
- c. As with the confirmed case, the individual must be removed from the training group and training environment.
- d. Public Health agencies/authorities advise that any person who has even mild symptoms to stay home and call their Regional Health Authority.
- e. Other individuals who may have been exposed will be informed and removed from the training environment for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.
- f. All individuals who participated in the training group session are encouraged to consult with a medical professional to see what additional steps should be taken
- g. Close off, clean and disinfect any surfaces that could have potentially been infected/touched by the infected individual.

6. If an individual has been in contact with someone who is confirmed to have COVID-19

- a. Individuals must advise the COVID-19 Risk Manager, coach, or manager if they reasonably believe they have been exposed to COVID-19.
- b. Once the contact is confirmed, the individual will be removed from the training environment for at least 14 days or as otherwise directed by public health authorities.
- c. Individuals who may have come in close contact with the individual will also be removed from the training environment for at least 14 days.
- d. All individuals who participated in the training group session are encouraged to consult with a medical professional to see what additional steps should be taken
- e. Close off, clean and disinfect any surfaces that could have potentially been infected/touched by the infected individual.

7. Conditions Requiring Quarantine or Self-Isolation

- a. An individual who has travelled outside of Canada within the last 14 days is not permitted to enter the training environment and must quarantine and self-isolate.
- b. An individual with any 2 symptoms of COVID-19 is not permitted to enter any part of the training environment and must quarantine and self-isolate. An individual with any one of fever, vomiting or diarrhea is not permitted to enter any part of the training environment.
- c. An individual from a household with someone showing symptoms of COVID-19 is not permitted to enter any part of the training environment and must quarantine and self-isolate.
- d. An individual 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 enter any part of the training environment.

The name of an individual who has a confirmed case of COVID-19 or has symptoms will not be used, to protect their privacy