

Illness, Communicable Disease Prevention Plan, and Health Monitoring Policy

(Updated: October, 2022)

Definitions:

"*Individual*" refers to and includes an employee, contractor, coach, volunteer, athlete, participant, or parent/spectator.

"*Training environment*" or "work environment" refers to any in-person group training activities or events that take place either indoors or outdoors. "BCAS" refers to the provincial Sports Organization "PSO" BC Artistic Swimming located in British Columbia, Canada

"*Communicable disease*" is an illness caused by an infectious agent or its toxic product that can be transmitted from one person to another such as COVID-19, norovirus, and seasonal influenza.

Credit and reference to the BCAS policy for the content herein:

[https://www.bcartisticswimming.ca/docs/communicable_disease_prevention_plan_illness_policy_\(july_12_2021\).pdf](https://www.bcartisticswimming.ca/docs/communicable_disease_prevention_plan_illness_policy_(july_12_2021).pdf)

An effective illness, communicable disease prevention plan and health monitoring policy includes general measures to reduce the risk of communicable disease and additional measures for when there is an elevated risk of communicable disease. This policy is applicable to all PWS activities and programs including, but not limited to, work and training environments, events, competitions, and meetings. It is offered to guide all individuals at any environment when in attendance as part of PWS.

A. Communicable Disease Prevention Plan:

1. Risk Assessment

- a. Preventing communicable disease involves taking ongoing measures to reduce the risk of communicable disease transmission while participating in PWS or BCAS activities including, but not limited to:
 - the work environment including board, committee, or meetings of any individuals
 - any PWS or BCAS training environments
 - club, regional or provincial events and competitions
- b. Recognizing that the level of risk of certain communicable diseases may increase from time to time, on a seasonal basis or at a local or regional level, PWS and BCAS will monitor and review communicable disease-related information issued by the regional and provincial health offices and will follow all orders, guidance, notices, and recommendations issued by either office.
- c. As the individuals responsible for operations and governance, the Board of Directors will be responsible for monitoring regional or provincial health advisories that may affect events of the membership, Board or committees.

2. Ongoing Measures, Practices, and Policies to Reduce the Risk

PWS will maintain the following measures to reduce the risk of communicable disease transmission:

- a. PWS will follow all directions from medical health officers in our regional health authority.
- b. PWS will follow all orders, guidance, recommendations, and notices issued by the provincial health officer that are relevant to our industry, region, or training environment.
- c. PWS will follow facility safety protocols and their instructions.
- d. PWS will follow guidelines set by BCAS and CAS.
- e. Individuals are expected to practice good hand hygiene, and sharing of equipment at the training/competition site is discouraged.
- f. Individuals must conduct regular self-assessments prior to participating in any training environment. Individuals are expected to assess if they are experiencing any symptoms of covid-19 or signs of a communicable disease, even if mild, and not attend training.
- g. An individual experiencing covid-19 like symptoms cannot enter the training environment or has to leave the training environment if any of these symptoms present themselves during training and are known or presumed to be infectious. The parent, guardian or close contact of the athlete will be responsible to take the athlete home. It is expected that the parent or guardian would be able to arrive within 20-30 minutes or at the earliest possible time.
- h. In the circumstance of becoming sick at training or at a competition, the athlete will contact their parents, guardians or close contacts. If they do not have the capability or electronic device available, either the coach will make the phone call or will instruct facility staff to assist with contacting the family.
- i. Athletes and coaches will have in their possession a mask at trainings/competitions at all times in case they become sick and need to self-isolate at the facility.
- j. Masking is optional in normal healthy situations and should be respected as an individual choice.

B. Illness:

1. Disclosure, Self-Assessment & Exposure

- a. Participants must inform an individual in a position of authority (e.g., Lead coach(es), Technical director, Board member).
- b. If an individual is sick with symptoms that are not related to Covid-19, please use same protocols as below (paragraph d), and do not come to training until their symptoms have improved and no longer have a fever.
- c. If an individual is not feeling well due to non-viral symptoms or a common cold, and has other medical conditions, for example a chronic condition, then all illnesses must be reported to the Lead Coach, and then a determination is made if and/or when training or competition can be attended.
- d. If an individual tests positive for COVID-19, they must follow current public health policies. In the best interests of all Club members, the club requires that the individual not come to in-person training or any artistic swimming activities until their symptoms have improved, no longer have a fever, and are following Provincial and BCCDC guidelines. Please be guided by our following club policies:

All individuals experiencing symptoms are to stay home and seek guidance. Please complete the PWS Health Check, Call 811 or your health care provider. Please see following covid-19 symptoms:

Loss of appetite

Fever or chills

Extreme fatigue or tiredness

Sore Throat

Headache

Cough

Body aches

Loss of sense of smell or taste

Nausea or vomiting

Difficulty breathing

Diarrhea

Runny nose

Go to an emergency department

or call 911 if you:

Find it hard to breathe

Have chest pain

Can't drink anything

Feel very sick

Feel confused

If your symptoms are consistent with a previously diagnosed health condition (e.g. allergies), you can attend a PWS event or training.

If you have MILD SYMPTOMS

STAY HOME

For most people, testing is not recommended, please see [BC Centre for Disease Control: When to get a COVID-19 Test](#) or if you have a Rapid Antigen test at home, please use it to check if you have Covid-19.

Mild symptoms are symptoms that can be managed at home [Managing your symptoms.](#)

If you TEST POSITIVE

SELF-ISOLATE

Manage your symptoms unless they require severe symptoms that require emergency attention.

If an athlete has symptoms, please inform your lead coach or Technical Director.

If a coach has symptoms, please inform your Technical Director or Board member(s).

If you are fully vaccinated OR less than 12 years of age, you can end isolation and return to in-person PWS activities when all three of these conditions are met:

1. At least 5 days have passed since your symptoms started, or from test date if you did not have symptoms.
2. Fever has resolved.
3. Symptoms are gone and/or have improved and are mild.

If you are 12 years of age or older AND not fully vaccinated, you can end isolation and return to in-person PWS activities when all three of these conditions are met:

1. At least 10 days have passed since your symptoms started, or from test date if you did not have symptoms.
2. Fever has resolved.
3. Symptoms are gone and/or have improved and are mild.

If you have symptoms that are not getting better, continue to isolate longer, especially if you have a fever. If you are unsure or concerned, connect with your health care provider, call 8-1-1, or go to an Urgent and Primary Care Centre to be assessed.

Close Contacts

Household contacts should continue to regularly self-monitor for symptoms and stay home if they get sick. A close contact is generally someone who has been near a person

with COVID-19 for at least 15 minutes when health and safety measures were not in place or were insufficient.

Information for Travelers

As of October 1, 2022, there are no restrictions if you are a traveler returning from outside of Canada.

Individuals who are unable to attend or participate in a BCAS qualification or trial event or competition due to symptoms of a communicable disease, must follow the BCAS Provincial Competition or Event Procedures and medical bye process.

If an individual decides to not attend training due to concerns of covid-19 environment, please contact to inform your lead coach, technical director or board member.