

# Illness, Communicable Disease Prevention Plan, and Health Monitoring Policy

(Updated: September 2023)

## 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 PWAS 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 PWAS.

## 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 PWAS or BCAS activities including, but not limited to:
  - o the work environment including board, committee, or meetings of any individuals
  - o any PWAS or BCAS training environments
  - o 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, PWAS 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

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

- a. PWAS will follow all directions from medical health officers in our regional health authority.
- b. PWAS 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. PWAS will follow facility safety protocols and their instructions.
- d. PWAS 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 covid19 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 inperson 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 if needed. Please call 811 or your health care provider. Please see following covid-19 symptoms:

*Loss of appetite*

*Extreme fatigue or tiredness*

*Headache*

*Body aches*

*Nausea or vomiting*

*Diarrhea*

*Fever or chills*

*Sore Throat*

*Cough*

*Loss of sense of smell or taste*

*Difficulty breathing*

*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 PWAS event or training.***

***If you have symptoms or test positive for Covid-19***

Most people can safely manage their symptoms at home. This includes drinking lots of water and fluids, resting, and using a humidifier or hot shower to ease a cough or sore throat.

If you have a fever, you can use non-prescription medicine like acetaminophen (Tylenol ®) or ibuprofen (Advil ®) to help with some of the symptoms of COVID-19.

You can call 8-1-1 anytime to talk to a nurse at HealthLink BC. This service is available in 130 languages. If your symptoms worsen, or if they do not improve after five or six days, call 8-1-1, your family doctor or go to an Urgent and Primary Care Centre (UPCC).

Please see the following link: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/if-you-have-covid-19>