



July 20, 2020.

## **Summerland Curling Club COVID-19 Illness Policy**

This Illness Policy is intended for curling club members, staff, volunteers, and visitors. Please adhere to the rules listed below for handling an illness related to the COVID-19 virus.

1. If you are not feeling well, stay home. Symptoms of COVID-19 include 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.
2. Under no circumstances should you enter the curling club if you are not feeling well.
3. If you become ill at the SCC, stop your activity immediately and inform an individual in a position of authority (Skip, President, Board member, Ice Technician,) that you are not well. Go home and rest.
4. Review the self-assessment signage located throughout the curling club each morning before your practice time or game to attest that you are not feeling any of the COVID 19 symptoms.
5. If a Team Member is feeling sick with COVID-19 symptoms, they should:
  - a. Stay at home and contact Health Link BC at 8-1-1.
  - b. If they feel sick or are showing symptoms while at the curling club, they should go home immediately and contact 8-1-1 or a doctor for further guidance.
6. If a curling team member tests positive for COVID-19:
  - a. The Team Member will not be permitted to return to the curling club until they are free of the COVID-19 virus.
  - b. Any curling team members who curled or practiced with the infected Team Member will also be removed from the curling club for at least 14 days to ensure the infection does not spread further.
  - c. Close off, clean and disinfect any equipment or touch surfaces that could have potentially been infected.

7. If a curler has been tested and is waiting for the results of a COVID-19 Test:
  - a. As with the confirmed case, the curler must not enter the curling rink for any reason until the results of the test are known.
  - b. The Public Health Agency of Canada advises that any person who has even mild symptoms must stay home and call Health Link BC at 8-1-1.
  - c. Other curling team members who may have been exposed will be informed and removed from curling club for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.
  - d. Clean and disinfect any equipment or touch surfaces that could have potentially been infected.
  
8. If you have been in contact with someone who is confirmed to have COVID-19:
  - a. Advise team members that you may have been exposed to COVID-19.
  - b. Once the contact is confirmed, the Team Member will be removed from the curling club for at least 14 days or as otherwise directed by public health authorities.
  - c. Any teammates who may have come in close contact with the Team Member will also be removed from the curling club for at least 14 days.
  - d. The area and any equipment will be cleaned and disinfected immediately.
  
9. Quarantine or Self-Isolate if:
  - a. Anyone who has travelled outside of Canada within the last 14 days is not permitted to enter any part of the curling club and must quarantine and self isolate.
  - b. Anyone with COVID-19 symptoms is not permitted to enter the curling club.
  - c. Anyone from a household with someone showing symptoms of COVID-19 is not permitted to enter any part of the curling club and must quarantine and self-isolate.