

January 18, 2022.

## **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.

- The omicron variant is the dominant strain now and is thought to be transmitted from person to person through the air we breathe. Wearing a mask is very important in stopping the spread of the virus.
- 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 and taste, headache, muscle aches, fatigue, and loss of appetite.
- Information on self isolation times is hard to find. Some medical data suggests that you should isolate for a period of 5 to 10 days from your first symptoms.

### **COVID Case Scenarios:**

1. If you are not feeling well, stay home.
  - a. Monitor your symptoms and if necessary, book a PCR test through Interior Health or obtain a Rapid Test from vendors that have them to confirm you have covid.
  - b. Self isolate to contain the spread. Follow the latest Provincial Health Orders and the BC Center for Disease Control for self isolation times.
  - c. If your symptoms persist, continue to self isolate and see your doctor.
2. 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.
  - a. Self isolate and monitor your symptoms.
  - b. Teammates and opposition players should be informed of the illness and

monitor for symptoms of COVID-19 as well.

3. If a curling club member tests positive for COVID-19:
  - a. The Team Member will not be permitted to return to the curling club until they are feeling well and free of COVID-19 symptoms.
  - b. Any curling team members who curled or practiced with the infected person will be informed of the illness and asked to monitor for symptoms. If they do not experience any illness, then they will be allowed to return to the SCC to curl.
4. Curlers waiting for COVID-19 test results are not allowed to enter the SCC. Once a negative test result is confirmed the person is allowed to resume activities at the club.
5. Quarantine or Self-Isolate if:
  - a. You have been advised by Interior Health or the Provincial Health Authority to do so.
  - b. You have COVID-19 symptoms.
  - c. You have been exposed to anyone with COVID-19 symptoms.

Note: The SCC Executive will continue to monitor BC Provincial Health Orders and recommendations from viaSport and Curl BC. We will update our Illness Policy as required to ensure we follow government regulations and provide a safe and healthy environment.