

Crescent Beach Swimming Club Restart 2.0 & Communicable Disease Plan

Introduction

On May 25, 2021, VIASPORT in working with the Province of British Columbia announced the BC Restart 2.0 plan. VIASPORT updated their Return to Sport and COVID19 Safety guidelines. These guidelines provide direction to Provincial Sport Organizations (PSO's) and ultimately the clubs, such as the Crescent Beach Swimming Club (CBSC), who has 3 programs that fall under 5 Provincial Sport Organizations – BC Summer Swimming Association, Tennis BC, BC Sailing, Volleyball BC and Triathlon BC.

On June 29, 2021 the Government of BC announced that July 1st that we will be entering Step 3 of the BC Restart 2.0 Plan, with some easing of restrictions. While entering into Step 3, the Province of British Columbia has indicated that we are transition from a “modified” COVID19 Safety Plan to Communicable Disease Plan (our Restart 2.0 plan). While this is not a full return to normal programs, we are excited to be able to get members back to our club and to safely engage socially and athletically, this summer.

In order to maximize safety and our programs' experience, CBSC has adapted the direction from the health and sport authorities to form our CBSC specific Restart 2.0 protocols – CBSC Restart 2.0 & Communicable Disease Plan. It is essential that all members are diligent in following instructions and communicating the importance of these instructions to their children. Collectively we want to be leaders in bringing people back to our programs safely and we all have a role to play to make this happen.

We also understand that families may have different comfort levels with the risks associated with returning to CBSC; ultimately individuals will need to assess our Restart 2.0 & Communicable Disease Plan and make an informed decision that best suits their family's risk tolerance.

We want to acknowledge the leadership from VIASPORT, BC Summer Swimming Association, Tennis BC, BC Sailing, Lifesaving Society and the City of Surrey for their ongoing efforts and support to bring the return to summer back to CBSC.

We also want to thank our families and volunteers for their ongoing patience and support as we try to navigate these challenging times. We are not back to normal, but we are back to something and that is amazing!

About COVID-19 and Transmission (from VIASPORT)

COVID-19 is transmitted via liquid droplets when a person coughs or sneezes but also potentially when they are talking in very close proximity to another person. The virus in these droplets then can enter the body of another person when that person breathes in the droplets or when the droplets touch the eyes, nose or throat of that person.

This transmission requires you to be in close contact – closer than the expected physical distancing of three to six feet. This is referred to as ‘droplet’ transmission and is believed to be the primary way COVID-19 is transmitted.

COVID-19 can also be transmitted through droplets in the environment if someone touches a contaminated area then touches their face without cleaning their hands. The virus does not enter the body through skin, it enters through eyes, nose, or mouth when the person touches their face. Unfortunately, human beings touch their faces very often throughout the day, much more than they realize. This is why regular handwashing and cleaning of high-touch surfaces is so important.

For COVID-19 there are some emerging indications that there are people who can shed COVID-19 virus 24 to 48 hours prior symptom onset, but at present, it is not known whether this is a significant risk factor for transmission.

Droplet transmission is much more likely when in close contact in an indoor setting. Transmission is less likely in an outdoor setting, where there is more space for people to keep physically distanced.

However, in the context of sports, even outdoors there can be risks from high-touch surfaces because many sports involve objects that are normally shared among players, coaches or volunteers (balls, equipment, etc.).

Symptoms Checklist

Click [HERE](#) to view the Government of Canada's webpage with a list of symptoms and other information about Covid-19.

Click [HERE](#) to conduct a self-assessment with **BC COVID-19 Self-Assessment Tool**.

Restart 2.0 & Communicable Disease Plan – Steps

Per VIASPORT and the Province of BC, we are entering the "Step 3" phase as noted in the chart below. As a result, the CBSC Restart 2.0 & Communicable Disease Plan is based on the specific points listed in the chart, information from the Province of BC BC Restart 2.0 <https://www2.gov.bc.ca/gov/content/covid-19/info/restart#step-three> and from WorkSafe BC Step 3 BC Restart Plan <https://www.worksafebc.com/en/covid-19/bcs-four-step-restart>

While CBSC will ensure that we create the safest possible environment as guided by health and sport authorities, it is essential that all CBSC members and participants do their part in following the guidelines.

At the discretion of the CBSC Board of Directors, this CBSC Restart 2.0 & Communicable Disease Plan may be updated from time to time due to changes in the relevant guidelines and orders issued by the Provincial Health Officer, VIASPORT and/or the Provincial Sports Organizations.

STEP	Criteria	PHO Guidance	Personal Gatherings	Organized Gatherings	Travel	Sports & Activities	Businesses	Offices & Workplaces
1 MAY 25	C: stable H: stable D1: 60%	Masks mandatory, indoor public spaces Physical distancing If sick, stay home and get tested	Outdoor personal gatherings – up to 10 people Indoor visitors – up to 5 people or 1 household	Indoor seated organized gatherings – up to 10 people Outdoor seated organized gatherings – up to 50 people	Recreational travel within your zone Non-essential travel between zones restricted	Low-intensity indoor fitness classes Outdoor local team games and practices for all ages – no spectators	Indoor & outdoor dining – up to 6 people Liquor service - 10PM Existing WorkSafeBC Safety Plans remain in place	Start gradual return to workplaces and offices Existing Safety Plans remain in place
2 JUNE 15 (Start date)	C: declining H: declining D1: 65%	Masks mandatory, indoor public spaces Physical distancing If sick, stay home and get tested	Outdoor personal gatherings – up to 50 people Indoor visitors – up to 5 people or 1 household Playdates	Indoor seated organized gatherings – up to 50 people Sector consultations on next steps on indoor and outdoor gatherings	BC recreational travel BC Transit and BC Ferries - increased services as needed	High-intensity indoor fitness classes - reduced capacity Indoor team games for all ages – no spectators Spectators for outdoor sports – up to 50 people	Liquor service – midnight Banquet halls reopen – limited capacity, Safety Plans Sector consultations on next steps on easing of restrictions	Continue return to work Small in-person meetings
3 JULY 1 (Start date)	C: low H: declining D1: 70%	Masks – recommended Careful social contact If sick, stay home and get tested	Return to usual on indoor and outdoor personal gatherings Sleepovers	Increased capacity, indoor and outdoor gatherings – Safety Plan Fairs & festivals with Safety Plan	Canada recreational travel	All indoor fitness classes – increased capacity Limited spectators for indoor sports	Dining – no group limit Bingo halls, casinos and nightclubs – limited capacity Operate based on new Safety Plans	Seminars and bigger meetings Operate based on new Safety Plans
4 SEPT 7 (Start date)	C: low H: low D1: 70%+	Masks – personal choice Normal social contact If sick, stay home and get tested	Normal social contact	Increased capacity on large organized gatherings (i.e. concerts)	Canada recreational travel	Increased indoor and outdoor spectators Return of normal sport competitions – Safety Plans	Continue to operate based on new Safety Plans	Fully re-opened offices and workplaces

C: C-19 case counts H: C-19 hospitalizations D1: minimum % of people 18+ with dose 1

BC'S RESTART: A PLAN TO BRING US BACK TOGETHER

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Our programs – Swimming, Sailing and Tennis have adjusted the activity offerings based on the Step 3 measures and the BC Restart guidelines provided by their respective sports under VIASPORT. Program offerings will vary to ensure age and level of play appropriateness.

During Step 3, please find below the list of our specific adjustments. Our expectation is that parents read and educate their children on these expectations prior to attending the first session for each program.

SWIMMING

Swimming includes a variety of sports programs – Swimming, Artistic Swimming (Synchro), Water Polo, Triathlon and Volleyball. The Restart 2.0 & Communicable Disease Plan protocols are outlined below.

Swimming & Artistic Swimming

Program Offerings

- Swimming Lessons, Swim Training, Masters Swim, Artistic Swimming (synchro) lessons, Water Running and Family Swim
- up to 8 swimmers per lesson with the coach

Facilities (Swimming, Artistic Swimming, Water Polo, Triathlon and Volleyball)

- If you are sick or require to self isolate, do not enter the facilities
- We recommend sanitize your hands entering and exiting the facilities
- We will be utilizing the main pool and little pool for lessons (swim lessons, water polo, artistic swimming, family swim). The lower pool deck will be used for exit and entry of the pool. The upper decks will be used for staging areas and dryland training.
- We will be utilizing the sand volleyball court at Crescent Beach for volleyball.
- We will be utilizing the community of Crescent Beach for triathlon, using the main pool for triathlon lane swimming
- The occupancy capacity is 750
- 'No public access' is allowed into the facility
- A compliance safety officer (trained coaches) will be at the facility to monitor and assist with ensuring adherence to the CBSC Restart 2.0 & Communicable Disease Plan guidelines and sanitization of facilities

Equipment and Surfaces

- As there is currently no evidence that COVID-19 survives in treated pool water, there is no special disinfection procedures to put in place for all equipment that are regularly in contact with chlorinated water (toys, railings, etc.).
- Training equipment used in the session will be managed by the club staff. All equipment will be sanitized daily.
- All high touch surfaces will be sanitized throughout the day.

Participants

- Participants can bring their own equipment (kickboards, fins) in a personal bag and recommended not to share equipment.
- Personal belongings such as towels, drinks and other personal items are recommended not to be shared.

Scheduling

- Please arrive not more than 10 minutes prior to your scheduled session.
- We will have a 5-minute buffer between the end of one session and the beginning of the next.

Competition

- Competitions will be added under the guidelines of Step 3.

Water Polo

Program Offerings

- Water Polo will offer U10 year old training, U12 year old training, U14 year old training, U16 year old training and Splash lessons.
- For the U12/U14/U16 water polo, a maximum of 45 participants per session.
- For the U10 water polo, a maximum of 22 participants per session.
- For the Splash lessons water polo, a maximum of 12 participants per session.

Facilities

- Please refer to the Facilities section of Swimming & Artistic Swimming

Equipment and Surfaces

- As there is currently no evidence that COVID-19 survives in treated pool water, there is no special disinfection procedures to put in place for all equipment that are regularly in contact with chlorinated water (toys, railings, etc.).
- Training equipment used in the session will be managed by the club staff. All equipment will be sanitized daily.
- All high touch surfaces including participant designated spots will be sanitized throughout the day.

Participants

- Participants can bring their own equipment (kickboards, fins) in a personal bag and recommended not to share equipment.
- Personal belongings such as towels, drinks and other personal items are recommended not to be shared.

Scheduling

- Please arrive not more than 10 minutes prior to your scheduled session.
- We will have a 5 minute buffer between the end of one session and the beginning of the next.

Competition

- Competitions will be added under the guidelines of Step 3.

Triathlon

Program Offerings:

- Triathlon will offer Tiny Tri (6-7 years old and 7-8years old) training, 9-10 year old Triathlon training, 11-12 year old Triathlon training, 13-15 year old Triathlon training and Masters Running.
- For Tiny Tri, 15 is the maximum number of participants in a session.
- For all other Triathlon age groups, the maximum number of participants in a session is 30
- Only participants who are able to swim by themselves, will be allowed to register for Tiny Tri.
- For Biking, participants will be split into 2 groups. One group will bike around the hill at the start of class while the second group will have a physical activity in the park. At the halfway point of the session, the groups will switch.
- For Running, participants will be split into 2 groups. Both groups will run separate routes to avoid large grouping.
- For the Triathlon days, the starts will be staggered and all the Swimming, Biking and Running safe protocols aforementioned will be applied.

Facilities

- Please refer to the Facilities section of Swimming & Artistic Swimming

Equipment and Surfaces

- As there is currently no evidence that COVID-19 survives in treated pool water, there is no special disinfection procedures to put in place for all equipment that are regularly in contact with chlorinated water (toys, railings, etc.).
- Equipment such pool noodles used by members in lessons will be sanitized regularly
- Training equipment used in the session will be managed by the club staff. All equipment will be sanitized daily.
- Any session equipment such as cones or signs, will be sanitized daily.
- All high touch surfaces including participant designated spots will be sanitized throughout the day.

Participants

- Participant must bring their own equipment (goggles, towel, water) in a personal bag are recommended not to share equipment.
- Personal belongings such as towels, drinks and other personal items are recommended not to be shared.
- Participants are recommended to sanitize their bikes prior to bringing them to the session.

Scheduling

- Please arrive not more than 10 minutes prior to your scheduled session.
- At the conclusion of the session, participants will gather their personal equipment and immediately leave the facility.

Competition

- Competitions will be added under the guidelines of Step 3.

Volleyball

Program Offering

- Volleyball will offer 11 to 12-year-old training and 13 to 15-year-old training.
- The maximum number of participants in a session is 14.

Facilities

- Please refer to the Facilities section of Swimming & Artistic Swimming

Equipment and Surfaces

- Training equipment used in the session will be managed by the club staff. All equipment such as the volleyball netting and poles will be sanitized daily.
- Training equipment used in the session such as rakes will be sanitized regularly
- All high touch surfaces including participant designated spots will be sanitized throughout the day.
- Volleyballs will be sanitized regularly

Participants

- Participant may bring their own equipment (towel, water) in a personal bag and are recommended not to be shared.

- Personal belongings such as towels, drinks and other personal items are recommended not to be shared.

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Scheduling

- Please arrive not more than 10 minutes prior to your scheduled session.
- We will have a 5 minute buffer between the end of one session and the beginning of the next.

Competition

- Competitions will be added under the guidelines of Step 3.

SAILING

The Restart 2.0 & Communicable Disease Plan protocols are outlined below.

Program Offerings

- Sail Green, Sail Gold, Junior Navigators, Junior Waterfront Sailing, Family Sail, Adult Sailing, SUP Classes and First Aid training.
- Programs have an enrollment capacity of up to 12 participants per session with up to 2 coaches.
- Family Sail enrollment capacity of 6 families per class with up to 2 coaches.
- Free Sail and Stand Up Paddleboard open to members.
 - In normal summers without restrictions, classes sizes are usually limited to 14 for older participants, 18 for younger participants, 7 families for family classes, and 2-3 more additional volunteers on the dock.
- First Aid sessions will have an enrollment capacity of 8 participants per session.

Facilities

- If you are sick or require to self isolate, do not enter the facilities
- We recommend sanitize your hands entering and exiting the facilities
- Signage will be placed on the Tank including no public access signs to deter the public and removal of public accessible swim ladders from the tank.
- Transportation to and from the tank will occur on the CBSC Lifetimer boat that will contain up to 5 participants.
- A covid compliance officer (trained coaches) will be at the facilities at all times to monitor and assist with ensuring adherence to CBSC Restart 2.0 & Communicable Disease Plan guidelines and sanitization of facilities.
- The Tank Occupancy capacity is 50

Equipment & Surfaces

- All high touch points will be sanitized daily. This includes boats, paddle boards, paddles, door handles, radios, and coaching equipment.
- All First Aid equipment is sanitized regularly
- Regular contact surfaces, this includes coach boat engines, transport deck, and teaching aids will be daily.
- The general sailing facility will be sanitized once per day.

Participants

- Come to the facility fully dressed and have all personal equipment in a bag/
- Participants are required to bring their own lifejackets, towel and water. We recommend no sharing or borrowing of any equipment between participants or from CBSC Sailing.
- Personal belongings in your bag will be left in designated storage areas.
- Participants in first aid will conduct course training by themselves and will not interact with others.
- Free Sail and Paddle participants will sign a contact tracing form consisting of their name, phone number or email, in addition to the date and time they were using our facilities.

Scheduling

- Courses are staggered between 5 to 10 minutes to allow for sanitizing of equipment
- Participants are asked to arrive no more than 10 minutes prior to their session and will be stationed on the beach.

Competition:

- Club Regattas will go ahead as authorized by BC Sailing and ViaSport.
- All events and activities will be exclusively outside

TENNIS

The Restart 2.0 & Communicable Disease Plan protocols are outlined below.

Program Offering

- Red Ball (Child Under 8 years old), Orange Ball (ages 8-10), Green Ball (ages 11-12), Regular Ball (ages 13-18), Adult Lessons, and Private Lessons.
- For Red Ball tennis lessons, there will be 24 participants to 4 coach per court.
- For Orange Ball tennis lessons, there will be 6 participants to 1 coach per court.
- For Green Ball tennis lessons, there will be 6 participants to 1 coach per court.
- For Regular Ball tennis lessons, there will be 6 participants to 1 coach per court.
- For Adult tennis lessons, there will be 5 participants to 1 coach per court.
- Program lessons and court bookings will have staggered starts and finishes by 5 to 10 minutes.
- Open court times will be available by a booking system.

Facilities

- If you are sick or require to self isolate, do not enter the facilities
- We recommend sanitize your hands entering and exiting the facilities
- Participants are asked to arrive no more than 5 minutes prior to their lesson
- A compliance safety officer (trained coaches) will be at the facilities to monitor and assist with ensuring adherence to CBSC Restart 2.0 & Communicable Disease Plan guidelines and sanitization of facilities
- The occupancy capacity of the tennis courts facility is 150.

Equipment & Surfaces

- All high touch points will be sanitized throughout the day. This includes,
 - o tennis baskets
 - o little tennis nets

- tennis posts
- other tennis equipment
- entry and exit gates, including door handles
- tennis courts' nets
- fences
- Minimal equipment will be used for sessions

Participants

- Participants are required to bring their own equipment such as tennis racquet, water and sunscreen for lessons. For open play, participants must bring their own tennis balls. We recommend no sharing or borrowing of any equipment between participants or from CBSC.
- Personal belongings (bag/backpack) will be left on the side of the fence

Scheduling

- Participants are asked to arrive no more than 10 minutes prior to their lesson

Competition:

- Competitions will be added under the guidelines of Step 3

Enhanced Protocols

- Anyone (participants, parents and members) attending a CBSC facility (Swimming, Sailing, Tennis) must review the symptoms checklist daily.
- All participants will be recommended to use our hand sanitizers upon entry of all facilities and events at the end of the event as they leave each facility.
- Anyone exhibiting any symptoms of sickness **SHALL NOT** attend and will need to report on our [contact tracing form](#). We will have signage at all the facility areas, reminding everyone to check their symptoms, prior to participating.
- All personal equipment used is recommended to be sanitized prior to and after use in any CBSC activity
- The facility and training equipment used in program sessions will be managed by the CBSC staff. All of this equipment and the facility will be sanitized daily (or more depending specific sport Restart 2.0 & Communicable Disease Plan guidelines).
- With spectators, under Step 3 of the BC Restart program, all outdoor organized gatherings have a limit of 5,000 people or 50% capacity, whichever is greater

First Aid – All Programs

Should a minor injury occur, here is our protocol for managing:

- The session coach will communicate with the player to assess the injury verbally
- Depending on the injury, the following may occur:
 - The participant will sit out until they feel better to re-join
 - The participant will walk to their parent for attention
 - The participant will receive first aid treatment from staff

CBSC will have a first aid kit on site for all facilities and a lifeguard at the pools at all times. If a coach provides first aid support, they will do so with a mask and gloves on at all times as physical distancing will no longer be possible.

In the event of an unforeseen serious injury, 911 will be called.

Memberships Participation Guidelines

Participation in CBSC Restart 2.0 & Communicable Disease Plan is completely voluntary. If at any point, a member is feeling uncomfortable with the risks of any of CSBC's programs or events, they can and should remove themselves.

While we don't want to alarm members, we do want to recognize the importance and role that participants, parents, grandparents and others play in ensuring that we resume our programs. To this end we have established the following guidelines for participants:

- Parents must complete an Acknowledgement of Risk and Waiver on behalf of all family members. This will be required to be completed prior to registration.
- Members are asked to review all Restart 2.0 & Communicable Disease Plan protocols and to sit down with their children and explain the information and importance of abiding by all protocols and rules. Staff will also work with members on this but it will be helpful if this is reinforced by all adults.
- All members will be requested to follow the CBSC Illness Policy (see Appendix B).

Facilities' Areas Management

Facilities are defined as all areas including CBSC pool compound, CBSC tennis courts, CBSC tanks, Volleyball court on Crescent Beach, the parking lot adjacent to CBSC facilities, to the casual spectator areas in and surrounding CBSC facilities including sidewalks, areas to and from CBSC facilities including the beach and others.

Within these facilities areas, the expectation is that people:

- If you are sick or require to self isolate, do not enter the facilities
- We recommend sanitize your hands entering and exiting the facilities

Casual spectator areas will be in and around the facilities' areas. Our expectation is:

- A maximum of one spectator per family is allowed under Step 2
- Physical distancing is maintained in the casual areas
- Masks are optional

Anyone not in compliance will be asked to leave the facility. Anyone found repeatedly defying this protocol, after having been informed, will be removed from the facilities for the duration of the program.

Risk Management

We are taking every recommended step to ensure the safety of all participants. In addition to information provide on our Restart 2.0 & Communicable Disease Plan page, here are additional measures in place to mitigate risk:

- Appointment of a Risk Management/Contact Tracing Team. Paul Botelho, a CSBC Director, will serve as the main point of contact. The team can be reached by [email](#). The purpose of this team is to:
 - Monitor advice and direction from health and sport authorities
 - Manage any contact tracing reports
 - Oversee all program implementation to ensure compliance is adhered to CBSC Restart 2.0 & Communicable Disease Plan

All sessions will be delivered by a CBSC coaches and volunteers who have been trained in COVID-19 and Restart 2.0 & Communicable Disease Plan protocols.

CBSC is committed to getting and keeping members in CBSC programs and activities. In order to do this safely, and ultimately move towards a return to previous CBSC summers, we will be holding our staff and members to the highest standards of the recommendations from the health authorities.

We recognize that some of these protocols are inconvenient, but we expect 100% compliance from everyone involved. Please do not be offended if you receive a reminder of these protocols. We all have a role to play to get our sports back to normal and to keep our community safe and healthy.

APPENDIX A - Definitions

Restart 2.0: Restart 2.0 refers to the process of developing and implementing guidelines for sport organizations to operate safely in B.C. during this pandemic. Restart 2.0 Plans will be unique to each sport and must follow Provincial Health Office orders and recommendations. One set of guidelines will be created for each sport by the Provincial Sport Organization, and all club and PSO sanctioned activities should follow this set of guidelines.

Physical Distancing: According to the Provincial Health Officer, physical distancing requires keeping two metres (or at least two arms lengths) of space between individuals. It also includes staying at home when you're sick, even if symptoms are mild.

Provincial Health Officer (PHO): The Provincial Health Officer is the senior public health official for B.C., and is responsible for monitoring and reporting on the health of the population of B.C. This office works with the B.C. Centre for Disease Control and provides independent advice to the ministers and public officials on public health issues. The current PHO is Dr. Bonnie Henry.

Community Focused: Community focused sport activities take place within the home sport community or clubs where participants are members. This means avoiding cross-regional, inter-provincial or cross-country travel for sport.

Recreation as defined by the Canadian Parks and Recreation Association is the "experience that results from freely chosen participation in physical, social, intellectual, creative and spiritual pursuits that enhance individual and community wellbeing." Physical activities would include those undertaken as leisure, fitness training and sport-related activities that are done at the discretion of the individual (e.g. – use of parks, hiking trails, public recreation facilities), either self-led or facilitated by recreation leaders and are not included within the context of this document. Refer to Appendix B for list of additional definitions pertinent to Return to Sport.

Organized Sport Activities: involve a number of people doing something together in a structured way and is facilitated by a Provincial Sport Organization or Local Sport Organization.

Competitive activities: Competitive activities are formal, organized games, matches and tournaments between participants where scores are recorded and standings are kept.

Rule of Two: The goal of the Rule of Two is to ensure all interactions and communications are open, observable, and justifiable. Its purpose is to protect participants (especially minors) and coaches in potentially vulnerable situations by ensuring more than one adult is present. During the pandemic, compliance remains mandatory and organizations must ensure a coach is never alone and out of sight with a participant without another screened coach or screened adult (parent or volunteer) present.

Appendix B - Illness Policy

In this policy, "Member" includes an employee, volunteer, participant, parent/spectator or guest.

1. Inform an individual in a position of authority (Head Coach, program coordinator, Program Chair) immediately if, you feel any symptoms of COVID-19 such as 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. Assessment
 - a. Members must review the self-assessment signage located throughout the facility each morning before their shift/practice/activity to attest that they are not feeling any of the COVID19 symptoms.
 - b. Managers/coaches will visually monitor members 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 workday/practice/activity.

- c. If Members are unsure please have them use the self-assessment tool <https://bc.thrive.health/covid19/en> or through the COVID-19 BC Support App self- assessment tool.
3. If a Member 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 while at work, they should be sent home
 - c. immediately and have them contact 8-1-1 or a doctor for further guidance.
 - d. No Member may participate in a practice/activity if they are symptomatic.
4. If a Member tests positive for COVID-19
 - a. Complete CBSC's [contact tracing](#) form immediately.
 - b. The Member will not be permitted to return to the workplace/practice/facility until they are free of the COVID-19 virus.
 - c. Any Members who work/play closely with the infected Member will also be removed from the workplace/practice/facility for at least 14 days to ensure the infection does not spread further.
 - d. Close off, clean and disinfect their work/practice/facility area immediately and any surfaces that could have potentially be infected/touched.
5. If a Member has been tested and is waiting for the results of a COVID-19 Test
 - a. Complete CBSC's [contact tracing](#) form immediately.
 - b. As with the confirmed case, the Member must be removed from the workplace/practice/facility.
 - c. The Public Health Agency of Canada advises that any person who has even mild symptoms to stay home and call the public health authority of B.C.
 - d. Other Members who may have been exposed will be informed and removed from the workplace/practice/activity for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.
 - e. The workspace/practice/activity space will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.
6. If a Member has come in to contact with someone who is confirmed to have COVID-19
 - a. Members must advise their employer/coach if they reasonably believe they have been exposed to COVID-19.
 - b. Once the contact is confirmed, the Member will be removed from the workplace/practice/activity for at least 14 days or as otherwise directed by public health authorities. Members who may have come into close contact with the Member will also be removed from the workplace for at least 14 days.
 - c. The workspace/activity area will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.
7. Quarantine or Self-Isolate if:
 - a. Any Member who has travelled outside of Canada within the last 14 days is not permitted to enter any part of the facility and must quarantine and self-isolate.
 - b. Any Member who has travelled out of the province within the last 14 days is to adhere to BC government protocols and Provincial Health Office guidance at all times as per the Emergency Program Act.

- c. Any Member with any symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
- d. Any Member from a household with someone showing symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
- e. Any Member 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 facility.