



VANCOUVER
VIKINGS
SWIM CLUB

Vancouver Vikings Illness Policy

In this policy “member” includes a coach, swimmer or parent.

1. Inform your Coach IMMEDIATELY if you feel any of the COVID 19 symptoms such as:

- a) Fever and /or chills;
- b) Cough or worsening chronic cough;
- c) Shortness of breath;
- d) Diarrhea;
- e) Extreme fatigue or tiredness;
- f) A headache that does not resolve within 24 hours with medication;
- g) Loss of sense of smell and/or taste, and/or
- h) Nausea or vomiting.

2. Assessment:

- a. All members **MUST** take the **Vikings Daily Health Check included in Attachment 1 before coming to each practice, AND** answer “no” to all of the Questions.
- b. Coaches will visually monitor swimmers 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 practice/ activity.

3. If a member is feeling sick with COVID-19 symptoms:

- a. They should remain at home and take the BC Covid19 Health Assessment Thrive app ; or contact their doctor or 8-1-1 for further instructions.
- b. Members are not to come to practice if they are not feeling well; or are waiting for the results of a covid 19 test or are in self isolation period as set by the PHO for vaccinated and unvaccinated people.
- c. If a swimmer is feeling sick and/or are showing symptoms while at practice, the coach will let the life guard know for further direction.
- d. The Coach will also contact the parents to come pick up the swimmer immediately and be told contact 8-1-1 or a doctor for further guidance.

4. If a member tests positive for COVID-19

- a. The swimmer needs to let their Coach know and follow all current PHO isolation requirements for vaccinated and unvaccinated people before returning to swimming.
- b. The coach needs to let the Vikings President know if themselves or a swimmer have tested positive. All positive test results will be kept confidential and not shared with the larger membership unless directed otherwise by the PHO.



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Attachment 1 - Vancouver Vikings Daily Check Health Questions

1. Have you been experiencing any of the Covid19 symptoms such as a fever; chills; worsening chronic cough; extreme exhaustion or fatigue; loss of appetite; shortness of breath; a headache does not resolve in 24 hours with medication; loss of sense of smell or taste; diarrhea; and/or nausea & vomiting?
2. Are you waiting for Covid test results or have you been told to self isolate as per current PHO guidelines or direction?

(If you answer “yes” to any part of this question, please Do NOT come to practice AND please complete the BC 19 Self Assessment Tool; and/or contact 8-1-1 and follow the recommendations provided).