

# KWSSSC Illness Policy

The purpose of this Policy is to:

- Establish a protocol if an individual becomes unwell with COVID-19 symptoms.
- Establish a protocol for the club to inform OSSA, the facility, coaches, skaters, parents, members and volunteers if there has been an exposure to COVID-19 within the club or training group or if a club member is diagnosed with COVID-19.
- Establish procedures to modify, restrict, postpone or cancel training sessions or other activities based on the evolving COVID-19 pandemic.

For the purpose of this Policy, the designated group shall consist of the Club Executive; President, Vice President, Secretary, and Treasurer.

## Public Health Guidelines

Members should follow all public health guidelines regarding COVID-19. Information on the current guidelines from the Region of Waterloo public health regarding Covid-19 can be found at the following link:

<https://www.regionofwaterloo.ca/en/health-and-wellness/2019-novel-coronavirus.aspx>

## An individual becomes unwell with COVID-19 symptoms

- If an individual becomes unwell with symptoms of COVID-19, or comes in contact with an individual that becomes unwell with symptoms of COVID-19, that individual must immediately stop participation in club activities.
- If the individual becomes unwell during a training activity, the individual will be isolated from all others in a well-ventilated area or outside, and provided with a non-medical face mask if one is available. The individual shall be sent home and instructed to contact public health authorities for further guidance. A member of the designated group must be informed of the situation. This member will contact the facility in order to determine if any areas need to be closed off and/or require additional cleaning/disinfecting. This person will contact the individual or their parent/guardian to determine if next steps are being taken regarding testing.
- Coaches have the right to ask participants to leave a training session if they feel the individual is unwell.

## An individual is tested for COVID-19

- Any individual that is part of a club who has been tested for COVID-19 as a result of showing COVID-19 symptoms must not participate in club activities while waiting for the results of the test.

## An individual tests positive for COVID-19

- If an individual tests positive for COVID-19, they should inform the club.
- The club through the designated group will contact the facility and public health officials. The Session Participation tracking sheets may be used to assist public health officials in contact tracing. Public health will determine which other individuals may be affected and those individuals will be contacted by the club or public health officials.
- Any affected individuals must follow public health guidelines regarding self-isolation and testing.
- The club will inform Ontario Speed Skating of a positive COVID-19 diagnosis by e-mailing [executivedirector@ontarispeedskating.ca](mailto:executivedirector@ontarispeedskating.ca)

**Return to club activities following illness**

- If no test was performed, the individual may only return to club activities once they no longer have any symptoms of COVID-19 and 14 days have passed.
- If a Covid-19 test was performed, and if the test was negative, the individual may only return to club activities one they are no longer unwell with symptoms.

**Return to club activities following COVID-19**

- Following a positive COVID-19 test, an individual must follow all public health guidelines regarding return to activities.
- The individual will need a note from their physician or public health authority to return to participation.