



## NSBA COVID-19 PROTOCOL - ILLNESS POLICY<sup>1</sup>

**Purpose:** The purpose of this Policy is to prevent the spread of COVID-19 and to provide additional assurances to the NSBA community that the NSBA is committed to following public health advice as we collectively get our youth back to sports in an appropriate fashion.

**Definition:** In this policy, “Team Member” includes an employee, volunteer, participant or parent/spectator.

### Self-Assessments

1. Prior to attending a baseball event
  - a. Team Members should self-assess for COVID-19 symptoms prior to attending a baseball event.<sup>2</sup> If he/she has COVID-19 symptoms, the Team Member (and other household members of the Team member) should avoid the baseball event. In such a situation, please consider doing the following:
    - i. Call Health Link BC at 8-1-1 to get medical advice.
    - ii. Feel free to use the free BC Health COVID-19 self-assessment tool (<https://bc.thrive.health/covid19/en>).
    - iii. Contact your Team coach or manager to report out the situation.
2. While attending a baseball event
  - a. Before each baseball event, players will be canvassed by coach/manager regarding COVID-19 symptoms, so this key obligation will be shared collectively.
  - b. As a Team Member, during a baseball event, your key obligation is to inform an individual in a position of authority (coach, team manager, program coordinator) immediately if, you feel any symptoms of COVID-19.

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<sup>1</sup> This policy is adopted from viaSportBC's *Return to Sport - Guidelines for B.C.*, May 28, 2020 (Appendix C - Illness Policy).

<sup>2</sup> Our health community's current definition of COVID-19 symptoms, even mild ones are the following: fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue or loss of appetite (source: BC COVID-19 Self-Assessment Tool). While less common, symptoms can also include: stuffy nose, conjunctivitis (pink eye), dizziness, confusion, abdominal pain, skin rashes or discoloration of fingers or toes.

## **NSBA Community Obligations**

### In respect to COVID-19 symptoms and contact

1. If a Team Member has COVID-19 symptoms, in contacting Health Link BC at 8-1-1 and getting medical advice, the Team member can get a COVID-19 test at no cost at the North Vancouver Urgent Primary Care Centre run by Vancouver Coastal Health Authority (221 Esplanade W., Suite 200, North Vancouver, BC, V7L 1A5). Generally speaking, test turn-around time is currently 24 - 48 hours.
2. While symptomatic with COVID-19 symptoms, the Team Member will not participate in Team activities.
3. Any Team Member from a household with someone having COVID-19 symptoms will not participate in Team activities until the person with the symptoms is confirmed to not have COVID-19. The household member can get a COVID-19 test at no cost at the North Vancouver Urgent Primary Care Centre run by Vancouver Coastal Health Authority (221 Esplanade W., Suite 200, North Vancouver, BC, V7L 1A5). Generally speaking, test turn-around time is currently 24 - 48 hours.
4. If a Team Member (or a household member of the Team Member) tests positive for COVID-19, the Team Member will not be permitted to return to Team activities until they are free of the COVID-19 virus. The Team Member is strongly encouraged to contact the Team coach as soon as possible. In such a case, Community Health will do contact tracing and may be in contact with other members of the team and NSBA. In such case, NSBA will follow the directions of the Vancouver Coastal Health Authority.
5. A Team Member must advise their employer/coach if they reasonably believe they have been exposed to a COVID-19 confirmed case. The Team Member would become aware of this through Community Health outreaching to that Team Member. In such a case, the Team Member will be removed from baseball events for fourteen (14) days or as otherwise directed by public health authorities. In such case, NSBA will follow the directions of the Vancouver Coastal Health Authority.

### In respect to travel outside of Canada

1. Any Team Member who has travelled outside of Canada or the province within the last 14 days is not permitted to participate in any baseball events and must quarantine and self isolate for 14 days upon return to Canada.