

INDUS FIGURE SKATING CLUB ILLNESS POLICY

This policy has been created with the guidance of the Skate Canada: Alberta-NWT/Nunavut Section to provide us with a framework to follow for effective control measures.

A “participant” includes a club or skating school employee, coach, choreographer, volunteer, official, skater or parent / spectator.

1. **Inform an individual in a position of authority (coach, club administrator) 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. Participants will receive a daily verbal screening for symptoms upon arrival at the entrance of the facility
 - b. Administrators/coaches will visually monitor participants 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 Participants are unsure please use the [Alberta Health COVID-19 self-assessment tool](#)
3. **If a Participant is feeling sick with COVID-19 symptoms**
 - a. They should remain at home and contact their coach, club administrator, and Health Link at 811
 - b. If they feel sick and /or are showing symptoms while at work/practice/activity, they will be sent home immediately and should contact 811 or a doctor for further guidance
 - c. IFSC and Indus Rec Centre facility have a Rapid Response Plan in place which includes:
 - i. Immediate isolation of the symptomatic participant from others, including arrangement for safe travel home (e.g., no public transit)
 - ii. Consideration of suspension or temporary cancellation of the event
 - iii. Cleaning and disinfecting of all equipment and surfaces that may have come into contact with the symptomatic participant
 - iv. Performance of hand hygiene by remaining participants
 - d. No Participant may participate in a practice/activity if they are symptomatic
4. **If a Participant tests positive for COVID-19**
 - a. The Participant will not be permitted to return to the workplace/practice/facility until they are free of the COVID-19 virus as verified by a medical professional
 - b. Any Participants who work/practice closely with the infected participant will also be removed from the workplace/practice/facility for at least 14 days to ensure the infection does not spread further
 - c. Close off, clean and disinfect their work/practice/facility area immediately and any surfaces that could have potentially be infected/touched
 - d. If any participant tests positive, IFSC will inform the Alberta-NWT/Nunavut Section Office of the test positive case.
5. **If a Participant has been tested and is waiting for the results of a COVID-19 Test**
 - a. As with the confirmed case, the Participant must be removed from the workplace/practice/facility
 - b. The Public Health Agency of Canada advises that any person who has even mild symptoms to stay home and contact Health Link at 811
 - c. Other Participants who may have been exposed will be informed and removed from the workplace /practice /activity for at least 14 days and/or until the diagnosis of COVID-19 is ruled out by health authorities
 - d. 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 Participant has come in to contact with someone who is confirmed to have COVID-19

- a. Participants must advise their coach/club administrator if they reasonably believe they have been exposed to COVID-19
- b. Once the contact is confirmed, the Participant will be required to follow the direction of Alberta Health Services
- 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 Participant who has a member of their household who has travelled outside of Canada and has experienced any symptoms identified on the verbal health screening questionnaire within the last 14 days is not permitted to enter any part of the facility and must quarantine and self-isolate
- b. Any Participant with any symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate
- c. Any Participant 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

Any Participant 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