

FOCUS



Focus Volleyball Club Communicable Disease Prevention Plan

**FOCUS VOLLEYBALL CLUB COMMUNICABLE DISEASE
PREVENTION PLAN**

With the B.C. Government and Health Authorities moving into Step 3 of the Restart Plan on July 1, 2021 our Covid-10 Safety Plan and Return to Play Protocol Document has now transitioned into a Communicable Disease Prevention Plan, as it shall be known hereafter.

Approved initially as “Focus Volleyball Club Covid 19 Safety Plan and Protocols” by the Focus Executive Oct. 26, 2020.

AUGUST 31, 2021.

CONTENTS

Introduction

PHASE 1 Return to Play Key Principles

Risk Assessment

Purpose

PROTECTIVE MEASURES TO KEEP ALL FOCUS COACHES, ATHLETES, STAFF AND VOLUNTEERS SAFE.

1. Program Registration

2. Focus Volleyball Club Indemnity and Assumption of Risk and Volleyball BC Declaration of Compliance -COVID-19 Forms

3. Prior to Activity Measures

4. Cohorts/On-Site Group and Gathering Limits

5. Contact

6. Facilities

7. Hygiene Protocols

8. Transition Times

- 9. Changing Facilities>.....
- 10. Travel and Competition
- 11. Illness Policy: Treatment of First Aid/Injured Participants or Dealing with Illness or Symptoms that Develop During a Club Related Activity
- 12. Public Health Requirements
- 13. Communications
- 14. Expectations and Compliance.

*** SPECIAL ADDENDUM***

“Participants” includes athletes, coaches, officials, Volleyball BC and Focus Volleyball Club staff, Focus directors and authorized personnel at Focus Volleyball Club activities.

Unless otherwise specified, the contents of this document applies to both indoor and outdoor volleyball.

As of September 1, for indoor and outdoor volleyball, under the protocols for Step 3 of the Restart Plan, the government is now permitting game and competitive play and travel is now permitted.

- - There is no physical distancing required and there are no cohorts required for team sports.
- Indoor gatherings are limited to 50% of venue capacity or 50 people, which ever is greater.
- Outdoor gatherings are limited to 5000 participants or 50% of the capacity which ever is greater.
- - Individuals should still seek to minimize physical contact wherever possible and should not engage in handshaking, high fives, hugging or similar behavior.

- For outdoor play, Masks are not required on the field of play but individuals should consider wearing a mask during occasions that physical distancing is not possible off the field of play.
- For indoor play, masks are to be worn by those participants 12 years and older who are NOT fully vaccinated.

The following guidelines and protocols are established by Focus Volleyball Club in response to the provincial health authority guidelines.

INTRODUCTION

Focus Volleyball club has established the following Communicable Disease Prevention document in order to provide a safe environment during the 2021-2022 year. This plan has been created with the goal of us meeting the provincial health officer's expectations and our provincial sporting body (Volleyball BC)'s expectations so that we can run program.

Focus Volleyball Club is committed to our members and will follow and abide federal, provincial and municipal laws, and regulations, the guidance of the Province of British Columbia, federal, provincial and municipal (local) government health authorities, the rules and guidelines established by our facility providers and the guidelines established by Volleyball BC, Volleyball Canada and ViaSport.

This plan has been created with the guidance, recommendations and expectations from: the provincial health officer and authorities, ViaSport, Volleyball BC and WorkSafe BC. We have also consulted with members of our volleyball community.

Volleyball BC will advise us if there is a change in phase and subsequently our Communicable Disease Prevention document will be revised accordingly.

RISK ASSESSMENT

It is important that all organizations and individuals understand that when you choose to participate in physical activities outside the home you are at an increased risk of contracting various communicable diseases. This is an inherent risk of participating in non-essential activities in your community.

After reviewing criteria, the sport of volleyball has been classified as a MEDIUM risk sport for the contraction of COVID-19 due to the shared use of the ball and being in-

doors. (Beach and grass court volleyball is considered less risky than indoor volleyball as it takes place outside. All participants should carefully assess their personal health status before choosing to participate in this club based activity.

PURPOSE

The following Communicable Disease Prevention document is to inform Focus Volleyball Club coaches, volunteer, athletes, staff and parents of the athletes of the protocols and expectations that are being put in place and what is expected of them. This document is designed for implementation to:

- A) Minimize the risk of exposure, infection and transmission of communicable diseases including, but not limited to Covid-19
- B) Create and provide a safe and healthy return to play for all Focus participants/athletes, coaching staff, and volunteers
- C) Meet the expectations and protocols established by our province sporting organization (Volleyball BC) , Via Sport and the provincial health authorities

Please note that:

- A) "Participants" refers to Focus Volleyball Club's coaches, staff, volunteers, athletes and club members (including parents of athletes)
- B) "Physical and Social Distancing" refers to individuals staying a minimum of 3 metres apart from each other

PROTECTIVE MEASURES TO KEEP ALL FOCUS COACHES, ATHLETES, STAFF AND VOLUNTEERS SAFE.

1. PROGRAM REGISTRATION

Only registered participants and approved coaches and volunteers will be permitted at practices and volleyball club related activities. Every effort will be taken to have minimal contact during the registration process. This means using online registration (if available) or else having the athletes complete a registration package at home and returning it in a sealed envelope.

2. FOCUS VOLLEYBALL CLUB INDEMNITY AND ASSUMPTION OF RISK AND VOLLEYBALL BC DECLARATION OF COMPLIANCE FORM

All participants, coaches, volunteers and athlete's parents must acknowledge that they are accepting the risks that are associated with participating in any club volleyball activity by completing and signing the Focus Volleyball Club Indemnity and Assumption of Risk. Form and Communicable Disease Insurance Waiver and the Volleyball BC Declaration of Compliance Communicable Disease form (Appendix A). These forms MUST be signed prior to participating in any volleyball club activity. For athletes under 19, a legal guardian or parent must sign the forms.

3. PRIOR TO ACTIVITY MEASURES

A) **ORIENTATION** All participants and the athlete's parents shall be required to attend an orientation briefing where health protocol and Return to play and Communicable Disease Prevention plan guidelines specific to club volleyball will be reviewed. There will be an orientation session geared for athletes another orientation for coaches and volunteers.. In addition, we are requesting all club members, participants and staff review this document.

B) **Pre-Screening (Daily performed before each activity) - DAILY HEALTH CHECK**
All participants, athletes, coaches and volunteers, prior to attending/participating **each** volleyball club related activity (e.g. practice, game (when permitted by protocols), training session, meeting, etc) **MUST** complete a daily health screening questionnaire (Appendix B) **at home** where they check to see that they are free of all signs an symptoms of an illness and other pre-screening activities. As well, once on site, participants, athletes, coaches and volunteers will be screened verbally using this "Daily Health Screening Questionnaire" Coaches will record the completion of the Daily Health Questionnaire along with their daily attendance records. This records will be kept on file in case they are required later for contact tracing. Coaches have the option of orally doing the health check list when the athletes arrive or if they are using Team Snap (or some other app) they can have the athlete show the completed checklist on the app. The coach is expected to keep attendance for each practice in the event contact tracing is needed.

Participants should know the common symptoms of COVID-19 or other communicable diseases and stay away from all volleyball club activities if displaying symptoms. (refer to Appendix C for the key symptoms).

The symptoms of COVID-19 are similar to other respiratory illnesses including influenza and the common cold. Symptoms include:

- Fever
- Chills
- Coughing or worsening chronic cough
- Shortness of breath or severe difficulty breathing (e.g. struggling to breathe or speaking in single words)*
- Loss of sense of smell or taste
- Headache
- Fatigue
- Diarrhea
- Nausea and vomiting

* From BC COVID-19 Self-Assessment Tool

For both indoor and grass court and/or beach volleyball programs, the athletes are required to complete the Daily Health Checklist/Questionnaire at home prior to attending any club activity.

Participants and accompanying parents must stay at home if they:

- don't feel well or are displaying symptoms of COVID-19 or other flu like symptoms
 - have traveled outside of Canada within the last 14 days
 - have someone in their household has traveled outside of Canada within the last 14 days
 - If someone in their household has symptoms of COVID-19 and have either not been tested yet not or are awaiting their results (The athlete may return to play once a negative test result has a been received)
 - have been in contact with a known/presumptive case of COVID-19 in the last 14 days
 - have been asked to self-isolate or quarantine
 - have been diagnosed with COVID-19
 - have not completed the daily health questionnaire at home
 - are considered a vulnerable or high at-risk individual (individuals over 65 years, weakened immune system or underlying medical condition)
 - Have someone in the household who has been asked to quarantine or eelf-isolate
- Athletes should not return to club activities until the designated isolation period for themselves or family member is over (even if the person tests negative)
- NOTE: Participants must be healthy with no signs or symptoms of illness or underlying condition in order to attend a volleyball club activity.

During a club related volleyball activity, if a participant displays any of the symptoms (e.g. coughing, shortness of breath) the individual must isolate immediately.

Notes:

- 1) Individuals must isolate from 14 days after last exposure to someone who is diagnosed with COVID-19.
- 2) Individual who live with someone who shows signs of COVID-19 may still participate in volleyball activities providing they show no symptoms.

C) Transportation

Parents and athletes are expected to follow all guidelines established by the provincial and local health authorities.

D) For the purposes of potential Public Health Contract Tracing, session participation and health screening records will be recorded and maintained on a daily basis.

E) Parents and/or legal Guardians are required to provide coach/staff and Focus administration with a contact phone number and email in the event that contact is required while the club related activity (training, practice session, game, competition or any other related club volleyball activity) is ongoing.

4. ON-SITE GROUP AND GATHERING LIMITS.

A) For INDOOR VOLLEYBALL: Provincial guidelines state that Indoor gatherings are limited to 50% of venue capacity or 50 people, which ever is greater. For OUTDOOR VOLLEYBALL: Provincial guidelines state outdoor gatherings are limited to 5000 participants or 50% of the capacity which ever is greater. At this time our club is following those guidelines plus considering the capacity of each venue.

B) Focus is limiting to a ratio of 12 athletes and a coaching team of up to 4 individuals per court.

C) At this time, we are not recommending having any spectators although with approval of the coach and club officials, parents and spectators may be permitted during our practices and volleyball related activities in our training facilities and grass court facilities. It is recommended they maintain 2 metre physical distancing and where masks. For those who are not fully vaccinated we ask that you do wear a mask.

D) Coaches will be asked to keep a daily attendance record of all athletes, coaches and when permitted, guests, who attend Focus Volleyball Club events (e.g. practices, games, etc) Our club will have a designated responsible person or point of contact for a cohort to maintain a central list with full contact information for all individuals participating within the cohort for tracing purposes. Records must be maintained on file for a minimum of one month.

5. FACILITIES (INDOORS)

A) Facility providers have enhanced cleaning of high touch areas (i.e. door knobs) and more frequent cleaning.

B) Where possible, coaches should run practices with the outside doors open to further improve ventilation

C) Participants should be made aware of which areas are designated for use during training sessions and games, and not go beyond the established boundaries as per our agreement/contract.

D) Our club is expected to obey all rules established by our facility providers. This includes being aware of the maximum occupancy limits for the facility during the pandemic.

E) Coaches, athletes and approved volunteers shall be in our practice facilities and game/competition sites. As a general rule, we are not permitting spectators at this time. A limited number of volunteers who have a specified job may attend with approval of the Focus Executive and coach.

F) Facilities that our club rents should have hand washing or hand sanitizing stations. Coaches or a club representative should advise on-site custodial staff if soap or sanitizer needs replenishing.

G) While on site, where possible, participants should store their belongings in a labelled bag that (space permitting) is spaced at least 2 metres apart from other participant belongings.

H) Only coaches or designated equipment crew will be permitted in the equipment room.

I) Coaches will be responsible for all equipment cleaning. (Or assigning a person to complete the task)

J) Athletes and coaches should enter and leave through the designated doors.

7. HYGIENE PROTOCOLS

A) For indoor volleyball masks are to be worn at ALL times this includes training activities, game play and non-play/non-training activities for those participants who are NOT fully vaccinated. We encourage and highly recommend vaccinated participants to wear a mask as an extra precaution. Note: This is our club policy at this time and it exceeds the provincial guidelines established for outdoor volleyball.

B) For outdoor volleyball masks are highly recommended to be worn at all times., especially for those who are not fully vaccinated. The on-site coordinator will evaluate the playing conditions and if there is extreme heat may announce that athletes can remove their mask during game play or training. Athletes who are not fully vaccinated are expected to wear a mask unless it is deemed unsafe due to high temperatures.

B) Athletes, coaches, staff and volunteers are required to wash or use sanitizer prior to training and game activities. Proper hand washing procedures are to be followed. (Use soap and water, scrubbing fully both hands for a minimum of 20 seconds).

C) All participants should wash or sanitize their hands immediately following participation in volleyball activities.

D) Coaches are to provide regular breaks during training and game activities to have participants re-wash or re-sanitize their hands. Hand washing/sanitizing should be done frequently and properly during volleyball activities. Where soap/water is not available, participants should use hand sanitizer with a minimum of 60% ethyl alcohol content. Frequent hand washing during volleyball activities should be encouraged.

E) Participants should bring their OWN labelled water bottle for practices Prior to training sessions and games everyone should fill their water bottles at home. Drink four-

tains should not be used on site. No sharing of water bottles is permitted. If a water bottle needs to be filled care must be taken to use an approved tap while avoiding any contact with the tap. (Where available, a water refilling station should be used for refills).

F) No food sharing should occur during any volleyball related activity. At most sites food is prohibited.

G) Participants shall wash their hand before and after they drink/eat.

H) Handshaking and high fives and any other form of physical contact is not permitted at this time as we are still trying to minimize physical contact.

I) Participants required to wear a mask should bring 2 masks (one is a back up) and a bottle of sanitizer with them to all volleyball activities. Participants should also bring their own disinfectant wipes in their bags. In the event, a participant forgets a mask, there are some clean disposable masks available in the first aid kit.

J) As part of the team's supplies, a bottle of hand sanitizer is also included. Other cleaning supplies to be kept on site are: lysol disinfectant spray, lysol wipes and paper towels.

K) Coaches should remind athletes and participants to avoid touching eyes, out and nose. Reminder to use cough and sneeze etiquette. Cough and sneeze into your elbow and then immediately wash and/or sanitize hands. (Remember to wash/sanitize hands frequently) 9

L) Participants should avoid sharing towels and articles of clothing. Participants should avoid sharing towels and articles of clothing.

M) Participants should try to maintain 2 metre physical distancing when not on the field of play.

8. TRANSITION TIMES

A) Training and Game Schedules will be done so that entry and exits of different groups will be staggered or else different entrances/exits used to ensure a safe flow (i.e. avoiding contact and interacting).

B) Athletes, coaches and all associated participants, are to enter and depart through designated doors. Where facilities permit, these entrance and exits doors should be different doors.

- C) Upon entry the coach or a designate representative will ask each person verbally the daily health check.. Upon successful completion of the health check, individuals are to wash/sanitize their hands.
- D) Where bookings occur back-to-back, coaches or a representative should use a disinfectant or sanitizer on high touch areas such as the volleyball cranks and door handles.
- E) Parents are to drop off and pick up their athletes while staying outside of the facilities. While spectators are permitted we are still trying to limit our numbers and exposure to different personnel.
- F) Where possible, a different set of balls shall be used by each group/cohort. es.
- G) Participants (including coaches, volunteers, athletes and parents) are expected to leave immediately following their training session/game. As per Volleyball BC's guidelines, participants should "Get in. Train. Get Out".
- H) Participants are to avoid waiting on site between games/activities and should not congregate or socialize before or after the activity. It is recommended that teams meet virtually.
- I) When leaving, participants must wash or sanitize their hands using proper procedures
- J) Participants must take al of their belongings with them and discard any garbage in the assigned garbage cans, when leaving
- K) Once a participant leaves, the should not re-enter
- L) Participants should enter and exit through assigned doors

Note: Our club will also be following any site specific regulations implemented by the renters.

9. CHANGING FACILITIES (INDOORS)

- A) Athletes should not be using the change rooms. The change rooms will not be used except to provide access to a washroom where necessary.
- B) Athletes should change into their uniform or training clothes before arriving on site. Warm up gear may be worn on top.
- C) When on-site, space permitting, athletes should place their bags/belongings 2 metres apart.

- D) Participants should not use the on-site shower facilities and shower at home instead.
- E) Facility lockers and other shared items should be avoided. Participants should only bring the essential items to volleyball activities. These items should be brought and stored in their own bag, that is cleaned regularly and not shared.

10) COMPETITION AND TRAVEL

Travel is now permitted however, any Focus team is asked to apply for consent to travel for any club related activity. All overnight trips must be reviewed and approved by the Focus Executive and Safety Committee.

11. ILLNESS POLICY: TREATMENT OF FIRST AID/ INJURED PARTICIPANTS OR ILLNESS OR DEALING WITH SYMPTOMS THAT DEVELOP DURING A CLUB RELATED ACTIVITY (Including training sessions, games, meetings or other club volleyball related activities)

Should a participant (athlete, coach or volunteer) display or develop any symptoms of COVID-19 or other communicable disease during the playing or training session they should:

- A) If first aid or treatment is required for an injured participant while on site, all persons attending to the injured/sick individual must wear a mask and gloves (These supplies will be stocked in the Focus Medical Kits).
- B) If a participant becomes ill or exhibits symptoms of COVID-19m they should safely and calmly immediately be removed from the location other club members by either leaving immediately the facilities or if that is not possible, they should be isolated, put on a face mask and have an emergency contact/parent notified to come and pick them up. Each site will have a designated isolated area that will be located in a place where the ill athlete is located more than 4 metres away from others. Ideally, this isolation area will be in a separate room. If the ill participant requires assistance, the attending person or supervisor while wearing a mask, shall ask questions using the BC COVID-19 Self-Assessment Tool and/or call 811 for further guidance.
- C) While in isolation, the individual should be kept away from others. Anyone providing required support/first aid for the suspected/ill individual should wear a mask and gloves. (which are provided in the first aid kit). Treatment should only be given if absolutely required as the individual should be isolated. Supervising individuals, if not providing treatment should maintain physical distancing.
- D) The participant's parent and/or emergency contact shall be notified and asked to pick up the ill individual. The individual should not be removed from the designated isolation area.

E) Only the parent or legal guardian or a designated emergency contact will be permitted to pick up the sick athlete. If it is an adult that is ill then they must be picked up unless they are able to drive themselves home safely in their own personal vehicle.

F) All equipment and surfaces that may have come in contact with the affected individual at the facility, must be cleaned and disinfected immediately after the individual has been moved to the isolation area.

G) The attending supervisor will record all events and file a report with the club directors. Administration will follow up with the individual and should they be diagnosed with COVID-10, contact tracing will commence immediately.

12. PUBLIC HEALTH REQUIREMENTS

A) Focus Volleyball Club will follow the protocols and recommendations of the BC Government and health authorities. Individuals experiencing symptoms of COVID-10 will be advised to:

II) Self-isolate

III) Contact 811, their healthcare provider or an Assessment centre for the appropriate medical advice/guidance

IV) Follow the directions of their health care provider/authority and get tested if recommended

V) Focus Volleyball Club will follow up with the impacted individual, parent and/or legal guardian to understand the recommended course of actions as provided by the individual's health care authority

VI) Focus will follow the recommendations given by the affected individual's health care provider in respect of the individual's return to play and impact on other participants within the individual's cohort and team. If requested, Focus Volleyball Club will provide to the Public Health Authority, the names and contact information of all members/participants in their Contact Tracing consideration

VII) If an outbreak occurs, competition and event organizers may be asked to postpone or cancel the competition or activity.

VIII) It is the obligation of the coach and any affected individual to notify a club director by emailing focusvolleyball2017@gmail.com or calling 604-781-9355.

IX) Focus Volleyball Club will follow any requested actions, reporting and contact tracing protocols, as required by the public health authority

B) A member of the Focus Board will immediately contact the local public health office and Volleyball BC and will follow any recommended actions, protocols, reporting and contact tracing protocols, as required by the local public health authority

C) Focus Volleyball Club will provide notification to all participants, coaches, parents, members volunteers and other cohort members in the affected cohort of the potential exposure, if advised to do so by the public health authority.

D) Infected individuals are requested to be re-tested for COVID-19 following their 14-day isolation and prior to returning to play/coaching. In addition, it is expected that all such individuals must receive clearance from their health care authority before returning to play/coaching.

13. COMMUNICATIONS

A) Focus Volleyball Club will communicate our Communicable Disease Prevention Plan and protocols to all of our members, coaches and volunteers prior to the start of the club season. The club's Communicable Disease Prevention Plan will be posted on our club website and coaches will be provided with a hard copy that they can keep on them and/or place in their medical kits for reference.

B) As the provincial health authorities and our provincial sport organization (Volleyball BC) make changes to adjust to the conditions of the pandemic, we will update our club's Communicable Disease Prevention Plan and notify our members via email and also place the updated/revised plans our club website.

C) Focus Volleyball Club is committed to following guidelines established by the B.C. Government and Volleyball BC with regards to communicating to our members during all stages of B.C's Restart Plan.

D) In the event of a confirmed or probably exposure to COVID-19 Focus Volleyball Club will work with the local health authorities who will be contacted immediately. As well, we will notify Volleyball BC. We will then follow any recommendations, mandated actions, reporting and contact tracing protocols, as required by the public health authority. 13

E) Focus Volleyball Club will provide all of its participants (staff, athletes, coaches, volunteers and parents of athletes) with transparent communications during each stage of the Restart Plan and notify them of protocols and actions taken as established by the British Columbia Government, health authorities and/or Volleyball BC. Communication will be via email and our club website.

14. EXPECTATIONS AND COMPLIANCE

A). Focus Volleyball Club expects all of its members and participants (including: athletes, coaches, staff, parents of athletes) will adhere to all of the protocols outlined in this document in addition to the other expectations noted in our athlete/player and parent code of conduct documents.

B). Focus Volleyball Club reserves the right to withdraw an individual from our programs at any time and for any reason if any Focus Volleyball Club staff believes, that the individual members is not adhering to any of the terms described in this Communicable Disease Prevention Plan and Return to Play document, or our athlete/player and parent code of conduct documents.

C) If an individual is removed for violating any of the terms this document or our athlete/player code of conduct document there will be no refund issued.

14. COACHES SCREENING

In selecting the coaches for the 2021 season we pre-screened coaches and advised them that we wanted coaches who had limited exposure to other cohorts. The coaches selected for 2021 only coach for the Focus Volleyball Club organization and during club season are not coaching for other organizations with the exception of authorized Volleyball BC programs where 3 m physical distancing is enforced.

This document will be revised as required by public health authorities, the government and our provincial sport organization, Volleyball BC and as there are changes in the phases of return to play.

Established Oct.26, 2020.

Revised: Nov.3, 2020, Dec.3, 2020, Jan. 7, 2021, Feb. 7, 2021. May 21, 2021, May 29, 2021, July 2, 2021, August 31, 2021. Sept. 16, 2021.

APPENDIX B

**DAILY HEALTH SCREENING QUESTIONNAIRE FOR FOCUS VOLLEYBALL CLUB
MEMBERS,
ATHLETES, STAFF & COACHES
Revised: July 17, 2021.**

The following daily healthy checklist is for all Focus Volleyball Club participants including athletes, staff, volunteers, coaches and any other member who is required to attend a club activity. This checklist will be used to determine if the member should attend the volleyball club activity for that day.

This checklist is to be completed at home prior to attending the Focus Volleyball club activity and will also be administered by the coach (or designated person) prior to entry into the main activity area of the venue/facility. INDIVIDUALS MAY RESPOND ORALLY TO THE QUESTIONS ON THIS CHECKLIST PRIOR TO ENTERING THE TRAINING/PLAYING FACILITY OR BEFORE THE COMMENCEMENT OF A CLUB RELATED VOLLEYBALL ACTIVITY.

Name: _____ Date: _____

Do you have any of the following key symptoms?

**1. KEY SYMPTOMS OF
COVID-19.**

- | | | |
|---|-----|----|
| a) Fever (37.8C or higher) | YES | NO |
| b) Chills | YES | NO |
| c) Cough or worsening of chronic cough | YES | NO |
| d) Shortness of Breath or severe difficulty breathing | YES | NO |
| e) Sore throat | YES | NO |
| f) Unexplained loss of appetite | YES | NO |
| g) Nausea or vomiting | YES | NO |
| h) Diarrhea | YES | NO |
| l) Headache | YES | NO |

- | | | |
|---------------------------------|-----|----|
| j) Muscle aches (unexplained) | YES | NO |
| K) Extreme fatigue or tiredness | YES | NO |

If you answer yes to any of the above please stay at home.

2. INTERNATIONAL TRAVEL

- | | | |
|---|-----|----|
| a) Have you returned from travel outside of Canada in the last 14 days? | YES | NO |
| b) Have you been living with anyone that has travelled outside. Canada in the last 14 days? | YES | NO |

3. CONFIRMED CONTACT

- | | | |
|---|------|----|
| a) Are you a confirmed contact of a person confirmed to have COVID-19? | YES | NO |
| b) Have you been taking care of or living with anyone who has A confirmed case of COVID-19? | YES | NO |
| c) Have you been asked to quarantine/self-isolate due to exposure to COVID-19? | YES | NO |
| D) Has anyone in your household been asked to self-isolate or Quarantine? | YES. | NO |

If an individual answers "YES" to any of these questions they are not permitted to participate in any club activities until they are able to answer "NO" to all of the questions.