

SORCA Illness Policy

The intent of this policy is to provide SORCA members/event participants with guidelines regarding COVID-19 if they are participating in SORCA Socials or Cincos.

In this policy, "Member" includes event participants, event sponsors, and parents/guardians.

1. Inform an individual in a position of authority (event coordinator or marshal) 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. Members must complete the self-assessment questionnaire immediately before each event they are signed up for to confirm that they are not feeling any of the COVID 19 symptoms: <https://bc.thrive.health/covid19/en> or through the COVID-19 BC Support App self-assessment tool.

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

- a. They should remain at home and contact Health Link BC at 8-1-1.
- b. If they feel sick and /or are showing symptoms during an event, they should be sent home immediately and contact 8-1-1 or a doctor for further guidance.
- c. No Member may participate in an event if they are symptomatic.

4. If a Member tests positive for COVID-19

- a. The Member will not be permitted to participate in events until they are free of the COVID-19 virus.
- b. Any Members who ride/run closely with the infected Member will also be prohibited from attending events for at least 14 days to ensure the infection does not spread further.
- c. Any surfaces that could have potentially been touched must be sanitized/disinfected immediately.

5. If a Member has been tested and is waiting for the results of a COVID-19 Test

- a. As with the confirmed case, the Member must not participate in events
- b. The Public Health Agency of Canada advises that any person who has even mild symptoms stay home and call the public health authority of B.C.
- c. Other Members who may have been exposed will be informed and will not be able to participate in events for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.
- d. Any surfaces that could have potentially been touched must be sanitized/disinfected immediately.

6. If a Member has come in to contact with someone who is confirmed to have COVID-19

- a. If a member believes or has confirmed that they have been exposed to COVID-19, they may not participate in events for at least 14 days or as otherwise directed by public health authorities.
- b. Members who may have come into close contact with this Member will also be prohibited from participating in events for at least 14 days.
- c. Any surfaces that could have potentially been touched must be sanitized/disinfected immediately.

7. Quarantine or Self-Isolation:

- a. Any Member who has travelled outside of Canada or the province within the last 14 days is not permitted to participate in events and must quarantine and self-isolate.
- c. Any Member from a household with someone showing symptoms of COVID-19 is not permitted to participate in events and must quarantine and self-isolate.
- d. Any Member 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 participate in events.