



COVID-19 CODE OF CONDUCT FOR ATHLETES (and Parents or Guardians of Athletes Under 19 Years of Age)



I will help prevent COVID-19 infections by:

- Staying home when I feel sick.
- Staying away from people who are coughing, or sneezing, or sick.
- Washing my hands thoroughly and often with soap and water, before and after training, practice, or competition, or when I use the washroom.
- Covering my coughs and sneezes with a tissue, or my elbow. If I use a tissue, I will throw it in the garbage right away and wash my hands.
- Always keeping at least 2 metres between me and others.
- Not sharing food, water bottles, towels, bathing suits, nose clips, goggles, or swim caps.
- Respecting the rules and understanding my responsibilities in contributing to a safe environment.

I will care for the health and safety of others and I understand that:

- I will be removed from sport immediately if I do not follow physical distancing or hygiene rules.

I will care for my health and safety and I understand that:

- I, or my parent/guardian, will answer honestly to the screening checklist.
- I have a commitment to preventing COVID-19 by telling a coach, parent or guardian, or another adult if I feel sick and to stop participating in training, practice, or competition, immediately.
- I should tell a coach, parent or guardian, or another adult if someone else tells me about cold or flu symptoms, or I see signs they might be sick.
- If I have been exposed to a confirmed case of COVID-19, I will be removed from sport and I will need to seek advice from Public Health before will be allowed to return to training, practice, or competition.

I will take the time I need to recover because it is important for my health and I understand that:

- If I have a confirmed COVID-19, I will be removed from sport and I will not be able to return to training, practice, or competition until I have been medically cleared.
- I will complete a self-assessment on the BC CDC website bc.thrive.health/covid19/en to determine if I need to follow up with further assessment through the Island Health COVID-19 call center.
- I will keep my club informed of my health and well-being via contact with the COVID-19 Risk Manager if I miss practice for any reason.
- COVID-19 Risk Manager will submit an incident report through my training facility and Island Health if COVID-19 is confirmed.

By signing here, I acknowledge that I have reviewed and commit to this Code of Conduct.

Athlete Name: _____

Signature: _____ Date: _____

(Athlete if 19 and over, or Parent if Athlete is under 19 years of age)