

## VULS COVID-19 Policy

Updated September 15, 2020

### 1. Purpose

- a. As part of our commitment to ensuring a safe and respectful environment for all individuals who are involved with the VUL, this policy defines expectations for all members of the VUL Community related to COVID-19.
- b. This policy is a temporary addition to the VUL Code of Conduct. It will remain in force until amended or cancelled. Refer to the [VUL Policies page](#) for updates.
- c. See the Code of Conduct for definitions and procedures to administer this policy.

### 2. Responsibilities – Members of the VUL Community have a responsibility to do their part to ensure the health and safety of others by following all guidelines in the [VUL Return to Play Plan](#), including but not limited to:

#### a. General

- i. Individuals should adhere to all public health restrictions in their community.
  - ii. Individuals should limit the number of sport cohorts to which they belong in order to reduce the number of people they are interacting with. The VUL reserves the right to reserve the right to limit an individual's participation to 2 cohorts.
  - iii. Participants (including captains, coaches, instructors, and parents) may be sent checklists for their program. Those checklists must be followed.
- b. Safety Checks: All participants (with their parents if they are under 19) must review the following questions prior to each session. Participants may not attend a session if the answer to any question is YES:
- i. Health Check: Do you have COVID-19 like symptoms, including but not limited to fever, chills, cough or worsening chronic cough, shortness of breath, sore throat, runny nose, loss of smell/taste/appetite, headache, fatigue, diarrhea, nausea and vomiting, or muscle aches?
  - ii. Travel Check: Have you or someone in your household traveled outside of Canada within the past 14 days?
  - iii. Contact Check: Have you been in contact with someone who is suspected of having COVID-19 or has been diagnosed with COVID-19?

\* For a complete self-assessment, see the [BC COVID-19 Self-Check](#).

#### c. Hygiene

- i. Wash hands before and immediately following sessions.
- ii. Sanitize discs prior to starting play in each session.
- iii. Use hand sanitizer periodically during longer sessions.
- iv. Avoid touching your face throughout the session.
- v. Sneeze or cough into your elbow, clothing, or a tissue.
- vi. Do not share water bottles, towels, food, or other personal items.

#### d. Distancing

- i. Close physical proximity should be minimized as much as possible.
- ii. While individuals do not need to maintain physical distancing during play, minimizing physical contact is still advised when possible.

- iii. Defenders must be at least 2 meters away from the thrower while marking.
  - iv. At least 2 meters distancing should be maintained between participants in between points, when outside of the field of play, and between activities.
  - v. Spectators may only view sessions from the perimeter of the field.
- e. Reporting and Outbreaks
- i. If a participant develops symptoms (see 2.b.i) and they persist:
    - 1. Inform the Program Organizer immediately.
    - 2. Monitor symptoms daily and do not return to activity for at least 10 days following the onset of symptoms.
  - ii. If a participant, someone in their household, or a [close contact as defined by the CDC](#) tests positive for COVID-19, the participant must inform the Program Organizer immediately.
  - iii. In the event of a suspected or confirmed case of COVID-19, the VUL will inform other participants in the same cohort.
  - iv. In the event of a confirmed case of COVID-19, the VUL will inform the relevant health authorities.