

BC Wrestling Association
Return to Play Phase 3 Guidelines





BC Wrestling Association Return to Play Phase 3 Guidelines

Opening Statement BCWA

BCWA know those in the sport community feel the effects of physical distancing and travel restrictions profoundly, as sport and physical activity is such an important part of our collective wellness. We want to share more information about the work we are starting now to plan for the resumption of sport.

The Government of BC has a plan to restart economic activity, starting mid-May. B.C.'s Provincial Health Officer Dr. Bonnie Henry has said the need for physical distancing will continue for some time. B.C.'s Restart Plan is a way to gradually allow for more social and economic activity, while closely monitoring health information to minimize the risk to the public. This isn't a return to normal, but it's a hopeful, careful step toward a real recovery for all of us.

We recognize the immense toll this pandemic response has taken on athletes, coaches, volunteers and others in the sport sector. Sport plays such a critical role in people's mental and physical health. As we've all faced heightened stress, we know that not having organized sport as an outlet has been especially difficult. Under our plan, we are confident that wrestling will be able to continue under enhanced protocols in Phase 3, beginning September 14, 2020. This will be accomplished through the development of guidelines on how to operate safely and start to resume play during this pandemic.

Objective of Guidelines

The Provincial Health Officer's direction is that guidelines should cover three things:

- 1) Processes to open safely
- 2) Measures to keep people safe to avoid further outbreaks
- 3) A plan in the event that a case or an outbreak should occur.

Our guidelines has considered how organizations will operate for athletes, coaches, staff, and volunteers. It must be noted that these guidelines need to be modified to effectively follow the PHO orders and recommendations. The goal is to support a safe return to sport.

Cautions

BC's restart will be a careful, step-by-step process to ensure all of our combined efforts and sacrifices are not squandered. Therefore, BCWA has developed enhance protocols aligned with the Public Health and Safety Guidelines.

It is important to be aware that COVID-19 is a rapidly changing phenomenon. Clubs and BCWA members should be prepared for a rapidly changing environment as we enter into Return to Play. The aim of these guidelines is to mitigate the risk of Covid-19 infection as much as possible at club level, as the danger cannot be completely eliminated without an effective and comprehensive Covid-19 testing or vaccination program.



It is important to note that BCWA's current insurance policies exclude coverage related to communicable diseases or pandemics. Therefore, return to sport discussions should include acknowledgement of the inherent risk to the resumption of sport during a pandemic and clear strategies to mitigation of these risks.

Provincial Health Officer Restrictions

PHO orders and recommendations include:

- Prohibition of gatherings of 50 people or more;
- Physical distancing of at least two metres;
- Frequent hand hygiene;
- Enhanced cleaning and disinfection and
- Self-isolation for employees who have symptoms of COVID-19 for a minimum of 10 days (or self-isolation for 14 days if returning to Canada from another country)
- Symptom screening for staff and participants

Risk Management

Our "new normal" is based on principles that apply to every person and every situation. These principles are the foundation of how we need to move forward with our BC plan, and will remain in place for the weeks and months ahead. These principles include:

1. Staying informed, being prepared and following public health advice;
2. Practising good hygiene – hand hygiene, avoid touching your face and respiratory etiquette;
3. Staying at home and away from others if you are feeling ill – with no exceptions – whether for school, work or socializing;
4. Maintaining physical distancing outside the household, e.g., no handshakes or hugs, keeping your number of contacts low and keeping a safe distance;
5. Making necessary contacts safer with appropriate controls, e.g., using plexiglass barriers or redesigning spaces;
6. Increasing cleaning of frequently touched surfaces at home and work;
7. Considering the use of non-medical masks in situations where physical distancing cannot be maintained, such as on transit or while shopping; and,
8. Continuing to minimize non-essential personal travel.
9. Stay at home and keep a safe distance from family when you have cold or flu symptoms, including coughing, sneezing, runny nose, sore throat and fatigue.
10. No handshaking or hugs outside of your household.
11. Practice good hygiene, e.g., regular hand washing, avoiding touching your face, covering coughs and sneezes, disinfect frequently touched surfaces.
12. Keep physical distancing, as much as possible, when in the community; and where not possible, consider using a non-medical mask or face covering.



13. Where appropriate and practical increase use of temporary physical barriers (such as plexiglass at service counters or checkouts).

Phase approach

BC's restart plan is a four phase approach which can be found online at:

https://www2.gov.bc.ca/assets/gov/public-safety-and-emergency-services/emergency-preparedness-response-recovery/gdx/bcs_restart_plan_web.pdf

As British Columbia transition from phase to phase, BCWA will update the Return to Play Plan and provide new plans for each phase. The schedule for BCWA's phases may not be directing corresponding to the province's phases. BCWA keeps the right to revise these guidelines according to the progression of the Covid-19 pandemic and corresponding recommendations and guidelines.

PHASE 1 (Where we were March 12, 2020 to May 18, 2020)

Only essential services operating during COVID-19.

PHASE 2 (May 19, 2020 onward)

Under enhanced protocols.

Recreation/sports return to play.

Parks, beaches and outdoor spaces open.

PHASE 3 (June-September, if transmission rate remains low or in decline)

Under enhanced protocols

Post-secondary education – with mix of online and in-class (September)

K-12 education – partial return in June, full return in September

PHASE 4 (TBD)

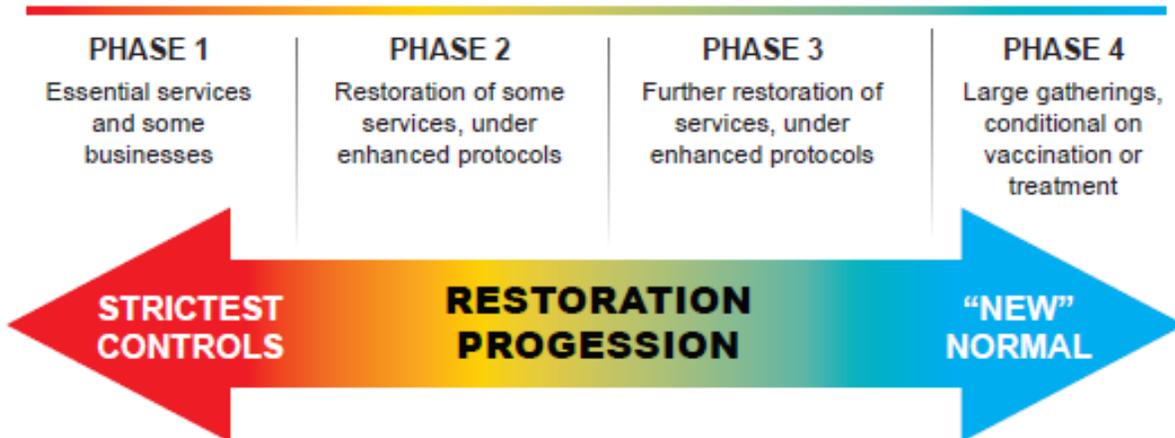
Conditional on at least one of: wide vaccination; "community" immunity; broad successful treatments.

Activities requiring large gatherings.



PROGRESSIVE PLANNING FRAMEWORK

Province of BC “Next Steps” PHASES



RECREATION LEVELS of increased restarting of operations

LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
Limited # of outdoor facilities are open for casual use (e.g. sport fields, racquet courts, washrooms)	Expanded # of outdoor facilities are open for modified casual use (e.g. more washrooms, sport courts, table sports, some playgrounds)	Progressive expansion from some to all outdoor facilities open for modified casual use (e.g. sport groups begin to use amenities)	All outdoor facilities open for “New Normal” use
Indoor facilities closed	Limited access to indoor facilities where physical distancing can be achieved	Progressive expansion from some to all indoor spaces open with measures to ensure physical distancing	All indoor facilities open for “New Normal” use
Programming is all online	Programming is limited outdoor, continues online	Programming is expanded outdoor, is expanded indoor from limited to extensive, continues online	Full programming in “new normal” phase, continues online

Scope of Return to Play

Low risk activities that can occur with the following public health recommendations in place:

- Ability to maintain physical distancing
- Minimal sharing of equipment
- Focus is on skill development, not competition
- Community focused



Principles

The following five principles from B.C.'s Restart Plan have been used to guide this document.

Five Principles For Every Situation

Personal Hygiene:	Stay Home if You Are Sick:	Environmental Hygiene:	Safe Social Interactions:	Physical Modifications:
<ul style="list-style-type: none">• Frequent handwashing• Cough into your sleeve• Wear a non-medical mask• No handshaking	<ul style="list-style-type: none">• Routine daily screening• Anyone with any symptoms must stay away from others• Returning travellers must self-isolate	<ul style="list-style-type: none">• More frequent cleaning• Enhance surface sanitation in high touch areas• Touch-less technology	<ul style="list-style-type: none">• Meet with small numbers of people• Maintain distance between you and people• Size of room: the bigger the better• Outdoor over indoor	<ul style="list-style-type: none">• Spacing within rooms or in transit• Room design• Plexiglass barriers• Movement of people within spaces

B.C. health officials outline that the risk of transmission is subject to two variables that we need to modify to reduce transmission risk:

- Contact intensity – how close you are to someone and for how long
- Number of contacts – how many people are in the same setting at the same time

Modifying from high to low can be based on a range of controls. Different actions have differing levels of protection and whenever possible use the action that offers the most protection. The following are listed from highest level of protection to lowest

- Physical distancing measures – to reduce density of people, (number and duration of contacts)
- Engineering controls – physical barriers, increased ventilation, traffic flow
- Administrative controls – rules and guidelines
- Non-medical masks (and other PPE)

This document outlines how these strategies for can be applied within sport across four key areas: Facility Access, Facility Operations, Participants and Programming.



Priorities

1. The #1 Priority is the Health and Safety of all Members.
2. All clubs/teams must abide by and consider Provincial and Municipal health authority requirements.
 - a. Physical and Social Distancing should remain in sport participation at this time.
3. Sport is going to play a critical role in the physical and mental health of people as the Province reopens and rebuilds and as such it is important a reopening is done properly.

Definitions

Competitive activities: are formal, organized games, matches and tournaments between participants where scores are recorded and standings are kept. For the foreseeable future, sport will be more geared towards community participation and training rather than games and provincial competition.

Community focused: sport activities take place within the home sport community or clubs where participants are members. This means avoiding cross-regional, inter-provincial or cross-country travel for sport.

Organized sport: is defined as any organized sport activity that involves a number of people doing something together in a structured way and is facilitated by a Provincial Sport Organization or Local Sport Organization.

Recreational Activities or Play: can be defined as leisure activities that are done at the discretion of the individual (e.g. – use of parks, hiking trails, public facilities) and are not included within the context of this document.

Cohort: a group of participants who primarily interact with each other within the sport environment over an extended period of time.

High performance: individuals that have been selected to provincial or national team training environments.

Region: the different Zones as identified by BC School Sports.

Field of play: for the purpose of this document will be the complete wrestling mat surface.

Cleaning Protocol and Responsibility

The facility owner or operator has overall responsibility for cleaning protocols within the facility. However, anyone renting/utilizing their space is responsible for ensuring there are sufficient protocols in place as well as ensuring all equipment used in properly cleaned.



General cleaning and disinfecting of surfaces should occur at least once a day. Surfaces that are highly touched (including bathrooms) should be cleaned twice a day.

Cleaning and sanitation guidelines.

- 1) The BC Ministry of health cleaning and sanitization guidelines can be found at:
http://www.bccdc.ca/Health-Info-Site/Documents/CleaningDisinfecting_PublicSettings.pdf
- 2) Confirm the responsibility for cleaning the facilities.
- 3) Cleaning of training room – MUST WEAR MASK AND GLOVES
 - a. Spray down all mat surfaces with approved cleaners and ensure wet time is as directed on the label.
 - b. Wipe down all handles.
 - c. Spray down walls if contact is made to walls.
 - d. Spray down if any equipment is used (dummy's, med balls, etc.).

Local Municipal Regulations

Municipalities will be developing their own set of guidelines in line with provincial health orders and recommendations and will require approval by their mayor or council. Municipal decisions will be made locally; community by community. This will impact sports organizations who use municipal facilities, and/or multiple facilities across jurisdictions. Participants need to be informed of municipal guidelines and regulations and must follow the municipal guidelines and regulations.

Additional Guidelines

Additional guidelines members are to review:

ViaSport: <https://www.viasport.ca/sites/default/files/ReturntoSportGuidelines.pdf>

Work Safe BC: <https://www.worksafebc.com/en>

Wrestling Canada Lutte: <https://wrestling.ca/covid-19/>

BC School Sport: <https://www.bcschoolsports.ca/>

Local School Board

First Aid Guidelines

In the event that first aid is required to be administered during an activity, all persons attending to the injured individual must first put on a mask and gloves. More detailed guidelines from Work Safe BC and Canadian Red Cross can be found on their respective websites with links provided below.



<https://www.worksafebc.com/en/resources/health-safety/information-sheets/ofaa-protocols-covid-19-pandemic?lang=en>

<https://www.redcross.ca/training-and-certification/first-aid-tips-and-resources/first-aid-tips/first-aid-protocols-for-an-unresponsive-person-during-covid-19>

Assessment tools

The link below provides access to a self-assessment tool, developed by the BC Ministry of Health, will help determine whether you may need further assessment for COVID-19 testing by a healthcare provider or at a local collection centre. You can complete this assessment for yourself, or on behalf of someone else.

<https://bc.thrive.health/covid19/en>

Waiver Requirement

All members including coaches, athletes, and volunteers must review, sign, and submit BCWA's Event Participation Waiver and Remote Training Waiver prior to participating in any wrestling activity. Minors (18 years old and younger) will need approval from parent or guardian to participate in wrestling activities. BCWA will sanction event participation, both in person and remote training, for participants born in 2005 and older beginning September 14, 2020.

Beginning November 2, 2020 BCWA will accept BCWA's Event Participation Waiver and Remote Training Waiver and sanction event participation, both in person and remote training, for members of all ages.

See Appendix C for BC Wrestling Association Event Participation Waiver and Appendix D for BC Wrestling Association Remote Training Waiver.

Facility Access

Public health officials have indicated that the use of outdoor facilities are generally safer as there is greater ventilation and ability to physical distance. This does not limit indoor sports from reopening but it does increase the risk factor and therefore adds further considerations related to facility operations.

Those that utilize outdoor facilities will need to consider:

- 1) The ability to control group sizes and proximity within the outdoor environment.
- 2) Booking procedures that may be in place with the municipality for use of fields, etc.
- 3) Ability to safely access public areas such as beaches, open water, trails, etc. while ensuring COVID-19 measures in the sport organization's plan can be applied.

Those that utilize indoor facilities will need to look at:

- 1) Whether it is possible to re-locate activities to the outdoors – if so, look into how to obtain a permit, if required.
- 2) Whether they are the owner, operator or renter/user of the facility as this will have different implications and responsibilities related to it.
- 3) Additional municipal guidelines that may be in place.



- 4) Whether or not multiple groups/sports will be held within the same facility.

Screening

Upon arrival to train, coaches should ask each athlete if they are experiencing any signs or symptoms of COVID-19, and ask if the athlete has been in contact with anyone suspected of having COVID-19. Findings should be documented and initialed by athlete, parents (if athlete is a minor), and supervising coaches.

- 1) If the athlete has any signs or symptoms of COVID-19, they should be sent home and instructed to contact their healthcare provider.
- 2) Athlete should not return to practice until formal letter of clearance is provided to coaching staff by overseeing healthcare provider.
- 3) If an athlete tests positive for COVID-19 or has been in contact with someone diagnosed with COVID-19, the coach should notify other wrestlers and parents present at the practice about a possible exposure.
 - a. The coach should NOT share the sick athlete's name with other wrestlers and parents to ensure they do not violate privacy laws.
 - b. Exposed individuals should contact local healthcare provider for direction on further care.

Pre-registration

- 1) All coaches, participants, volunteers, and anyone who is to be insured must be a current registered BCWA member.
- 2) No drop in programs at this time. Member only programming is permitted.
- 3) Individuals should pre-register online or over the phone.

Spectators

No spectators are permitted. Limited access to those that are essential to the approved activities.

Group Size Considerations

- 1) No group gatherings of larger than 50 people as per the BC Ministry of Health Guidelines. This means no more than 50 people on site.
- 2) Group size is set to a maximum of 30 (this includes participants & coaches).
- 3) A group may include multiple cohorts.
- 4) Each cohort may include up to 10 people.



Wrestling Cohorts

Purpose: Establishing cohorts will limit the number of people that each individual will come into contact with, reducing the risk of transmission and ensuring quicker contact tracing by health authorities if an outbreak occurs.

A cohort is a group of participants who primarily interact with each other within the sport environment over an extended period of time.

In this phase:

1. An individual (coach, athlete, official, volunteer, etc.) is able to be a member of up to a maximum of three cohorts. Therefore an individual can be a member of a high school team, club, and BCWA High Performance.
2. All guidance related to personal hygiene, cleaning protocols and symptom-screening still apply.
3. Cohorts should be used for activities in which it is not possible to maintain two metres physical distancing at all times. When in a cohort, while individuals do not need to maintain physical distancing during wrestling specific activities, minimized physical contact is still advised.
4. At least two metres distancing should be maintained between all participants when off the field of play (e.g. on benches, during break, in locker rooms, on gym floor (not including wrestling mat)).
5. Cohorts should be made up of individuals of similar age and skill level.
6. Cohorts must not exceed ten people.
7. When members of the cohort are gathering for events or activities, gatherings may not exceed 50 people.
8. Coaches may be counted outside the total cohort number if they are able to maintain physical distancing at all times.
9. Each cohort can be comprised of multiple teams/clubs in order to form a mini-league. With the use of cohorts, competition can resume between teams/clubs within the cohort.
10. Keep athletes together in designated cohorts and make sure that cohorts avoid mixing with each other as much as possible.
11. Cohorts should remain together for an extended period of time. If looking to change cohorts, a two-week break between activities is recommended.
12. Where possible, individuals should consider limiting the number of sport cohorts to which they belong in order to reduce the number of people they are interacting with.
13. Where officials (if being used) are unable to physically distance, it is recommended to assign an official(s) to a specific cohort and avoid having them interact with multiple cohorts.
14. Parents are not included in the cohort limits. They should continue to maintain physical distancing at all times.

Travel

Purpose: while provincial travel restrictions have been lifted as of June 25, 2020, travel for the purposes of sport and group activities should still be slowly introduced.



For the purpose of this document, a region will be defined by the different Zones as identified by BC School Sports.

In Phase 3:

1. It is recommended that individuals remain primarily within their region when travelling for wrestling in order to limit the number of groups that they are coming into contact with. Exceptions may include travel to attend a high performance training camp or provincial championship, if available.
2. Inter-provincial and international travel are not recommended at this time.
3. If an individual chooses to travel internationally, they are required to self-isolate for 14 days under both provincial and federal orders upon return to Canada.
4. If choosing to travel, the following recommendations are in place for individuals:
 - a) Check before you go - consider the number of active cases in the community/region to which you are travelling and respect travel advisories.
 - b) If sick, stay home, even if symptoms are mild.
 - c) Wash your hands often.
 - d) Practice safe physical distancing, two meters distance from others.
 - e) Wear a mask if you cannot keep a safe distance from others for an extended period of time.

Arrival and Departure Process

- 1) A thorough cleaning of the facility must be done before any participants access the facility for the first time.
- 2) All Members, Staff, and Participants will have completed RTP Questionnaire, and are cleared to enter the facility.
- 3) Sanitary Recommendations to be Performed Before Arriving to the Training Location
 - a. Take a shower and wash your hair.
 - b. Make sure that your equipment has been washed properly.
- 4) Points of Access
 - a. Where appropriate, consider designated drop-off and pick-up spaces.
 - b. Determine the number of access points and consider closing some in order to monitor how many people are entering the facility.
 - c. Choose doors with an automatic function or prop doors to reduce contact with door handles.
 - d. Consider how to manage the flow of people and put signage, directional limitations in place (e.g. all individuals must use one door for entry and a different door for exit, arrows or other directional instructions on the floor).
- 5) Sanitary Requirements When Assembling.
 - a. Designate an assembly point where the physical distancing can be respected.
 - b. Mark any required security distance points.
 - c. Designate a person to orient the participants.
 - d. Provide hand sanitizer (gel or liquid).



- e. Provide a trashcan for disposable paper handkerchiefs and litter.
 - f. Inform the accompanying persons (max. 1/athlete) of departure and return times.
- 6) Any accompanying person has to arrive to the training location 5 minutes before the end of the session and not sooner than 20 minutes, waits at a distant point and respects the security distance together with the other accompanying people.
- 7) Schedule
- a. Set a time in which it is appropriate for participants to arrive in advance of their scheduled activity (example – participants should not arrive sooner than 20 minutes before the scheduled start time, and there should be sufficient space for physical distancing while lining up or waiting to begin).
 - b. At the end of their scheduled program/time slot participants must immediately leave the facility.
 - c. Staggered start times to account for individuals moving in and out of the facility/playing area.

Sanitary Recommendations to be taken upon Arrival at Home:

- 1) Take a shower.
- 2) Wash the training outfit.
- 3) Wash the water bottle.
- 4) Disinfect the bag.
- 5) Restock the sanitary kit (sanitising gel/liquid, tissue paper, mask)

Facility Operation

Education Plan

All participants, prior to participating in organized activities, must have read and acknowledge understanding and commitment to following the content of the 'BC Wrestling Association Return to Play Plan Phase 3 Guidelines'. The 'BC Wrestling Association Return to Play Plan Phase 3 Guidelines' is available at <http://www.bcwrestling.com/policies.html>.

Outbreak Procedure

In the event of an outbreak within your club the following procedures must be followed:

- 1) Immediate shut down of all club for a minimum of 14 days.
- 2) Club must notify the local health authorities and BCWA immediately.
- 3) All club members and program participants must be notified of the outbreak and agree to self-quarantine for 14 days.



Equipment

Sharing of equipment creates greater risk of spread of the virus. To mitigate that risk clubs should include regular cleaning and disinfection of equipment between users (where possible), and hand washing before and after use/play.

1. Each individual (athlete/coach) is responsible for wiping down their equipment before AND after use.
2. Each participant entering the facility is responsible for wiping down surfaces that they have touched.
3. Each participant is encouraged to use hand sanitizers before entering the facility
4. Club will provide cleaning products (disinfecting wipes, cleaning solutions and bucket and rags for individuals to use.

Staff and Volunteers

Where the sport organization owns and operates a facility, “staffing” encompasses all facility staff (management, administration, maintenance, etc.).

If the sport organization is a renter or facility user, “staffing” may refer to sport program staff, such as coaches, volunteers, etc.

All employers in B.C. have a legal obligation to ensure a healthy and safe workplace for employees. Organizations that rely on volunteers also need to take steps to ensure the safety of volunteers.

Risk mitigation measures related to staffing:

- 1) Educate staff on public health information and expectations related to the implementation of the Return to Sport Plan.
- 2) Develop and implement an Illness Policy, that outlines procedures for staff and participants that may be experiencing symptoms and ensures no one attends work/practice/games when sick.
- 3) Conduct routine daily symptom screenings for all staff, volunteers and participants. Wellness questionnaires and use of self-assessment tools are recommended.
- 4) Implement enhanced hygiene protocols:
 - a. Frequent and proper handwashing.
 - b. Ensure adequate and accessible hand-washing facilities or sanitizer.
 - c. Implement policies around when workers need to wash hands (upon arrival, before/after breaks, after touching common equipment).
 - d. Reminders to avoid touching eyes, nose and mouth.
 - e. Reminders to use cough and sneeze etiquette: Cough and sneeze into your elbow.
- 5) Implement an enhanced cleaning protocol for common areas and common equipment. Ensure cleaners have adequate training and tools.
- 6) Implement measures for staff to maintain physical distancing.
 - a. Consider adding barriers such as a clear protective shield at registration or check-in desks similar to those now seen in grocery stores.
 - b. Consider staggered shifts or breaks.



- c. Manage use of and interactions in shared spaces (kitchens, staff rooms, gyms, studios, training rooms, courts, other shared spaces), and ensure physical distance can be maintained in these spaces.
 - d. Limit in-person meetings, training and staff engagements; work virtually where possible.
 - e. Communicate where possible through email, text and/or phone
- 7) Ensure Personal Protective Equipment (gloves, masks, etc.) is on hand and available to staff. Where risk of exposure is high (cannot maintain social distancing), PPE should be required. Train staff on how to put masks and gloves on and off to avoid cross-contamination. Ensure that PPE is not used as a substitute for more effective safety measures (distancing, hygiene). Refer to WorkSafe BC on specifics related to use of PPE.
- 8) Minimize use of shared equipment.
- a. Identify 'high-touch' objects as part of the assessment.
 - b. Minimize use of lockers, remove all non-essential items.
 - c. Minimize use of shared equipment (including computers, phones, printers, fridges, coffee makers, and sport equipment etc.).
 - d. Each staff person/volunteer should disinfect any shared equipment/surfaces they have come in contact with after each use.
- 9) Ensure staff and supervisors understand the Right to Refuse unsafe work and procedures are in place to respond to such concerns,
- 10) Assign a Safety Representative to ensure implementation of safety protocols during sport programming.

For further information on safety within the workplace refer to WorkSafe BC:

<https://www.worksafebc.com/en/about-us/covid-19-updates/covid-19-returning-safe-operation>

Participant Considerations

When considering delivery of sport programming, organizations need to consider who their participants are, the size of the group, expectations of participants and the communication and enforcement of those expectations.

Participants should use their own equipment and avoid touching each other with their hands

- 1) For example, if a dummy is being used for drills, make sure only one athlete is using one specific dummy at a time. The dummy needs to be cleaned using a disinfectant solution before any other coach or wrestler uses the dummy to prevent indirect transmission.
- 2) Use own water bottle, towel, personal hygiene products (e.g.: soap, deodorant, etc.).

Criteria for participation in group training sessions (includes athletes, and coaches)

- 1) No signs or symptoms of COVID-19 in the past 14 days
 - a) If an athlete has had a case of documented COVID-19 infection, athlete needs a note from his/her doctor indicating athlete is cleared to participate in training



2) No close sustained contact with anyone who is sick or individuals that may have been exposed to COVID-19 within 14 days of beginning group training

a) Since the signs and symptoms of COVID-19 can be fairly non-specific and not just respiratory symptoms, it is recommended that athletes should not be in close sustained contact with anyone who is sick for 14 days prior to beginning group training. This requirement reduces the risk of introducing COVID-19 into the training group by someone who may have COVID-19 but isn't experiencing any symptoms yet.

Hand Hygiene

- 1) Frequent hand washing is required by all participants.
- 2) Clubs must provide appropriate hand sanitization.

High Risk Population Consideration

Older adults are considered a vulnerable population and are at greater risk of contracting COVID-19. Those at increased risk due to compromised immune systems should not take part in recreational or sport activities. However, it is up to the individual to understand their risks and make a decision about whether or not to participate.

Participant Health and Wellness Monitoring

- 1) All participants must answer a health and wellness questionnaire each day.
Health and Wellness Questionnaire
 - A) Have you had any of the following symptoms in the last 2 weeks: Fever, Chills, Cough, Shortness of breath or difficulty breathing, Sore throat and painful swallowing, Stuffy or runny nose, Loss of sense of smell, Headache, Muscle aches, Fatigue, Loss of appetite
 - B) Have you been in close contact or cared for anyone with the above symptoms in the last 2 weeks?
 - C) Have you been traveling either in the province or out of the province in the last 2 weeks?
 - D) Have you been in close contact with anyone who has traveled in the last 14 days?
- 2) Participants must agree that in the event of feeling sick or signs of feeling sick they must self-quarantine for 14 days, and notify the club immediately.
- 3) Participants agree to abide by physical distancing measures.

Sickness Guidelines

- 1) For any individuals coming into the facility, are required to stay home if they experience any of the following symptoms: fever, chills, cough, shortness of breath or difficulty breathing, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue, and loss of appetite.
- 2) If self-isolating at home, individuals are required to stay home for a minimum of 14 days.
- 3) Individuals are required to notify the club if they experience symptoms and are self-isolating.



- 4) Clubs are required to notify all club members and individuals accessing the club that a member has shown symptoms and they may have been exposed to a virus.
- 5) Club is required to notify local health authorities and BCWA of the potential exposure.
- 6) Club to notify all shared facility partners, suppliers, and others about the outbreak.

Communication to Participants

Ensuring safety measures are being met and adhered to depend on everyone being aware of, and understanding the health and sport specific guidelines. Communication of the guidelines to participants and spectators is an important component of the plan.

Participants should be asked to sign a participant agreement acknowledging they have read the guidelines and understand their risk before participating. See Appendix B for Participant Agreement specific to COVID-19 related risks.

Compliance

Non-Compliance to COVID-19 Related Policies and Guidelines.

All participants will abide by BC Wrestling Association Return to Play Phase 3 Guidelines. In the event a participant is non-compliance to the guidelines the following call to action will be in place:

1. Warning to the participant.
 - a. If the participant is warned for the third time in a session, they must be removed from the session immediately.
2. Written email to the participant.
3. Suspension of club privileges until further notice.

Sport Programming

In this phase of the return to play plan, clubs should focus on recreation (general activity) versus organized play (i.e. programs). What is your Coach/Club's return to training strategy/plan so you do not have a sharp increase in injuries with athletes going too hard after the layoff?

Levels of COVID-19 transmission risk with respect to contact activities are as follows from lowest to highest risk:

1. Skill-building drills or training at home, alone or with family members.
2. Group skill-building or drills that maintain physical distancing.
3. Group drills that require close contact.
4. Non-contact competitive activities between athletes.
5. Group activities that include physical contact.
6. Competitive activities that include physical contact between athletes.



Close physical proximity should still be minimized as much as possible.

In wrestling activities that generally involve interaction between participants at a distance of less than two metres, it is recommended that:

1. modification of the activity or rules occur to minimize contact to keep participants at a safe distance;
2. the number and duration of contacts between different participants is limited (when physical distancing is not possible);
3. physical distancing when not participating in the activities is maintained (e.g. – pre and post-matches).

Any introduction of activities involving either close proximity or physical contact should be done within a cohort.

Sport Programming Modification Guidelines

- 1) Routine daily symptom screening for all staff and participants.
- 2) Support low contact activities (especially outdoor). Identify contact activities that should not take place during the pandemic.
- 3) Clear policy for participants and staff who have the symptoms of a cold, flu, or COVID-19 symptoms, with any coughing or sneezing not participating.
- 4) Staff and participants at higher risk of experiencing severe illness should not take part in activities.
- 5) Minimize changes in small group participants.
 - a. Consider assigning the same participants to the same training group every training session. Avoid mixing of partners to minimize risk of widespread transmission.
- 6) Coaching can occur onsite, but coaches must maintain social distancing from all that are not participants of the program; including parents, facility staff, other facility users, etc.
- 7) Small group training sessions encouraged take place outside in an area where social distancing can be maintained.

Practice

Prior to start of practice

- 1) Remove street shoes and leave them outside of training area.
- 2) Everyone uses hand sanitizer prior to start of practice.
- 3) Garbage can be present to dispose of all litter immediately.
- 4) Place track suit in personal bag and leave outside of practice area.

During practice

- 1) Wrestlers should confine themselves to a section of a mat and not move to other sections with distance between confined areas minimum 2 metres – Mark areas out.
- 2) Athletes may have contact with a small training group up to a maximum of 4 athletes.
- 3) Contact should be avoided when possible, with a focus on avoiding contact to the facial area.
- 4) Participants born in 2006 and younger should focus on activities with limited or no contact.



- 5) Avoid use of public bathrooms and change rooms.
- 6) Warm up to be done in your confined area.
- 7) No sharing of any personal items.

Post Practice

- 1) Use hand sanitizer once out of training room
- 2) Clean wrestling boots after practice with sanitizer gel or cleaners and place directly into bag
- 3) Cover singlet with track suit
- 4) Removal and disposal of mask once outside or away from others (if applicable)
- 5) Discard of trash immediately
- 6) Shower and clean equipment immediately once home

Camps and Training Environments

Purpose: to introduce high performance training opportunities that bring together athletes from different communities and/or provinces in a responsible and safe manner without compromising the health of the individuals or community members.

For the purpose of this document, high performance refers to individuals that have been selected to provincial or national team training environments. Typically, these training environments are centralized or multi-day camp settings.

High-level athletes may have an increased level of vulnerability due to increased stress on the body through training loads, which may be taxing on the immune system. Before planning a camp, review both the need and risk for athletes to have access to the particular training environment.

Additional strategies to consider:

- Pre-camp, sport organizations should:
 1. Clearly communicate expected protocols in advance of camp to both athletes and parents where appropriate.
 2. Recommend that individuals reduce exposure to others and minimize visits to public places for at least one week leading up to the camp.
 3. Stress the importance of individuals to pay attention to their health (proper rest/ sleep & nutrition, symptom-screening).
 4. Plan travel to minimize interactions with other people where possible.
 5. Ensure that an outbreak plan is in place and that there are dedicated spaces that can be used for isolation if athlete/ personnel develop COVID-19 symptoms.
 6. NSO directed training groups may require additional protocols before participating.
- In-camp, sport organizations should:
 1. Enforce physical distancing, proper hand hygiene and rest and recovery.
 2. Ensure appropriate protocols are in place for cleaning and disinfecting of equipment.
 3. Recommend individuals wear masks when outside the training environment where physical distancing with others cannot be maintained.



4. Form a cohort for the duration of the camp.
 5. Stay as a cohort as much as possible in order to minimize interactions with individuals outside the training group.
 - a) Plan for all individuals to stay in the same accommodation, if possible.
 - b) Consider having food services catered or bringing in food, rather than going to restaurants.
 - c) Avoid public transportation (or recommend individuals wear masks if taking public transportation).
 6. Conduct daily symptom-screenings using the BC COVID-19 Self-Assessment Tool: <https://bc.thrive.health/covid19/en>
 7. Enforce illness policy if individuals present signs and symptoms of COVID-19.
- Post-camp, sport organizations should:
 1. Plan travel for returning home to minimize interactions with other people where possible.
 2. Recommend individuals monitor their health (proper hygiene, symptom screening) and notify public health if symptoms develop.
 3. Comply with public health officials directives in the event of an outbreak.

Competition

Purpose: to introduce competitive wrestling activities. This includes formal, organized events, matches and tournaments between participants where scores are recorded and standings are kept.

Competitive activities fall under the following categories:

1. Club play: matches or competitive activities that are occurring within the team or club members.
2. Regional competition: matches or competitive activities occurring between clubs or individuals within a region.
3. Provincial competition: matches or competitive activities that are sanctioned by the BCWA and draw individuals or teams from all areas of the province.
4. Inter-provincial competition: matches or competitive activities that draw individuals or teams from outside the province.

In this phase:

1. Participants born in 2006 and younger are not permitted to participate in competition.
2. Upon the release of this document, if a club/team has not yet resumed activities, it would be recommended that activities continue to be slowly phased in. Return to wrestling activities should not jump straight to the highest threshold of activities without having tested safety protocols. It is still recommended that organizations start with training activities and slowly layer in different levels of competition after a minimum period of 14 days.
3. Cohorts must be created in order to introduce competition.



4. Competitive activities may be expanded outside club play to include regional play.
5. Inter-provincial competitions are not permitted at this time.
6. All competitions are required to have a detailed safety plan in place.
7. Contact a Regional Health Authority if you have questions or require additional guidance for competitions. See Appendix A for information on Regional Health Authorities.
8. Provincial Health Office (PHO) Orders related to group gatherings are still in effect, limiting group numbers to 50 people.
9. Limit contact as much as possible:
 - a) Plan arrivals and departures of different teams/groups to avoid co-mingling
 - b) Avoid participants waiting on site between games/activities
 - c) Discourage groups of people gathering before or after sport activities (e.g. social events)
 - d) Schedule activities over a longer period of time (days or weeks) or at different locations
10. Conduct symptom-screenings using the BC COVID-19 Self-Assessment Tool:
<https://bc.thrive.health/covid19/en>
11. Develop a strategy to manage increased levels of staff/volunteers required to host a competition and ensure an illness policy is in place.
12. Spectators are not permitted.
13. Participants may be fit and healthy, but groups need to consider the demographics of staff, coaches and volunteers and how to mitigate risk to those individuals.
14. Ensure that an outbreak plan is in place and that there are dedicated spaces that can be used for isolation if an athlete/other personnel develop COVID-19 symptoms.
15. If outbreaks occur, organizers may be asked to postpone or cancel competitions or activities, therefore a cancellation policy is recommended.

Conclusion

COVID-19 has changed the way British Columbians live and interact with each other and the world. Adjusting to this change, and the heightened need to adhere to health protection measures, requires a carefully considered and detailed approach. This Guideline will help members navigate the complexities and nuances of service to and space for their communities in and after the pandemic, maintaining community health and wellbeing as the primary focus.

As a new threat, COVID-19 is still a largely unknown virus and, as such, measures and reactions will continue to be modified as research and our experience with it evolves. For this reason, it is imperative that the Provincial government continue its partnership with BCWA to help guide the wrestling community through and past the pandemic, utilizing BCWA as the agency capable of facilitating a coordinated and collaborative approach to restoring wrestling in our respective communities.

This Guideline is founded upon the understanding that each local wrestling community has its own balance of risk, resources, capacity, and public demand to weigh in decisions about re-opening facilities and offering services. As a result, this Guideline is flexible and scalable to allow local wrestling community to use it as necessary.



As this Guideline is put into practice, it will ensure all British Columbians are transitioned through this pandemic with the necessary care, support and consideration when engaging in wrestling.

Guideline Development

BCWA would like to acknowledge and thank the following individuals, groups and organizations for their contributions to this document. Contributions have been made to BCWA through informal regional and province-wide sector senior leaders meetings conducted throughout April and May, co-hosted webinars, document sharing, and discussions with key stakeholders.

Contributors

Province of BC
Provincial Health Office
Health Canada
Ministry of Tourism, Arts and Culture
WorkSafeBC
BC Centre for Disease Control
Recreation Facilities Association of BC
Lifesaving Society – BC & Yukon
viaSport
Municipal Insurance Agency of BC
BC Municipal Safety Association
SportBC
Wrestling Canada Lutte
USA Wrestling
International Judo Federation
Canoe Kayak BC
BC Recreation and Parks Sector



Appendix A

Contacts and Resources

BC Wrestling Association

<http://www.bcwrestling.com/>

Address: 3713 Kensington Ave #3014, Burnaby, BC V5B 0A7

Phone: (604) 737-3092, Please leave a detailed voicemail message for quick response.

REGIONAL HEALTH AUTHORITIES

Fraser Health: <https://www.fraserhealth.ca/>

Interior Health: <https://www.interiorhealth.ca/Pages/default.aspx>

Island Health: <https://www.islandhealth.ca/>

Northern Health: <https://www.northernhealth.ca/>

Vancouver Coastal Health: <http://www.vch.ca/>

ViaSport

<https://www.viasport.ca/sites/default/files/ReturntoSportGuidelines.pdf>

Protection Poster

<http://www.bccdc.ca/Health-Info-Site/Documents/COVID19-Prevention.pdf>

Physical Distancing Poster

http://www.bccdc.ca/Health-Professionals-Site/Documents/COVID19_PhysicalDistancingPoster.pdf

Handwashing Poster

http://www.bccdc.ca/Health-Professionals-Site/Documents/COVID19_Handwashing%20Poster_MD%20offices.pdf

Do Not Enter If Sick Poster

http://www.bccdc.ca/Health-Info-Site/Documents/COVID19_DoNotEnterPoster.pdf

Assessment tool

<https://bc.thrive.health/covid19/en>

BC Centre for Disease Control:

http://www.bccdc.ca/Health-Info-Site/Documents/CleaningDisinfecting_PublicSettings.pdf

Health Canada Guidelines:

<https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.html>

Work Safe BC:

<https://www.worksafebc.com/en/about-us/news-events/announcements/2020/March/covid-19-situation-your-reporting-payment-deadline>



BC Ministry of Health Contact:

<https://www.healthlinkbc.ca/contact-us>

BC Ministry of Health Covid-19 Information Page:

<https://www.healthlinkbc.ca/health-feature/coronavirus-disease-covid-19>

BC Ministry of Health - Useful Resources for Covid-19:

<https://www.healthlinkbc.ca/useful-resources-covid-19>

Wrestling Canada Lutte

<https://wrestling.ca/>



Appendix B

PARTICIPANT AGREEMENT

Application - all athletes, coaches, members, volunteers, participants and family members of participants while in attendance at club activities (“Participants”)

All Participants of BC Wrestling Association agree to abide by the following points when entering club facilities and/or participating in club activities under the COVID-19 Response plan and RTP Protocol:

- I agree to symptom screening checks, and will let my club know if I have experienced any of the symptoms in the last 14 days.
- I agree to stay home if feeling sick, and remain home for 14 days if experiencing COVID-19 symptoms.
- I agree to sanitize my hands upon entering and exiting the facility, with soap or sanitizer.
- I agree to sanitize the equipment I use throughout my practice with approved cleaning products provided by the club (shared and personal equipment).
- I agree to continue to follow social distancing protocols of staying at least 2m away from others.
- I agree to not share any equipment during practice times.
- I agree to abide by all of my Clubs COVID-19 Policies and Guidelines.
- I understand that if I do not abide by the aforementioned policies/guidelines that I may be asked to leave the club for up to 14 days to help protect myself and others around me.
- I acknowledge that continued abuse of the policies and/or guidelines may result in suspension of my club membership temporarily.
- I acknowledge that there are risks associated with entering club facilities and/or participating in club activities, and that the measures taken by the club and participants, including those set out above and under the COVID-19 Response Plan and Return to Sport Protocols, will not entirely eliminate those risks.

Date:

Name:

Signature:



Appendix C



British Columbia Wrestling Association the "Organizer"

Event Participation Waiver

WAIVER OF LIABILITY FOR ALL CLAIMS AND RELEASE OF LIABILITY

PLEASE READ CAREFULLY BEFORE SIGNING. Completed waivers must be returned with registration or prior to attending the Organizer's event: _____ (the "Event"). This waiver does not affect accident and out-of-country travel insurance provided by the Organization where applicable.

By signing below, the Participant (named below) and/or the Participant's Guardian represents that the Participant:

1. Has not travelled internationally during the last 14 days;
2. Has not visited a COVID-19 high risk area, region or location in Canada during the last 14 days;
3. Does not knowingly have COVID-19;
4. Is not experiencing known symptoms of COVID-19, such as fever, cough, or shortness of breath, and if experiences such symptoms during the Event will immediately depart from the Event;
5. Has not, in the past 14 days, knowingly come into contact with someone who has COVID-19, who has known symptoms of COVID-19, or is self-quarantining after returning to Canada; and
6. Follows government recommended guidelines in respect of COVID-19, including practicing physical distancing, and will do so to the best of the Participant's ability during the Event.

In addition, by signing below the Participant and/or the Participant's Guardian understands, acknowledges and assumes the inherent risks in participating in the Event, including, but not limited to: the potential for bodily injury or illness (including contraction of COVID-19); contact or interaction with others who may have been exposed to COVID-19; permanent disability, paralysis, or loss of life; collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect venue or field of play conditions; equipment failure; participants of varying skill levels; inadequate safety measures; circumstances known, unknown or beyond the control of the Organizer, its partners, sponsors, agents, affiliates, directors, employees, officer, therapists, or volunteers (together, the "Organization"); negligence or omission of the Organization (collectively, the "Risks").

In consideration for allowing the Participant to participate in the Event, the Participant and/or the Participant's Guardian: (a) release, discharge and forever hold harmless the Organization from any and all liability for damages or loss arising as a result of the Risks of participation in or in connection with the Event; (b) waive any right to sue the Organization in respect of all causes of action (including for injuries or illness caused by their own negligence), claims, demands, damages or losses of



any kind that may arise as a result of the Risks of participation in or in connection with the Event, including without limitation the right to make a third party claim or claim over against the Organization arising from the same; and (c) freely assumes all risks associated with the Risks, anything incidental to the Risks, which may arise as a result of participation in or in connection with the Event. YOU ARE GIVING UP LEGAL RIGHTS TO ANY AND ALL FUTURE CLAIMS AGAINST THE ORGANIZATION.

I confirm that I have read and fully understand this waiver and release of liability. I sign this waiver and release of liability voluntarily without any inducement, assurance, or warranty being made to me.

Print Name: _____ Date of Birth: _____
the "Participant" (mm/dd/yyyy)

Print Name: _____
The "Guardian" (if Participant is a minor)

Signature: _____ Date: _____
Participant or Guardian for minor (mm/dd/yyyy)



Appendix D



British Columbia Wrestling Association the "Organization"

Remote Training Waiver

WAIVER OF LIABILITY FOR ALL CLAIMS AND RELEASE OF LIABILITY

PLEASE READ CAREFULLY BEFORE SIGNING.

The Participant (named below) may be required to resume training remotely, or independently, outside of a sport-specific facility, owned, leased, operated or otherwise controlled by the Organization (the "Remote Training"). It is the responsibility of the Participant or the Participant's Guardian to ensure the suitability and safety of the Remote Training environment. This waiver does not affect accident and out-of-country travel insurance provided by the Organization where applicable.

By signing below, the Participant or the Participant's Guardian understands, acknowledges, and accepts full responsibility for the risks, dangers, and hazards which are inherent to Remote Training, including, but not limited to: the potential for bodily injury or illness (including contraction of COVID-19); close proximity to or contact with others who may have been exposed to or infected with COVID-19 or other communicable illnesses; close proximity to or contact with surfaces, equipment, fixtures, or other objects that may be infected with COVID-19 or other communicable illnesses; tripping hazards; loud-noises; equipment failure; dehydration; exhaustion; lacerations, bone fracture, bone breakage, soft-tissue damage, dislocations, tendon and/or ligament damage, sprains, spinal injuries, head or neck injuries, concussion, hearing damage, ocular damage, damage to teeth or dental work, or other bodily injury, disability (permanent or temporary), or death; despite the Organization's efforts, inadequate safety measures; other circumstances, known or unknown or beyond the control of the Organization, its partners, sponsors, agents, affiliates, directors, employees, officers, therapists, or volunteers (together, the "Releasees"); or negligence or omission of the Releasees (collectively, the "Risks").

In consideration for the access to the Organization's training program, coaching and mentorship, the Participant and or the Participant's Guardian:

(a) releases, discharges and forever holds harmless the Releasees from any and all liability for damages or loss arising as a result of the Risks of participation in or in connection with the Remote Training, including ensuring the suitability and safety of the Remote Training environment;

(b) waive any right to sue the Releasees in respect of all causes of action (including for injuries or illness caused by their own negligence), claims, demands, damages or losses of any kind that may arise as a result of the Risks of participation in or in connection with the Remote Training, including without limitation the right to make a third party claim or claim over against the Releasees arising from the same; and



(c) freely assumes all risks associated with the Risks, anything incidental to the Risks, which may arise as a result of participation in or in connection with the Remote Training.

YOU ARE GIVING UP LEGAL RIGHTS TO ANY AND ALL FUTURE CLAIMS AGAINST THE ORGANIZATION AND THERE LEASEES.

I confirm that I have read and fully understand this waiver and release of liability. I sign this waiver and release of liability voluntarily without any inducement, assurance, or warranty being made to me.

Print Name: _____ Date of Birth: _____
the "Participant" (mm/dd/yyyy)

Print Name: _____
The "Guardian" (if Participant is a minor)

Signature: _____ Date: _____
Participant or Guardian for minor (mm/dd/yyyy)



Appendix E

Illness Policy

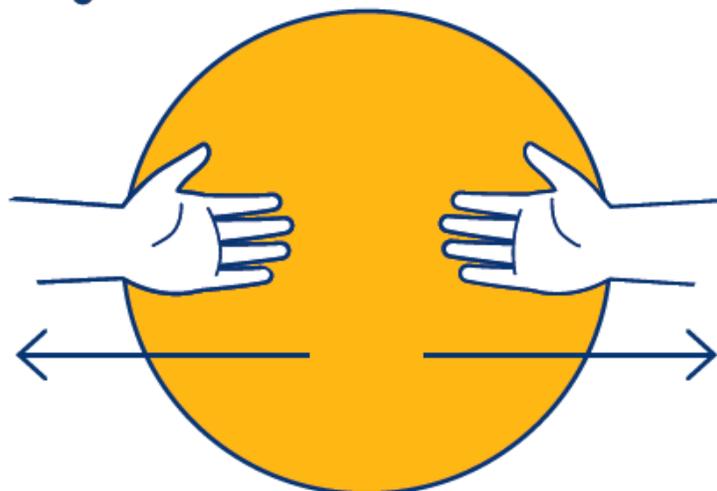
In this policy, “Team member” includes an employee, contractor, volunteer, participant or parent/spectator.

1. Inform an individual in a position of authority (coach, team manager, program coordinator) 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, loss of appetite, nausea or diarrhea. See BCCDC website for a full list of symptoms: <http://www.bccdc.ca/health-info/diseasesconditions/covid-19/about-covid-19/symptoms>
2. Assessment
 - a. Team members must review the self-assessment signage located throughout the facility each morning before their shift/practice/activity to attest that they are not feeling any of the COVID 19 symptoms.
 - b. If Team Members are unsure please have them use the BC COVID-19 self-assessment tool <https://bc.thrive.health/covid19/en>.
 - c. Managers/coaches may visually monitor team members 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.
3. If a Team 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 while within the sport environment, they should be sent home immediately and contact 8-1-1 for further guidance.
 - c. No Team Member may participate in a practice/activity if they are symptomatic.
4. If a Team Member tests positive for COVID-19
 - a. Follow the direction of health officials.
5. Quarantine or Self-Isolate if:
 - a. You have travelled outside of Canada or the province within the last 14 days.
 - b. You have come into close contact with someone who has tested positive for COVID-19.
 - c. You have been advised to do so by health officials

Coronavirus Prevention

- ✓ Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- ✗ Avoid touching your eyes, nose, and mouth with unwashed hands.
- ✓ Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- ✗ Avoid close contact with people who are sick.
- ✓ Clean and disinfect frequently touched objects and surfaces.
- ✓ Stay home when you are sick.
- !! **WEARING A MASK IS NOT AN EFFECTIVE MEASURE TO KEEP YOURSELF SAFE FROM VIRAL INFECTION.**

REDUCE THE SPREAD OF COVID-19



PHYSICAL DISTANCING IN PROGRESS

Maintain a distance of at least 2 arms lengths from others.

Hand Hygiene

SOAP OR ALCOHOL-BASED HAND RUB: Which is best?

Either will clean your hands: use soap and water if hands are visibly soiled.



Remove hand and wrist jewellery

HOW TO HAND WASH

- 1 Wash hands with warm (not hot or cold) running water
- 2 Apply liquid or foam soap
- 3 Lather soap covering all surfaces of hands for 20-30 seconds
- 4 Rinse thoroughly under running water
- 5 Pat hands dry thoroughly with paper towel
- 6 Use paper towel to turn off the tap

HOW TO USE HAND RUB

- 1 Ensure hands are visibly clean (if soiled, follow hand washing steps)
- 2 Apply about a 1-ounce-sized amount to your hands
- 3 Rub all surfaces of your hand and wrist until completely dry (15-20 seconds)

SICK OR SELF-ISOLATING? DO NOT ENTER



**DO NOT ENTER
IF YOU ARE SICK
OR REQUIRED
TO SELF-ISOLATE**