



RICHMOND FC COMMUNICABLE DISEASE PLAN

PURPOSE

The purpose of this plan is designed to promote the health and safety of the Richmond FC ("Club") players, volunteers, staff, contractors, visitors, and parents, by providing appropriate information that can be used to prevent and reduce the risk of contraction, spread and impact of communicable disease.

Communicable disease control and prevention is of significant importance to Richmond FC. The Club recognizes the unique risks and challenges that communicable disease presents, and we have put these measures into place to create a safe workplace for all to utilize it in their Club-related activities.

Preventing communicable disease involves taking ongoing measures to reduce the risk of communicable disease transmission in our workplaces. It also involves implementing additional measures when advised to do so by public health during periods of elevated risk.

This document is intended to be a guide to assist our staff, volunteers, contractors, visitors, and members, in following policies and procedures of the Club, the City of Richmond, and other authorities designed to minimize the risks associated with communicable diseases.

INTRODUCTION - WHAT IS COMMUNICABLE DISEASE?

WorkSafeBC advises that communicable disease is an illness caused by an infectious agent or its toxic product that can be transmitted by contact with infected individuals or their bodily discharges or fluids, by contact with contaminated surfaces or objects. Examples of communicable disease that may circulate in a workplace included COVID-19 and seasonal influenza.

Communicable Diseases are most commonly spread from an infected person through:

- Respiratory droplets when you cough or sneeze.
- Close personal contact, such as touching or shaking hands.
- Touching something with a virus on it, then touching your eyes, nose or mouth before washing your hands.

SCOPE

Communicable diseases falling within the scope of this plan are those typically caused by viruses and normally spread through direct or indirect human contact and when the risk of communicable disease in the region or workplace is elevated, as advised and directed by public health.

Examples of communicable diseases include but are not limited to:

- Coronavirus
- Influenza
- Hepatitis
- Tuberculosis
- Streptococcus
- Meningitis

NOTE: Communicable disease may also be spread by contact with blood or other bodily fluids which may transfer disease through cuts or other openings in the skin, transfer to the eyes, nose or mouth.



OUR RESPONSIBILITIES

Everyone has responsibility for health and safety in the workplace. Stay home if sick, get medical guidance and follow public health recommendations and requirements.

The Club's Safety Officer will advise the association when there is a communicable disease threat affecting members.

The Club's communicable disease prevention, mitigation, and response activities are guided by the Communicable Disease Safety Plan in place at the time of the threat. In the event of a communicable disease outbreak, the Club will work with the health authorities and follow their advice on communication and action necessary beyond this plan.

Richmond FC Responsibilities

The Club will:

- Monitor and review communicable disease-related information issued by regional health officers or the Provincial Health Officer.
- Implement policies to support members who have symptoms of communicable disease as appropriate for their role within the Club.
- Provide hand-hygiene facilities with appropriate supplies and use signage to remind individuals to wash their hands regularly and to cover coughs and sneezes.
- Maintain a clean environment through routine cleaning processes appropriate for the Club's facilities.
- Request the City ensure that building ventilation is adequate, and systems are properly maintained.
- Provide members guidance on safe practices related to the use of facilities for Club purposes.

In addition, when advised by Public Health and during a period of elevated risk, the Club will:

- Follow the directions from the health authorities.
- Follow orders, guidance, recommendations, and notices issued by the Provincial Health Officer.
- Reassess policies and practices based on updated guidance from health authorities.

Coach/Team Staff Responsibilities

Coaches will:

- Ensure that players are adequately instructed on the procedures and preventative measures in place for the facilities being used.
- Ensure safety measures are being followed by those within their control and under their supervision or direction.
- Communicate with the Club's Safety Officer regarding concerns or illnesses. (Please maintain privacy and confidentiality).

Player Responsibilities

Players will:

- Communicate any communicable disease safety concerns, unsafe conditions or actions to their Coach or Manager.
- Wash hands frequently.
- Follow cough/sneeze etiquette.
- Follow established communicable disease prevention and practises of the Club.



- Use Personal Protective Equipment as required (e.g., mask-wearing indoors).
- Make themselves aware of the location of washing facilities, including hand sanitizing dispensing stations
- Follow the Club's Illness Policy.

Preventing communicable disease requires following of and reassessment of ongoing measures to reduce the risk of communicable disease transmission. There are a multitude of methods that can be applied to control communicable disease, the primary sources of prevention include hand and surface hygiene, sanitation, isolation and immunization.

Vaccines and/or acquired immunity can provide some protection against certain communicable disease, therefore it is important to limit the spread of a communicable disease before it has the potential to cause serious illness/disease by implementing the additional measures:

- Daily self-screen for symptoms as required by the Club's Illness Policy.
- Do not attend or participate in any Club event or activity when sick with flu-like or communicable disease-like symptoms, contact a medical professional or 8-1-1 for guidance if unsure.
- Frequently wash your hands with soap and water for a minimum of 20 seconds or use alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, mouth with un-sanitized hands
- Use proper respiratory/cough sneeze etiquette.
 - Cover your mouth and nose with your arm or tissues to reduce the spread of germs.
 - Immediately dispose of any tissues you have used into the garbage as soon as possible and wash your hands afterwards.
- Avoid close contact with people displaying symptoms of respiratory illnesses.
- Routinely clean and disinfect high touch objects.
- Practice a healthy lifestyle; exercise, eat a balanced diet, and get sufficient sleep.
- Avoid public places when sick to prevent the spread of communicable disease
- Get tested if you have communicable disease symptoms. If confirmed as positive, cooperate with contact tracing so others may be advised to self-monitor/self-isolate.
- Avoid close contact with people displaying symptoms of respiratory illnesses.
- Maintain appropriate vaccinations
- Maintain social distance from others when possible
- Follow any directional arrows & signage in place to reduce congestion and remind others to observe social distancing.
- Use appropriate personal protective equipment:
 - Wear non-medical masks indoor environments or large outdoor crowds, when advised by health authorities
 - N95 masks may be a mandatory requirement for those providing first-aid or emergency first responder medical-aid services.

RISK IDENTIFICATION

The level of risk of certain communicable diseases, including Coronavirus, may increase from time to time or on a seasonal basis. This may occur at a local or regional level, or within a certain workplace.



Recognizing the signs and symptoms of a communicable disease and understanding the modes of transmission is the first step in reducing the incidence of disease associated with communicable diseases.

Signs and symptoms will vary depending on the disease, but common characteristics associated at the onset of most communicable diseases typically include fever and other flu-like symptoms: achiness, upset stomach, fatigue, fever, and headaches. When traveling abroad, be aware of communicable disease threats; certain communicable diseases are endemic to certain regions of the world.

| Name | Vaccine Preventable? | Description of Symptoms |
|------------------------|----------------------|---|
| Coronavirus (COVID-19) | Yes | Symptoms: fever, cough, shortness of breath and breathing difficulties Transmission: Person-to-person via droplets, coughing, sneezing, or talking; sharing items; touching contaminated objects |
| Influenza | Yes | Symptoms: fever; cough; sore throat; runny or stuffy nose; muscle/body aches; headaches; fatigue; sometimes vomiting and diarrhea Transmission: person-to-person via droplets |

Seek medical attention from their medical health care provider and contact 8-1-1 for guidance and direction if you are symptomatic or may have come into contact with a communicable disease.

Please follow Canada Public Health Guidelines when traveling abroad.

The Club will monitor and review communicable disease-related information issued by health authorities related to its services, activities and facilities. This includes orders, guidance, notices, and recommendations issued by a medical health officer or the Provincial Health Officer.

RISK CONTROLS

Once the risks have been identified with guidance from the Fraser Health Authority, the principles used to eliminate or reduce the risk are based upon the Occupational Health and Safety (OH&S) Hierarchies;

The hierarchy of controls in order of their effectiveness:

1. **Elimination or substitution:** Has the Club considered eliminating or postponing tasks that may create a risk of exposure? Are there opportunities to eliminate or reduce contact with others?
2. **Engineering controls:** Are engineering controls, such as physical barriers, practical?
3. **Administrative controls:** Has the directors fully considered how practices can be altered to minimize exposure, such as physical distancing or enhanced cleaning protocols?
4. **Personal protective equipment (PPE):** This last form of protection should only be considered after careful consideration of the previous control measures. The use of gloves and face masks may be considered where none of the above controls are possible/effective. If gloves and masks are used, proper usage guidelines should be followed.



COMMUNICATIONS

When appropriate, communications with respect to the prevention of communicable diseases will be the following:

- discussed directly;
- emailed;
- included in updated policies and procedures, including the Club's Return to Play Plan.

Members are responsible for reading and understanding such communications. If need clarification, please discuss with their Coach or contact admin@richmondfc.ca

From time to time, through team gatherings and in-person meetings, Staff and board members are to communicate and be reminded of the safety protocols put in place to prevent the transmission of communicable diseases and a reminder to not attend when sick.

If the Club is notified of an exposure to a communicable disease, all members potentially affected by that notification will be provided with appropriate communication according to the guidance of the local health authority. In such cases, the Club will comply with privacy laws and will provide information to the best of its ability, in compliance with the directions of the local health authority and respecting applicable privacy laws.

STAY HOME WHEN YOU ARE SICK

What Members Should Know

All members should stay home if they have cold or flu symptoms or other gastrointestinal (vomit or diarrhea) symptoms until at least 24 hours after their fever* (temperature of 100 degrees Fahrenheit or 37.8 degrees Celsius or higher) or liquid/droplet symptoms are gone. Temperature should be measured without the use of fever-reducing medicines (medicines that contain ibuprofen or acetaminophen). The member should contact their medical health provider for further guidance and direction and call 8-1-1.

If you become sick at the event

Players who have flu symptoms upon arrival to the park or become ill during the day should promptly separate themselves from other players, don a non-medical mask, inform their Coach and go home. Players should seek medical attention and only return once they have recovered. The Coach will report to admin@richmondfc.ca.

What Members Should Know

An important way to reduce the spread of flu is to keep sick people away from those who are not sick. We should review and communicate our policies and practices to members every year before flu season begins. It is important to advise all members to stay home if they are sick until at least 24 hours after their fever is gone without the use of fever-reducing medicines, or after symptoms have improved.

COMMUNICABLE DISEASE INCIDENT PROCEDURE

The following procedures should be followed whenever a communicable disease emergency such as a regional communicable disease outbreak, pandemic, or public health emergency is declared by local or provincial officials. For all other routine, seasonal, or individual health issues, consult your healthcare provider. Routine, seasonal, and individual health issues DO NOT need to be reported to Richmond FC unless advised to do so by your healthcare provider.



MEMBERS

Any Club member, volunteer, coach or manager who is diagnosed with or believes they have a communicable disease should follow the Club's Illness Policy as updated from time to time.

TEAM STAFF

Team staff or Club staff coaches who become aware of anyone under their supervision who exhibits communicable disease symptoms or is diagnosed with a communicable disease must not release the person's name, identifying information, or condition to other members. All healthcare concerns must be forwarded to admin@richmondfc.ca

CONFIDENTIALITY

All member medical information is treated as private and confidential and will be handled in compliance with legal requirements.

PERSONAL HYGIENE/CLEANING

Hand Washing

Frequent hand washing is one of the best ways to minimize the risk of infection. Proper hand washing helps prevent the transfer of infectious material from the hands to other parts of the body – particularly the eyes, nose and mouth – or to other surfaces that are touched.

Wash your hands immediately:

- Before leaving a facility
- After handling materials that may be contaminated
- Before eating, drinking, smoking, handling contact lenses, or applying makeup.
- Wash and rinse your hands for at least twenty seconds.

Hand Washing Procedure



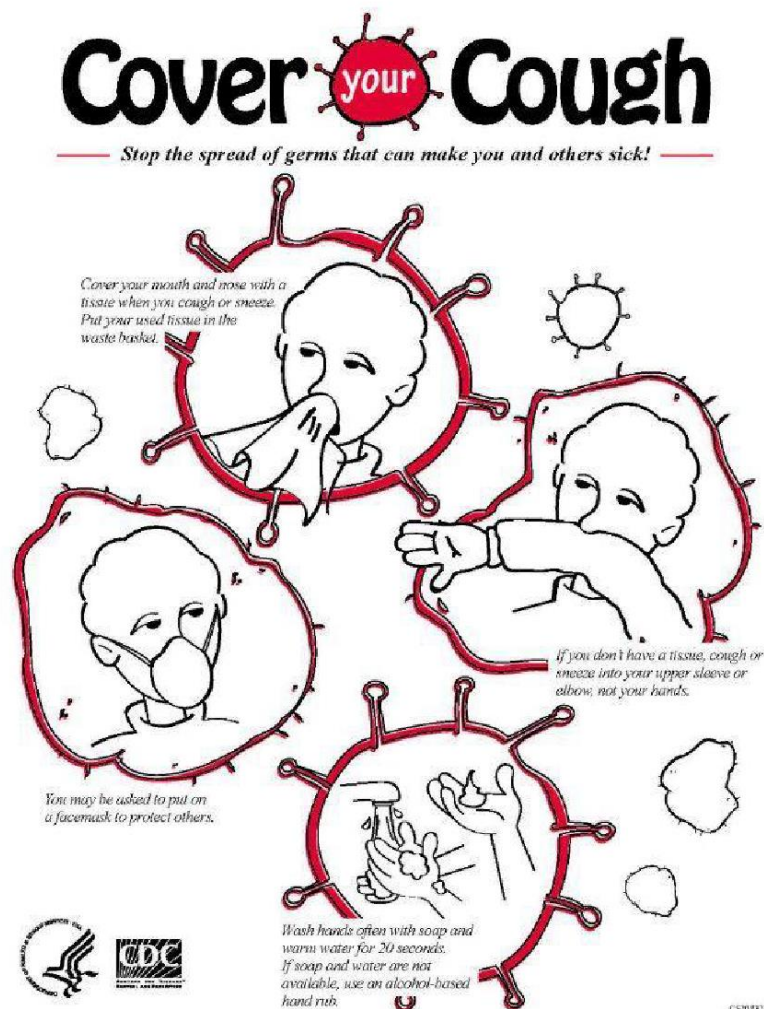


Use soap and warm running water; it does not have to be hot to be effective. If water is unavailable, use a waterless hand cleanser that has at least 70% alcohol. Follow the manufacturer's instructions on how to use the cleanser.

Respiratory Cough/Sneeze Etiquette

All members are expected to follow cough/sneeze etiquettes, which are a combination of preventative measures that minimizes the transmission of diseases via droplet or airborne routes. Cough/sneeze etiquette includes the following components:

- Cover your mouth and nose with a sleeve or tissue when coughing or sneezing
- Use tissues to contain secretions, and dispose of them promptly in a waste container
- Turn your head away from others when coughing or sneezing
- Wash hands regularly





USE OF MASKS

A Non-Medical Mask is a protective barrier worn on the face, covering at least the nose and mouth, and is used to contain large droplets generated during coughing and sneezing by the person wearing the mask. Non-Medical Masks help minimize the spread of potentially infectious material from the infected wearer to other people. Non-Medical Masks are not considered full protection.

Fit-tested N95 masks prevent infectious material from entering a member's breathing zone, First-Aid attendants must wear when working in close contact with others.

Masks are to be worn at a minute according to recommendation/ guidelines from:

- Provincial Health Officer;
- WorkSafeBC;
- City of Richmond.

Members of the public will also be required to follow mask protocols when using indoor Club facilities. They may also be refused entry or service if they do not comply. No member, volunteer, coach or manager should be challenged for choosing not to wear a face mask outdoors and at the same time requests by players or parents to wear a mask when social distancing cannot be maintained, should be respected.

PROPER MASK USE:

Wearing of the mask must be done correctly. Improper donning and removal of a face mask creates greater risk of infection. Always follow product instructions on use and storage of a mask and procedures for how to put on and remove a mask.

CLEANING AND DISINFECTING

The Club will continue to ensure routine cleaning and disinfecting is a central focus of the facilities used for Club-related activities as required by health authorities and the City of Richmond. Cleaning and disinfecting surfaces can reduce the risk of infection and the spread of communicable diseases.

PROMOTION OF MEMBER VACCINATIONS

The Club supports Public Health messaging for vaccinations against pandemic or community diseases.

REVIEW AND COMMUNICATION OF PLANS

Communicable disease events require extensive awareness communication to ensure the Club is communicating the same facts, risks and controls to keep people safe. A standardized communication plan has been put into place and is followed by the Club and its officials.