

## APPENDIX C – OUTBREAK PLAN

Early detection of symptoms will facilitate the immediate implementation of effective control measures. In addition, the early detection and immediate implementation of enhanced cleaning measures are two of the most important factors in limiting the size and length of an outbreak. An “outbreak” is two or more cases; a “case” is a single case of COVID-19.

1. Prior to program implementation, Northern British Columbia Volleyball Club (NBCVC) has identified the roles and responsibilities of staff or volunteers if a case or outbreak is reported. Executive have the authority to modify, restrict, postpone or cancel activities.
2. If a participant (including volunteers) reports they are suspected or confirmed to have COVID-19 and have been at the facility location, implement enhanced cleaning measures to reduce risk of transmission. If you are not the facility operator, notify the facility right away.
3. Implement your illness policy and advise individuals to:
  - a. Self-isolate
  - b. Monitor their symptoms daily, report respiratory illness and following the onset of any symptoms (e.g. fever, chills, cough, shortness of breath, sore throat and pain while swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite), do not return to activity until otherwise directed by physician or public health authority.
  - c. Use the COVID-19 self-assessment tool at BC COVID-19 Self-Assessment Tool to help determine if further assessment or testing for COVID-19 is needed.
  - d. Individuals can contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency.
  - e. Individuals can learn more about how to manage their illness here:  
<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/if-youare-sick>
4. In the event of a suspected case or outbreak of influenza-like-illness, immediately report and discuss the suspected outbreak with the Medical Health Officer (or delegate) at your local health authority. Implement your Illness Policy and your enhanced measures.
5. If NBCVC is contacted by a medical health officer during contact tracing, the club will cooperate with provincial and local health authorities.