

# COVID-19 Illness Policy

In this policy, “member” includes any ride participant, including ride hosts. Members are assumed to be paid members in good standing of the Dirty Girlz Bike Club, and it is the member’s responsibility to ensure they are such.

1. **Inform an individual in a position of authority (ride host, board member) 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 and loss of appetite.
2. **Assessment**
  - a. Members must do a symptom self-assessment before a group ride and attest that they are not feeling any of the COVID 19 symptoms.
  - b. If members are unsure what the symptoms are, they should use the [self-assessment tool](#) or through the COVID-19 BC Support App self-assessment tool.
3. **If a 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 during a ride, they should be sent home immediately and have them contact 8-1-1 or a doctor for further guidance.
  - c. No member may participate in a ride if they are symptomatic.
4. **If a member tests positive for COVID-19**
  - a. The member will not be permitted to return to rides until they are free of the COVID-19 virus.
  - b. Any members who work/play closely with the infected member will also be removed from rides for at least 14 days to ensure the infection does not spread further.
5. **If a member has been tested and is waiting for the results of a COVID-19 Test**
  - a. As with the confirmed case, the member must discontinue rides for 14 days.
  - b. The Public Health Agency of Canada advises that any person who has even mild symptoms to stay home and call the public health authority of B.C.
  - c. Other members who may have been exposed will be informed and removed from the rides for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.
6. **If a member has come into contact with someone who is confirmed to have COVID-19**
  - a. Members must advise the ride host or a board member if they reasonably believe they have been exposed to COVID-19.
  - b. Once the contact is confirmed, the member will not be permitted to ride for at least 14 days or as otherwise directed by public health authorities. Members who may have come into close contact with the member confirmed to have COVID-19 will also not be permitted on club rides for at least 14 days.
7. **Quarantine or Self-Isolation:**
  - a. We are in a provincial state of emergency, and the Provincial Health Officer (PHO) can make orders as needed. You must follow [the orders](#).
  - b. The PHO has stated that travel to and from Vancouver Coastal Health and Fraser Health regions is restricted to essential travel only until November 23rd. Out of an abundance

of caution, and concern for all of our members we ask that if you have been to either area or have been in contact with someone who has, that you refrain from signing up for any rides for 14 days.

- c. The BC Government mandates that unless you are exempt, all travellers returning to Canada are required by law to self-isolate for 14 days.
- d. Any member with any symptoms of COVID-19 is not permitted on a group ride and must quarantine and self-isolate.
- e. Any member from a household with someone showing symptoms of COVID-19 is not permitted on a group ride and must quarantine and self-isolate.
- f. Any member who is in quarantine or self-isolating as a result of contact with an infected person or in families who are self-isolating, is not permitted on a group ride.