

## GDH Coronavirus Response Procedure and Scenarios

To assist in following Government guidance with regards action to take following symptoms or positive Covid-19 tests

In the event of an athlete testing positive please use the UK Athletics link and inform the coach and Covid officer

<https://www.uka.org.uk/governance/health-safety/covid-19-form/>

### Scenario examples

#### The athlete household...

**1. Athlete, lives alone, is experiencing symptoms**

Self-isolate, get tested.

Do not initiate RETURN TO TRAINING until results received.

Athlete positive, self-isolate for at least 10 days.

Athlete negative, initiate RETURN TO TRAINING.

**2. Athlete, living in shared household, is experiencing symptoms**

Self-isolate with household, household gets tested.

Do not initiate RETURN TO TRAINING until results received.

Athlete positive, self-isolate for at least 10 days.

Athlete negative, household member positive, athlete self-isolates for 14 days.

Athlete negative, household member negative, initiate RETURN TO TRAINING.

**3. Athlete, living in shared household, household member is experiencing symptoms**

Self-isolate with household, household gets tested.

Household member positive, athlete negative (or untested), athlete self-isolates for 14 days.

Household member negative, athlete positive, athlete self-isolates for at least 10 days.

Household member negative, athlete negative, initiate RETURN TO TRAINING.

**4. An athlete tests negative for Covid-19, but still has a temperature and a runny nose**

Remain off-training until they feel well again, then initiate RETURN TO TRAINING.

If still developing symptoms, get tested again.

**5. An athlete who has previously tested positive for Covid-19 is experiencing symptoms again**

If you have previously tested positive but develop symptoms again, you must self-isolate for at least 10 days from onset of symptoms and be tested. Go to (1).

If you test positive, you must self-isolate for at least 10 days.

If you live in a household, all other household members must stay at home for 14 days. Go to (2).

**6. A household member of an athlete shows symptoms, but the athlete has previously tested positive for Covid-19**

The athlete must self-isolate again for 14 days.

If possible, get tested. See (3).

## NHS Test and Trace

**7. NHS Test & Trace has contacted an athlete and identified them as a 'contact' of a confirmed coronavirus case**

Athlete must inform their coach immediately.

NHS Test & Trace will advise the athlete. It is likely that the athlete will be asked to self-isolate for 14 days from their last contact with the person who has tested positive.

If the athlete experiences symptoms, they must get tested.

The athlete's household do not need to self-isolate if they do not have symptoms.

**8. An athlete lives in shared household, a household member has been told to self-isolate by NHS Test and Trace. What should the athlete do?**

The athlete is not a close contact so does not need to self-isolate providing they do not have symptoms.

They should continue to training but should inform their line coach of their household situation.

## Car Sharing

**9. Athlete, lives in a shared household, is car sharing and is experiencing symptoms**

Athlete must self-isolate with their household, household gets tested.

Do not initiate RETURN TO TRAINING until results received.

Positive result, self-isolate for at least 10 days.

Negative result, initiate RETURN TO TRAINING.

The car-sharers must also self-isolate until athletes test results are received. If negative they can initiate RETURN TO TRAINING, if positive they must self-isolate for 14 days.

If the athlete is at training at the onset of symptoms and they are not the driver of the car, then they should ask a household member to collect them from training (the household must self-isolate too) or PZ Cussons will arrange for a taxi.

**10. Athlete, lives in a shared household, is car sharing with athletes, a household member is experiencing symptoms**

Athlete must self-isolate with household, household member gets tested.

Do not initiate RETURN TO TRAINING until results received.

Positive result, self-isolate for at least 10 days.

Negative result, initiate RETURN TO TRAINING.

The car-sharers do not need to self-isolate (they are not “close contacts”).

## During Training

**11. Athlete observes a colleague who appears to be displaying symptoms, they are concerned**

If you see a fellow athlete or anyone on site who appears to be displaying symptoms, you should ask if they are feeling ok.

Athletes should ask them if they think they should go for a coronavirus test?

If athletes are ever concerned about the health of a colleague they should raise it with their coach immediately.

**12. Athlete was training with an individual who has tested positive**

Every athlete who tests positive for coronavirus must inform their coach immediately and share if they have been in close ‘contact’ within fellow athletes and detail the areas on site where they have trained.

**The GDH coach and Covid Officer:**

- Inform close ‘contacts’ as soon as possible
- Advise if you have been named to NHS Test & Trace as a close ‘contact’ (we might be able to get to you quicker than NHS Test & Trace)
- Advise if you should self-isolate
- Ensure training areas are appropriately disinfected
- And, keep all athletes updated (but we won’t be naming individuals)

**13. Athlete is training with someone who has previously tested positive for Covid-19**

**No identifiable risk, continue training as normal**

Every athlete who self-isolates due to the coronavirus, whether they test negative or positive, must complete a “Request to return to training after isolation” form, which must be approved by the Covid-19 team before they can return.

**The Covid-19 team will confirm that the athlete:**

- Is healthy and free from symptoms
- Is not taking medication that could mask a temperature or other symptoms
- Household is healthy and free from symptoms

The Covid-19 team will not allow any athlete who may pose a ‘coronavirus’ health risk to return to training.

## Close -contacts for the purpose of NHS test and trace

A close 'contact' is a person who has been close to someone who has tested positive for COVID-19 anytime from **2 days before the person was symptomatic up to 10 days from onset of symptoms** (this is when they are infectious to others).

This could be a person who:

- spends significant time in the same household
- is a sexual partner
- has had face-to-face contact (within one metre), including:
  - being coughed on
  - having skin-to-skin physical contact, or
  - contact within one metre for one minute
- has been within 2 metres of someone who has tested positive for COVID-19 for more than 15 minutes
- has travelled in a small vehicle, or in a large vehicle or plane

The contact tracers will not consider the wearing of personal protective equipment (PPE) as a mitigation when assessing whether a recent contact is likely to have risked transmitting the virus. Only full medical-grade PPE worn in health and care settings will be considered.

## How long to self-isolate

How long you need to self-isolate depends on if you have coronavirus (COVID-19) or you've been in close contact with someone who does.

<b>If you have symptoms or tested positive</b>	<b>If you live with someone who has symptoms or tested positive</b>
<p><b>Self-isolate for at least 10 days</b></p> <p>You must self-isolate for at least 10 days if:</p> <ul style="list-style-type: none"><li>• you have symptoms of coronavirus and tested positive, had an unclear result or did not have a test</li><li>• you tested positive but have not had symptoms</li></ul> <p>The 10 days starts from when your symptoms started. If you have not had symptoms, the 10 days starts from when you had the test.</p> <p><b>Stop self-isolating after 10 days if you feel OK</b></p> <p>You can stop self-isolating after 10 days if either:</p> <ul style="list-style-type: none"><li>• you do not have any symptoms</li><li>• you just have a cough or changes to your sense of smell or taste – these can last for weeks after the infection has gone</li></ul> <p><b>Keep self-isolating if you feel unwell</b></p> <p>Keep self-isolating if you have any of these symptoms after 10 days:</p> <ul style="list-style-type: none"><li>• a high temperature or feeling hot and shivery</li><li>• a runny nose or sneezing</li><li>• feeling or being sick</li><li>• diarrhoea</li><li>• loss of appetite</li></ul> <p>Only stop self-isolating when these symptoms have gone.</p> <p>If you have diarrhoea or you're being sick, stay at home until 48 hours after they've stopped.</p>	<p><b>Self-isolate for 14 days</b></p> <p>You must self-isolate for 14 days if you live with (or are in a support bubble with) someone who:</p> <ul style="list-style-type: none"><li>• has symptoms of coronavirus and tested positive, had an unclear result or did not have a test</li><li>• tested positive but has not had symptoms</li></ul> <p>The 14 days starts from:</p> <ul style="list-style-type: none"><li>• when the first person in your home or support bubble started having symptoms</li><li>• the day they were tested, if they have not had symptoms</li></ul> <p>This is because it can take 14 days for symptoms to appear.</p> <p><b>Stop self-isolating after 14 days if you do not get symptoms</b></p> <p>You can stop self-isolating after 14 days if you do not get any symptoms.</p> <p><b>Keep self-isolating and get a test if you get symptoms</b></p> <p>Get a test to check if you have coronavirus if you get symptoms while you're self-isolating.</p> <p>If your test is negative, you must keep self-isolating for the rest of the 14 days.</p> <p>If your test is positive, you must self-isolate for 10 days from when your symptoms started. This might mean you're self-isolating for longer than 14 days overall.</p>
<p><b>If you've been told to self-isolate by NHS Test and Trace, self-isolate for 14 days.</b></p>	