

Covid-19 Protocol for players, coaches and clubs

Developed in conjunction with Public Health England

A coach/player develops COVID symptoms

1. You should self-isolate for at least 10 days from when your symptoms started and arrange a test - via nhs.uk or call 119
2. Coach/player should not attend training/games or any other setting until you have your result - see

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>

Positive result

- Isolate for at least 10 days from when symptoms started (no matter how mild)
- After 10 days, if you still have a temperature you should continue to self-isolate and seek medical advice. You do not need to self-isolate after 10 days if you only have a cough or loss of sense of smell or taste, as these symptoms can last for several weeks after the infection has gone
- Household / close contacts who live with the case, must stay at home and not leave the house for 14 days. If they develop symptoms, they need to arrange a test.
- NHS Test and Trace / Public Health England, Health Protection maybe be in contact with the case, the player or coach affected should provide all details of any football game / training they have been involved in.

A coach / player who has tested positive but has no symptoms

- You should self-isolate for 10 days, from the date the test was taken.
- Household/close contacts who live with the case, must stay at home and not leave the house for 14 days. If they develop symptoms, they need to arrange a test. here:

<https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/get-a-test-to-check-if-you-have-coronavirus/>

- NHS Test and Trace / Public Health England, Health Protection maybe be in contact with the player/coach - please provide all details of any football game / training you have been involved in.

IMPORTANT

Players/coaches do not require testing if they don't have symptoms or even if you have been advised to self-isolate as a household /close contact of a confirmed case. However, if you develop symptoms they should self-isolate immediately and arrange testing. See link below for further info:

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/906663/20203007_Easy_read_household_isolation_v3.1.pdf

If a player/coach has been identified as a close contact and has been tested and is negative, you should still continue to self-isolate for the 14 days if asymptomatic or 10 days if symptomatic.

Coaches - if you are aware of a coach/player who has confirmed as a positive case, **please contact Public Health England, Health Protection Team who will support you undertaking a risk assessment, on 0300 303 8596 option 1.**

They will support and advise who will need isolating and can support in providing information.