

COMMUNITY GAME TEST AND TRACE PROTOCOL



RFL Community Game Guidance

The purpose of this guidance is to set out the processes and procedures in place to monitor any Covid-19 reported cases relating to participants within the Community Game. It aligns to the Return to Recreational Team Sports Framework.

Pre-Attendance Symptom Check

All players, officials, and volunteers must undergo a self-assessment for any Covid-19 symptoms as set out in the section below before leaving home to participate in the sport.

Screening Register (for Rugby League Training Activity)

A screening register has been created to assist Clubs in recording participants' attendance at training sessions. This will assist in supporting the government's Test & Trace procedure. A template for this can be found [HERE](#) (PDF) or [HERE](#) (EXCEL); each player involved should be listed on the register and are required as a condition of participation to answer the screening questions indicated below. If a player answers yes to any of the screening questions they should not partake in any activity. Clubs should retain copies of all registers for their own records.

All records must be kept for 21 days in a way that is manageable for their Club. All Clubs shall assist NHS Test and Trace with requests for that data if needed.

EACH PARTICIPANT SHOULD SELF-SCREEN PRIOR TO ARRIVAL AT TRAINING TO ENSURE THEY DO NOT HAVE ANY OF THE FOLLOWING SYMPTOMS [CONFIRMED BY A PARENT FOR THOSE UNDERAGE OF 18], AS THESE ARE POTENTIAL INDICATORS OF COVID-19 INFECTION.	TICK IF PRESENT
A high temperature (37.8C or higher) All Clubs must ensure they undertake an on-site temperature check of participants as part of their screening process.	
A new continuous cough	
Shortness of breath	
Loss of or change in normal sense of taste or smell.	
Feeling more run down/tired/ fatigued than usual or generally unwell.	
Any generalised muscle aches or pain not related to sporting activity which you haven't had before	
Currently isolating due to: 1. being in close contact with someone who tested positive for Covid-19 or began developing Covid-19 symptoms in the last 10 days 2. been told to isolate by NHS Test & Trace or the NHS App	
In the past 10 days have you returned from travel to an area where government quarantine restrictions are in place	

Reminder that if anyone does tick any of the above then they should not take part in any activity. If they refuse to complete the check then they should also not be permitted to take part in activity.

Screening Register for Participants (for Match Days)

For match days the above process will apply for all participants, including match officials and coaches. Both Clubs must ensure that they complete the check list above for their own team. The home Club will be responsible for checking the match official. To facilitate this the away team must ensure they bring a digital thermometer.

COMMUNITY GAME TEST AND TRACE PROTOCOL



All records must be kept for 21 days.

Reporting Symptoms

All participants (players, coaches, support staff) have a responsibility to notify the Club Covid Officer should they display symptoms of Covid-19 as detailed below, or if they have a positive Covid-19 test (irrespective of symptoms) within 48 hours of a training session and/or match.

- A high temperature
- A new, continuous cough
- A loss of, or change to, their sense of smell or taste

Anyone with symptoms should ask for an NHS test online or phone to arrange a test by calling 119. The Club Covid Officer shall reinforce this to relevant individual.

They must complete the test within 5 days of the symptoms starting.

Guidance for Clubs following a Positive Test

If there is a positive test for a player there is no automatic need for other players who took part in activity (training or matches) to self-isolate provided that the activity was delivered in accordance with our Action Plan and Guidelines.

If a Club is notified of a confirmed positive case, then they must conduct an analysis to identify close contacts. I.e., whether there are any individuals who are 'increased risk contact(s)' of the individual who has tested positive as defined by the Team Sport Risk Exposure Framework or close contacts of the individual who has tested positive as defined by the government guidelines.

As part of the NHS Test and Trace process NHS Test and Trace will identify those deemed as close contacts. In the event of NHS Test and Trace contact an individual they must isolate in line with their instructions provided.

It should be noted that local authorities and/or Government do have the power to insist on self-isolation based on prevalence in the Community at that time and their assessment of the factors involved in each case (as necessary). Where local authorities and/or Government intervene and instruct all individuals involved in an identified close contact event within a Rugby League environment to self-isolate, this takes precedence.

Isolation Requirements

A Club Covid Officer must report any positive tests within Teams by completing a COVID-19 incident report form available [HERE](#).

Should a participant test positive they will be required to isolate for a minimum of 10 days and follow the guidance in the Community Game Covid-19 First Aid Guidelines regarding returning to training.

If a player tests positive, as part of their dialogue with NHS Test and Trace they must declare their involvement with RL activity if this was within 48 hours of the test and/or initial symptoms and provide the Test and Trace service with the contact details of their Club Covid Officer. The Club must cooperate with NHS Test and Trace with any questions they may have and inform the RFL should there be any additional requirement for participants to isolate.

Dealing with Multiple Cases

Clubs are required to report multiple cases, when two or more people who later tested positive for COVID-19, within a Rugby League environment, to NHS Test and Trace in accordance with the government guidelines which can be found [HERE](#)

COMMUNITY GAME TEST AND TRACE PROTOCOL



- If you are asked to provide these records you must share them with NHS Test and Trace straight away. You are legally required to share this information as soon as possible – you must not delay. If you do not have a record of participants to share, or if you do not share these promptly, then this will be reported to your local environmental health officers to investigate further.

- Where there are Multiple Cases within a team, unless otherwise determined, the RFL will:
 - Contact the Club Covid Officer of the affected team(s) and stand them down from all activity for 10 days following the last close contact with a known positive case. In the event the positive tests follow a match then the opponents of the team(s) will be contacted and informed that there are reported positive cases.
 - Where affected Clubs have scheduled fixtures within the 10 days following the last close contact with a known positive case, these will be postponed, and the Competition Administrator will inform the Clubs and the relevant Competitions. For the avoidance of doubt, no training must take place within this 10-day period.
 - Our expectation is that Test and Trace would pick up directly with participants the need to isolate.

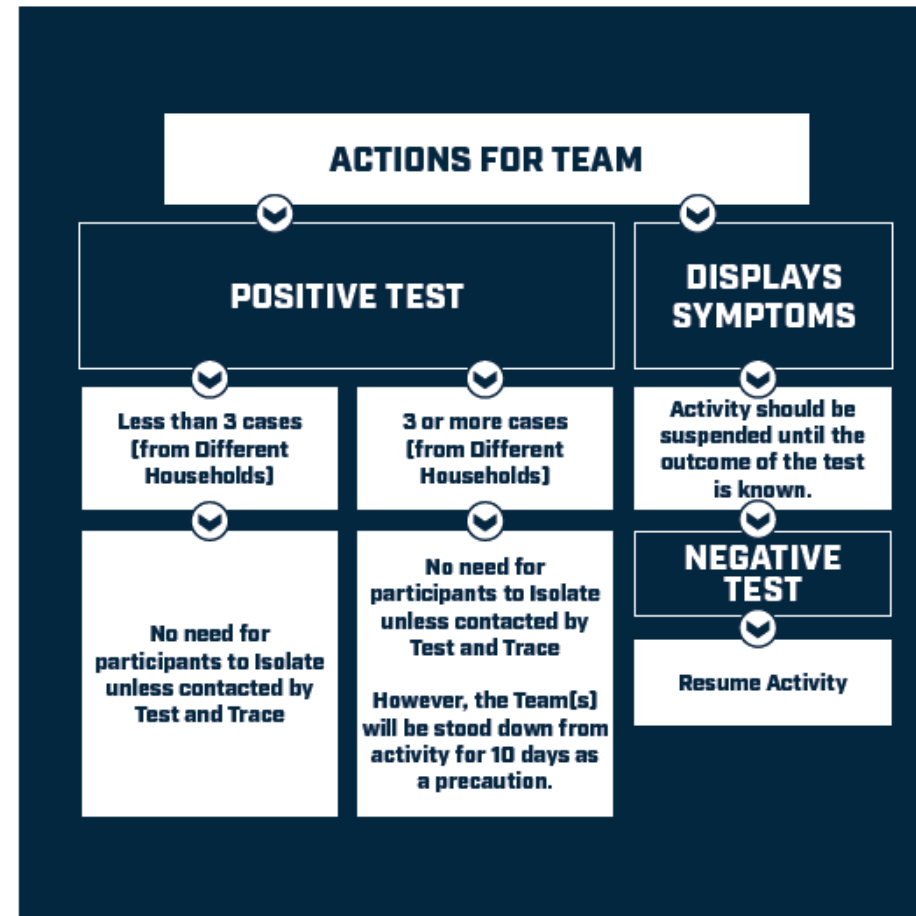
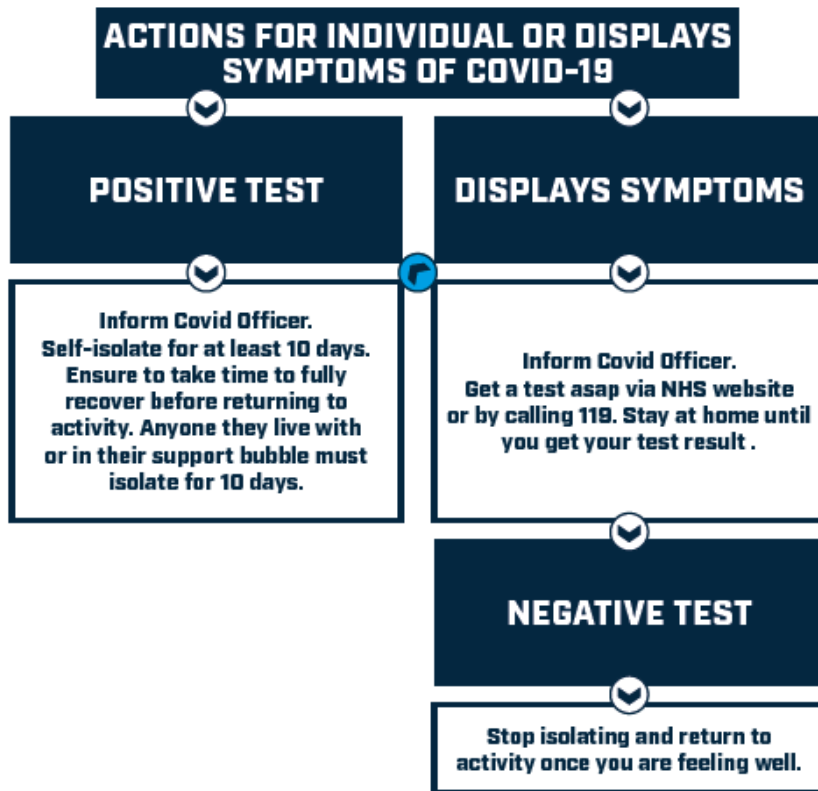
For the purpose of this clause the definition of Multiple Cases is three or more from different households within a 10-day period. The rationale for this is to prevent potential spread of the virus to other participants within the affected team.

A flowchart has been created to assist in helping individuals and clubs to understand what they must do in the event they either display symptoms or test positive.



TEST & TRACE PROTOCOLS FOR RUGBY LEAGUE ACTIVITY

INDIVIDUAL TESTS POSITIVE OR DISPLAYS SYMPTOMS OF COVID-19



COMMUNITY GAME TEST AND TRACE PROTOCOL



RFL COVID-19 Incident Reporting Form

In the event a participant is diagnosed with Covid-19 then the Club Covid Officer must complete an RFL Covid-19 Incident Report Form.

Questions

1. Covid Officer Name
2. Email Address
3. Name of Club
4. Name of team/age group affected
5. Date Covid Test Taken
6. Date of last session/match attended
7. In the previous 14 days, has the COVID-19 positive person had any known contact with a COVID-19 positive person in the community (including school/college/workplace/household)?
8. Has the COVID-19 positive person been on any foreign travel in the last 14 days?
9. Did the individual test positive whilst isolating as a community close contact?
10. Did the individual test positive whilst isolating due to a rugby league activity close contact?
11. How many matches has the COVID-19 positive person played in, in the last 14 days?
12. If you have indicated the individual has been involved in matches in the last 14 days, please list the teams played in these matches along with dates of fixtures
13. How many COVID-19 positive cases has there been in the team in the last 14 days?
14. How many COVID-19 positive cases has there been in the Club in the last 14 days?
15. How many close contacts have been identified at the club for the COVID-19 positive person?
16. Has any specific PHE/NHS Test & Trace advice been given? If so what was this?
17. Please confirm the level of activity the individual who has tested positive had been involved in – Touch/Tag, Contact Training, Match Activity, Non-Playing Socially Distanced
18. Are you happy for the anonymised information submitted to be used by the RFL for research and development, furthering our understanding of COVID-19 risks and transmission in rugby league?
19. Please advise of any further information that will help us assist you in managing this COVID-19 related issue.

COMMUNITY GAME TEST AND TRACE PROTOCOL



SUMMARY OF COVID-19 PROCESSES FOR COMMUNITY RUGBY LEAGUE FOR PARENTS AND PLAYERS

What to do if...	Action needed	Return to Activity when...
<p>Any participant (player, coach, volunteer) has Covid-19 symptoms:</p> <ul style="list-style-type: none"> • HIGH TEMPERATURE – this means they feel hot to touch on chest or back • A NEW CONTINUOUS COUGH – this means coughing a lot for more than an hour or 3 or more coughing episodes in 24hrs • A LOSS OR CHANGE TO YOUR SENSE OF SMELL OR TASTE <p>(Please also refer to the pre-attendance screening register for additional symptoms).</p>	<p>DO NOT ATTEND THE CLUB Covid Officer to contact the RFL and inform other participants of affected team if the individual has been at training within 48 hrs prior. Individual's household should self-isolate while getting the symptomatic person tested. (This is in accordance with the government advice on household isolation) Activity should be suspended for the affected team whilst test result is confirmed. Get a test. INFORM RFL OF THE TEST RESULT</p>	<p>The test comes back negative and if the fever is gone.</p> <p>Participants can return with a cough after a negative test as this can last for some time.</p>
<p>Participant tests positive for Covid-19 with or without symptoms</p>	<p>DO NOT ATTEND THE CLUB Contact the RFL to inform. Quarantine the individual and household for a minimum of 10days. Activity should be suspended for 10 days from the date the individual last attended a session. If engaging in increased risk or match activity all affected participants will also need to self-isolate for 10 days.</p>	<p>10 days has passed, and they have had no symptoms and feel better Can return with a cough / change of taste/smell as these symptoms can last for several weeks. Follow the Return to Activity advice within the First Aid Standards.</p>
<p>Participant tests negative</p>	<p>CONTACT THE RFL TO CONFIRM</p>	<p>The test comes back negative.</p>
<p>Participant is ill with symptoms not linked to Covid-19</p>	<p>Please remain at home until you are well.</p>	<p>For sickness/diarrhoea MUST be clear for 48 hours before returning to activity. Only return to training when feeling 100% well.</p>
<p>Someone in your household has Covid-19 symptoms</p>	<p>DO NOT ATTEND THE CLUB</p>	<p>When person with symptoms gets a negative test.</p>

COMMUNITY GAME TEST AND TRACE PROTOCOL



	Whole household should self-isolate until person with symptoms tests negative.	
Someone in your household tests positive for Covid-19	DO NOT ATTEND THE CLUB Participant isolates at home for 10 days.	The participant has completed 10 days isolation at home.
NHS test & trace has identified participant has been in close contact of someone with a confirmed case of Covid-19	DO NOT ATTEND THE CLUB Participant isolates at home for 10 days.	The participant has completed 10 days isolation at home.
Participant has travelled and has to self-isolate as part of a period of quarantine	DO NOT ATTEND THE CLUB Participant isolates for period of time as set out by government, details available HERE .	The quarantine period has been completed.
Participant OR HOUSEHOLD MEMBER received medical advice that they must resume shielding	DO NOT ATTEND THE CLUB Participant shields until they are informed that restrictions are lifted, and shielding is paused again.	You are informed that shielding advice has been lifted and can therefore resume activity
Have conditions listed as moderate risk of Covid-19 infection	Seek medical review to understand risks to self (or household member) should you develop Covid-19 to make an informed decision whether to participate in RL.	On basis of informed decision