

# 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 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	
A sore throat	
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 which you haven't had before	
Been in close contact with/living with a suspected or confirmed case of COVID-19 in the previous two weeks or have been told to isolate by Test and Trace?	
In the past 14 days has anyone in your household displayed symptoms of COVID-19?  As defined by the NHS as: <ul style="list-style-type: none"><li>• A high temperature</li><li>• A new, continuous cough</li><li>• A loss of, or change to, their sense of smell or taste</li></ul> Other than where they have had a negative Covid Test following those symptoms (and have not otherwise been diagnosed with Covid).	
In the past 14 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.**

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## Screening Register (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.

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.

## Isolation Requirements

Where a Club Covid Officer receives a notification in accordance with the above, he/she:

1. Where there has been training and the relevant individual is experiencing symptoms, inform the relevant Training Close Contacts that there has been an individual with whom they have been in close contact who has reported symptoms and that accordingly they should not be involved in any Rugby League activity for 14 days (unless and until the individual receives a negative Covid-19 test result (and is not otherwise diagnosed with Covid-19).
2. Where there has been training and the relevant individual has tested positive, inform the relevant Training Close Contacts that there has been an individual with whom they have been in close contact who has tested positive for Covid-19 and that accordingly they should isolate for 14 days in line with NHS Test and Trace.
3. Where there has been a match, inform the rest of that participant's team that there has been an individual within the group who has reported symptoms or has tested positive and advise in accordance with 1) and 2) above.
4. Inform the RFL:
  - a. Where there has been match activity and the relevant individual is experiencing symptoms, the RFL will inform the opposition team that there has been an individual within the match who has reported symptoms and that accordingly they should not be involved in any Rugby League activity for 14 days (unless and until the individual receives a negative Covid-19 test result and is not otherwise diagnosed with Covid-19)
  - b. Where there has been match activity and the relevant individual has tested positive, the RFL will inform the opposition team that there has been an individual within the match who has tested positive and that accordingly they should isolate for 14 days in line with NHS Test and Trace
5. Keep the RFL updated as soon as any test result is known.

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For the purpose of the above:

- Training Close Contacts are classed as those that were training within a pod with the relevant individual. This only applied when taking part in increased risk training activity.
- During matches close contact will be classed as ALL participants that took part in the match including coaches, save where the coach is confident, they have always maintained social distance. (with the exception of match officials who should have maintained social distance rules).

There should not be any RL activity for any affected teams until the results of any Covid-19 tests are known. If the test is positive activity should be suspended for 14 days from the last session / relevant match. In a match setting both teams will be required to isolate for 14 days should there be a positive test (and the RFL will remove both teams for the fixture list for the relevant period). If the test comes back negative (and assuming the individual has not otherwise been diagnosed with Covid-19) activity for both teams may resume.

Should a participant test positive they will be required to isolate for a minimum of 10 days and follow the guidance in the First Aid standards regarding returning to training.

If a player tests positive, as part of their dialogue with Test and Trace they must declare their involvement with RL activity within 48 hours and provide the Test and Trace service with the contact details of their Club Covid Officer. The Club Covid Officer must provide the details of all individuals at that Club and, in the event, this was after a match, confirm the name of the opposition Club. For the avoidance of doubt if they have been in contact with anyone else within RL which falls outside of the Action Plan, then they should declare this to Test and Trace.

Any player who is asked to isolate as a result of Rugby League activity and subsequently tests positive for Covid-19 should ensure that the Club Covid Officer is informed and in turn the Club Covid Officer must inform the RFL. This is important as we seek to understand if and how Covid-19 is transferred within the game.

The name of the infected individual is not to be disclosed to protect anonymity.

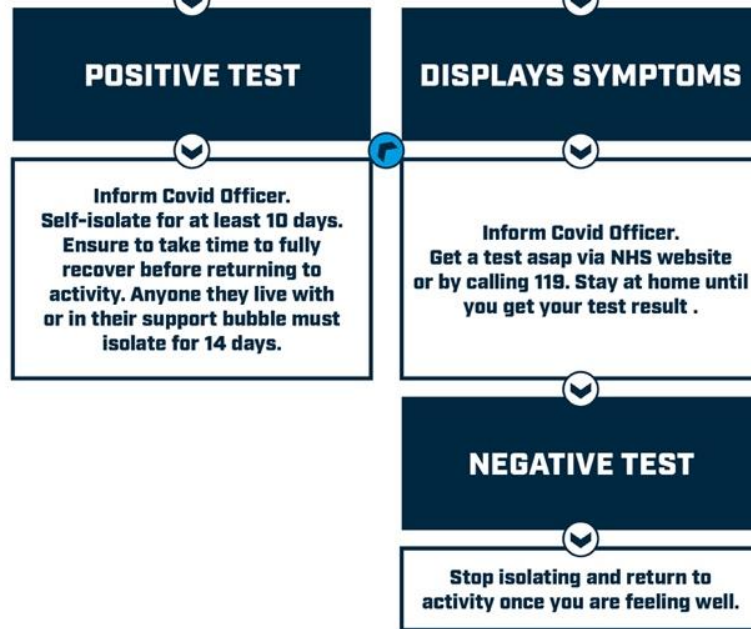
A flowchart has been created to assist in helping individuals and clubs to understand what they must do in the event they either display symptoms or test positive.



# TEST & TRACE PROTOCOLS FOR RUGBY LEAGUE ACTIVITY

## INDIVIDUAL TESTS POSITIVE OR DISPLAYS SYMPTOMS OF COVID-19

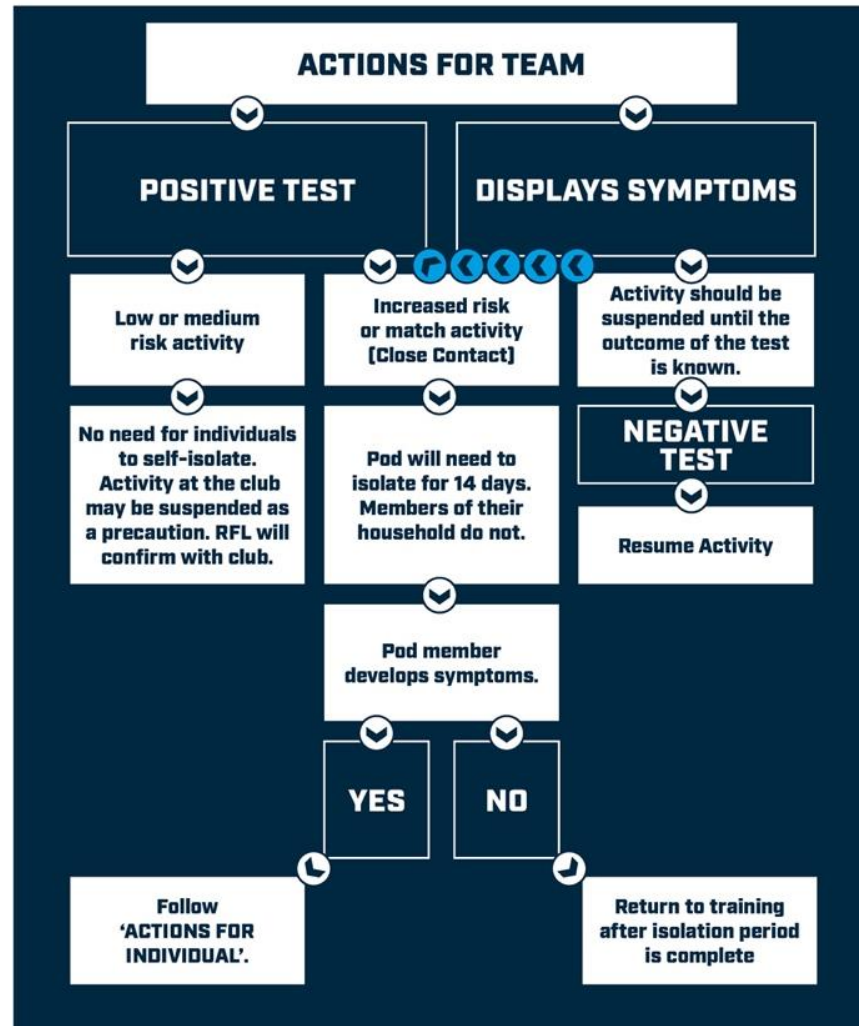
### ACTIONS FOR INDIVIDUAL OR DISPLAYS SYMPTOMS OF COVID-19



**What is a close contact:** Training Close Contacts are classed as those that were training within a pod with the relevant individual. This only applied when taking part in increased risk training activity.

During matches close contacts will be classed as ALL participants that took part in the match including coaches, save where the coach is confident, they have always maintained social distance [with the exception of match officials who should have maintained social distance rules].

### ACTIONS FOR TEAM



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## **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. Club Name
3. Contact Email
4. Contact Number
5. Incident Type – Club member diagnosed with Covid-19/Covid-19 related concern
6. What role does the individual undertake at the club (e.g player, coach, volunteer)?
7. How was the individual diagnosed – Club screening protocols/Medical testing – After displaying symptoms/Medical testing – At Work or Education/Medical testing – Due to a household member or similar testing positive/Self diagnosed/other
8. What date did the diagnosis take place –
9. How many club sessions did the individual attend within 48 hrs of their diagnosis?
10. How many games has the individual been a part of within the last 48hrs?
11. How many players, coaches, support staff and parents have potentially been in close contact with the individual – as per Test and Trace criteria below
12. Have you informed the infected individual to remain in isolation for 14-days as per Government guidance? – Yes/No
13. Please confirm the level of activity the individual who has tested positive had been involved in – Small Group Activity Socially Distanced/Large Group Activity Socially Distanced/Medium Risk Activity – Touch or Tag/Medium Risk Activity Limited Contact/Other
14. Please advise of any further information that will help us assist you in managing this Covid-19 related issue:

A copy of the form can be found [HERE](#)

Once the RFL receives a report of a Covid-19 case the RFL will contact the Club to obtain additional information. This is then logged on a central file. The RFL needs to understand the following:

### **Covid-19 Entering an environment**

How does someone with Covid-19 enter a training session or game situation?

Understand

- Did they get this at the session or before?
- Did they have or develop symptoms?
- Did they complete / how did they get past the pre-symptom checks or screening?

Additional Questions

- How did they travel to training?
- Do any members of the family have Covid-19 or Covid-19 symptoms?
- Does anyone at school or work have it or showed symptoms?
- Have they, since the last training session (up to 3 days before), been involved in any social activities e.g. socialised with friends, visited a restaurant etc.

### **Spreading within the environment**

When someone with Covid-19 is in a training session how do we limit it from spreading to other people in the session?

Understand

- Who was the first to have it? Or how many people have it?

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- Are they Asymptomatic?
- Did they complete / how did they get past the pre symptom checks or screening?

### Additional Questions

- Did the infected members train together?
- What was the type of activity i.e. medium etc.
- Was all other guidance being followed? e.g. cleaning balls etc.
- Did the infected members socialise outside of training? e.g. do they go to school/work together, travel together, socialised together

### Spreading between environments

When someone with Covid-19 plays a game against another team, how does it spread?

#### Understand

- Is it clear that someone within the team had the virus prior to the match, and no one on the other team had it before hand?
- Are they Asymptomatic?
- Did they complete / how did they get past the pre symptom checks or screening?

#### Additional Questions

- Do members of both teams socialise together outside of rugby e.g. school or work?
- Check to see the level of contact if video is available
- Was all other guidance being followed? e.g. cleaning balls etc.

### Spectators

The guidance issued by DCMS on the return to recreational team sport has recently been amended to include more detail on the presence of spectators at matches.

Supporters, parents, and other spectators shall remain socially distanced whilst attending any matches. Spectator groups must be restricted to discrete six person gathering limits and spread out, in line with wider government guidance.

Where it is anticipated that an activity will attract spectators, there should be a named person or persons with responsibility for ensuring adherence with these guidelines. The person should carry out and publish a risk assessment for the activity which limits the number of spectators and focuses on the need to maintain social distancing on arrival, for the duration of the activity, and on departure.

Once we commence matches further guidance will be provided on how Clubs should collect spectator information.

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### 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"> <li>• <b>HIGH TEMPERATURE</b> – this means they feel hot to touch on chest or back</li> <li>• <b>A NEW CONTINUOUS COUGH</b> – this means coughing a lot for more than an hour or 3 or more coughing episodes in 24hrs</li> <li>• <b>A LOSS OR CHANGE TO YOUR SENSE OF SMELL OR TASTE</b></li> </ul> <p>(Please also refer to the pre-attendance screening register for additional symptoms).</p>	<p><b>DO NOT ATTEND THE CLUB</b>                      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.  <b>INFORM RFL OF THE TEST RESULT</b></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><b>DO NOT ATTEND THE CLUB</b>                      Contact the RFL to inform.                      Quarantine the household for 14 days and the patient for a minimum of ten days.                      Activity should be suspended for 14 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 14 days.</p>	<p>Ten days has passed, and they have had no symptoms and felt better for at least 7 days.                      Household must quarantine for 14 days.                      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><b>CONTACT THE RFL TO CONFIRM</b></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 <b>MUST</b> be clear for 48 hours before returning to activity.                      Only return to training when feeling 100% well.</p>

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Someone in your household has Covid-19 symptoms	<b>DO NOT ATTEND THE CLUB</b> Whole household should self-isolate until person with symptoms tests negative.	When person with symptoms gets a negative test.
Someone in your household tests positive for Covid-19	<b>DO NOT ATTEND THE CLUB</b> Participant isolates at home for 14 days.	The participant has completed 14 days isolation at home.
NHS test & trace has identified participant has been in close contact of someone with a confirmed case of Covid-19	<b>DO NOT ATTEND THE CLUB</b> Participant isolates at home for 14 days.	The participant has completed 14 days isolation at home.
Participant has travelled and has to self-isolate as part of a period of quarantine	<b>DO NOT ATTEND THE CLUB</b> Participant isolates for 14 days from return date.	The quarantine period of 14 days has been completed.
Participant OR HOUSEHOLD MEMBER received medical advice that they must resume shielding	<b>DO NOT ATTEND THE CLUB</b> 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