

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.</p> <p>Individual’s household should self-isolate while getting the symptomatic person tested. (This is in accordance with the government advice on household isolation)</p> <p>Activity should be suspended for the affected team whilst test result is confirmed.</p> <p>Get a test.</p> <p>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.</p> <p>Quarantine the household for 14 days and the patient for a minimum of ten days.</p> <p>Activity should be suspended for 14 days from the date the individual last attended a session.</p> <p>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.</p> <p>Household must quarantine for 14 days.</p> <p>Can return with a cough / change of taste/smell as these symptoms can last for several weeks.</p> <p>Follow the Return to Activity advice within the First Aid Standards found HERE.</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>

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Someone in your household has Covid-19 symptoms	DO NOT ATTEND THE CLUB 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	DO NOT ATTEND THE CLUB 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	DO NOT ATTEND THE CLUB 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	DO NOT ATTEND THE CLUB 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	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