

Contraction of COVID-19 Action Plan

All athletes, coaches & other members of staff, regardless of whether they are resuming training in a facility which has received/is expected to receive dispensation from the Government of Ireland/Northern Ireland Executive (the NAC, the UL Sport Arena and/or Bangor Aurora), or in a club-based environment (once facilities have been allowed to re-open) will be required to complete a daily COVID-19 screening questionnaire, prior to entering a facility. The screening relates to whether such a person is experiencing any COVID-19 symptoms.

IF SUCH A PERSON ANSWERS YES TO ANY OF THE SYMPTOMS, THEY ARE NOT PERMITTED TO TRAVEL TO THE TRAINING VENUE/ATTEND TRAINING AND ARE TO FOLLOW THE STANDARD HSE/PHA GUIDELINES WITH REGARDS TO COVID-19 SYMPTOMS.

If such a person is to test positive for COVID-19, the following procedures need to be adhered to.

For clubs where an individual tests positive for COVID-19:

- The Lead COVID-19 Officer will need to take charge of this process and undertake the following:
 - Inform members and the facility that a case of COVID-19 has been confirmed within the club.
 - It is important that the club does not identify who the member is, just inform club members a case has been confirmed.
 - Inform members that the HSE are now managing the contact tracing process and they will be in contact with individual members if they deem necessary.
 - Provide support to the HSE throughout the contact tracing process (this is where attendance records and self-report screening forms are very important).
- If a COVID-19 case is identified within the club, no athlete movements, or additions to coaching groups within the club can take place for a 14-day period from the day that the case was identified.

For an individual who tests positive for COVID-19:

- You will be contacted by a member of the Public Health team to confirm that you have tested positively for COVID-19
- You will be asked to supply them with the names and contact details of those who you have been in close contact with (Contact Tracing)
- You will need to self-isolate until both of the following apply:
 - 1) You have had no fever for **5 days**
 - 2) It has been **14 days** since you first developed symptoms

For a return to the training environment, clearance should be sought from an individual's own GP and ratified by the COVID-19 Officer/Committee

For individuals who have been in close contact with someone who has tested positive for COVID-19:

- As a guide, close contact can mean:
 - 1) Spending more than 15 minutes of face-to-face contact within 2 metres of an infected person in any setting
 - 2) Living in the same house or shared accommodation as that of an infected person

- If you are a close contact, you should restrict your movements. This means avoiding contact with other people and social situations as much as possible. During this time, you would not be able to attend training.
 - This will last until **14 days after the last time you came into contact with the person** who has been diagnosed with COVID-19
 - During this time, you may be contacted by someone from the Contact Tracing team, who will be able to give you further advice
 - If during this time, you develop COVID-19 symptoms, you should contact your GP and start to self-isolate
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The above does not constitute formal medical advice/guidance. Your GP should be your first and primary point of contact. They will be in a position to refer you for testing, and/or to give you specific advice on whether you need to self-isolate or restrict your movements.

At all times, the relevant jurisdiction specific guidelines pertaining to COVID-19 should be adhered to:

- The HSE - <https://www2.hse.ie/coronavirus/>
- The PHA - <https://www.publichealth.hscni.net/covid-19-coronavirus>