

Suspected Case 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 an individual within the club has a suspected case of COVID-19, the following procedures need to be adhered to.

For clubs where an individual has a suspected case / shows symptoms during a training session:

The COVID-19 Officer covering the session will need to take charge of this process and undertake the following:

- Immediately separate the person displaying or complaining of COVID-19 related symptoms from others. They should be asked to proceed to the isolation area within the facility.
- The COVID-19 Officer must inform the facility so they can put their procedure in place
- The COVID-19 Officer will work with the facility to take charge of the management of any persons with COVID-19 symptoms.
- The COVID-19 Officer should try to maintain at least 2 metres from the person with symptoms and should wear a face covering and wash their hands regularly.
- Ask this person to wear a face covering if possible or if available provide them with a facemask.
- Provide the unwell person with tissues and hand sanitizer and ensure that all tissues are disposed of in a waste bag. This waste bag then needs to be tied inside a second waste bag and clearly marked. It will need to be stored securely for 72 hours before it can be disposed of in general waste.
- If they are well enough to go home, arrange for them to be transported home by a parent/carer, as soon as possible and advise them to inform their GP by phone of their symptoms. Parents/carers must remain within 5 minutes of the facility for the duration of the training session.
- If they are too unwell to go home or advice is required, contact 999 or 112 and inform them that the unwell person is a suspected COVID-19 case.
- No reusable medical equipment should be returned to service without being cleaned/disinfected. Disposable PPE and any waste should be disposed of appropriately, as above.
- Keep record of individuals who have been isolated, due to suspected COVID-19 and notify the Lead COVID-19 Officer
- Keep record of restrictions imposed on individuals by COVID-19 protocols

In the event of a suspected case of COVID-19, the facility is required to provide a designated isolation area and have a Suspected COVID-19 procedure in place.

The designated isolation area should be equipped with the following:

- Face masks
- Hand sanitiser
- Tissues
- Disposal gloves & aprons
- Waste disposal facilities

For clubs where an individual has a suspected case / shows symptoms outside of a training session:

- It is important that the individual does not attend any training session and advises the Lead COVID-19 Officer of any symptoms.

For anyone showing symptoms (during or outside of training)

- They will need to contact their GP and they must remain away from club activities for 14 days or provide a negative COVID-19 test result to the Lead COVID-19 Officer.

HSE then further advises - If your GP decides that you do not need to be tested, you will still be asked to stay home and self-isolate for 14 days. The people in their household will need to restrict their movements also.

For individuals who have been in close contact with a suspected case of COVID-19:

As a guide, close contact can mean:

- Spending more than 15 minutes of face-to-face contact within 2 metres of an infected person in any setting
- 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 or they return a negative test result
- If during this time, you develop COVID-19 symptoms, you should contact your GP and start to self-isolate

It is important to note that if clubs are adhering to strict social distancing guidelines, there should be no close contact within a training session.

If at any times an individual returns a positive test for COVID-19 the club must then follow the Swim Ireland Contraction of COVID-19 action plan.

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>