

CORONAVIRUS (COVID-19)

Managing a Confirmed or Suspected COVID -19 Case: **A Guide for Sports**

Key Actions for Sports Clubs



Perform a risk assessment



Develop a COVID-19 plan



Have a designated isolation area



Maintain records for contact tracing for 21 days



Encourage use of the StopCOVID NI App

Managing an Individual with symptoms



1 Individual develops key COVID symptoms - New continuous cough, high temp or change in taste/smell



2 Advise to put on face covering



3 Advise to leave immediately by their own transport or via a household member, who has been a close contact in the previous 48 hours



4 If not able to leave immediately - move to designated isolation area



5 If isolation area is used Minimise personnel, wear face covering and use PPE if social distance not maintained



6 If too unwell for home, contact an ambulance (999) and inform them of suspected case



7 Continue session if no other concerns Arrange deep-clean of all affected areas to required standards prior to future use*



8 For athlete at home advise Self and household isolation



* <https://www.gov.uk/government/publications/covid-19-decontamination-in-non-healthcare-settings/covid-19-decontamination-in-non-healthcare-settings#left-area>

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Managing an Individual with symptoms contd



9 If symptoms are present, arrange a COVID test.** You may also want to contact your GP for advice



10 Self isolation for at least 10 days and household isolation for 14 days depending on test outcomes



11 **Negative test** - Athlete is safe to resume activity provided:
- All in household with symptoms have tested negative
- Athlete is well with no raised temp for 48 hours
- They are not a close contact of a confirmed case



12 **Positive test** - Athlete to isolate for at least 10 days: Club to cooperate with PHA contact tracers to identify potential close contacts Athlete should rest at least 14 days and make a graduated return to sport following medical clearance - see SportNI specific guidance***



13 For an isolated case, it is unlikely the club will need to close.



14 If two or more cases/suspected cases are present, the club should seek PHA guidance



15 If you have NO symptoms, await contact from PHA contact tracers prior to arranging a test



16 Close contacts will be asked to self-isolate for 14 days. The contact tracing service or PHA will determine close contacts following a risk assessment

** Visit nidirect.gov.uk/coronavirus to book a test online or call 119

*** www.sportni.net/return-to-sport/sports-medicine/