

MEMBER CLUB PLAYER & TEAM MANAGEMENT GUIDANCE NOTES ON CORONAVIRUS

Has the person been tested positive for coronavirus?

If yes, stay at home and contact Test and Trace with details of all those you have been in close contact with.

If there is concern that the person has been in close contact with the squad and may put the playing of a fixture in jeopardy, contact Jason Mills to discuss the matter, or Anthony Hughes if he is unavailable.

If no, continue as usual.

Does the person have coronavirus symptoms (i.e. high temperature, new continuous cough, a loss of or change to their sense of smell or taste)?

If yes, stay at home and get a test.

NHS advise is that the person may want to tell people they have been in close contact with in the past **48 hours** that they might have coronavirus. They do not need to self-isolate unless they are contacted by the NHS Test and Trace service. But they should take extra care to follow social distancing advice, including washing their hands often. If they get any coronavirus symptoms, they must self-isolate and get a coronavirus test as soon as possible.

If no, continue as usual.

Does the person live with someone who has been tested positive for Coronavirus?

If yes, stay at home and get a test.

If no, continue as usual.

Has the person been contacted by Test and Trace and been ordered to self-isolate?

If yes, stay at home and get a test.

If no, continue as usual.

Has the person been asked by their main place of work to get a test?

If yes, stay at home and get a test.

If no, continue as usual.

Whenever the answer is yes, the person should forward to the League evidence of either an appointment for a test, the test and trace notification or the result from NHS of the positive/negative result.

Self-isolation

If you have symptoms or have tested positive for coronavirus, you will usually need to self-isolate for at least 10 days. You will usually need to self-isolate for 14 days if:

- Someone you live with has symptoms or tested positive
- Someone in your support bubble has symptoms or tested positive
- You have been told to self-isolate by NHS Test and Trace

NHS Test and Trace is, at this time, very important and therefore we recommend that all players and team management download the App along with Club Officials.

Do I need to keep self-isolating if I have received a negative COVID-19 test result?

If you and your household are isolating because you are experiencing coronavirus symptoms, you and your household are able to end self-isolation early if you receive a negative test.

However, if you are isolating because you live with someone who has symptoms, you must continue to isolate for 14 days even if you receive a negative test. You may only end isolation early if the person with symptoms in your household receives a negative test.

If you are isolating because you have been contacted by NHS Test and Trace or because you are required to under public health measures at the border, you must continue to isolate for 14 days even if you receive a negative test.

The Pitching In Southern Football League Board of Directors

13th October 2020