

# 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



Advise to arrange a COVID test.\*\*  
You may also want to contact your GP for advice



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



**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



**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\*\*\*



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



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



If a club member has NO symptoms, they should await contact from PHA contact tracers prior to arranging a test



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](https://nidirect.gov.uk/coronavirus) to book a test online or call 119

\*\*\* [www.sportni.net/return-to-sport/sports-medicine/](https://www.sportni.net/return-to-sport/sports-medicine/)