



## Portsmouth Northsea Swimming Club COVID-19 Positive Case Protocol

Version: 2

Date: 29<sup>th</sup> October 2020

Portsmouth Northsea Swimming club has implemented a CV-19 protocol, in which every swimmer is allocated a fixed changing station and a lane for all of their training sessions.

In the event of a positive case in a squad, the Covid Lead shall work with the relevant Coaches to identify the following groups and follow these actions:

1. **Group 1:** swimmers that have been in close contact, and/or in the same lane and changing station next to the person with the positive case
  - **Action:** Group 1 should be advised to self-isolate and seek a test if they are eligible, following the latest government guidelines.
2. **Group 2:** swimmers in neighbouring lanes should be asked to decide whether they believe they were within 2 metres or less of the individual for more than 15 minutes (see definition of close contact).
  - **Action:** Any that answer yes should be in group 1, any that answer no should be in group 3.
3. **Group 3:** swimmers attending the session but not in group 1 (or moved from group 2 to group 1), coaches and CV-rep should be fine to continue as normal.
  - **Action:** They should be advised that there is a positive case but they are deemed to be very low risk. They should be alert to the symptoms and notify us if their circumstances change.
4. **Group 4:** any swimmers deemed to be in an at risk category, whether in group 1, 2 or 3
  - **Action:** Group 4 should be advised to seek a test and seek further medical advice.

### Definition of "Close Contact"

Individuals that:

- live in the same household
- have travelled in a car with the positive case OR
- has been within 2 metres of a positive case for more than 15 minutes OR
- has been within 1 metre of a positive case and had face-to-face contact

including:

- being coughed on
- having a face-to-face conversation
- having skin-to-skin physical contact

### Guidelines for Safe return to swimming dates:

- Positive CV -19 test result:
  - Athletes who have had a mild form of Covid-19 not requiring hospital treatment: Current evidence advises swimmers complete rest for 10 days after the start of the symptoms and at least seven days after they have been symptom free. This may mean they have at least 17 days rest before any exercise can be considered. During this period you must not do any exercise at all - complete rest is indicated.

- o For those who have been hospitalised or under the care of their GP, they need to consult a medical practitioner about returning to exercise and liaise with their coach and the Covid-19 lead.
- Close Contact Group (Group 1): 14 days from date of last contact with the CV-19 positive
- Negative CV-19 test result: can return to training after confirmation of negative result

**References:**

- Swim England: Returning to Pools Guidance Documents
  - o Guidance for Clubs
  - o Advice for returning to exercise after illness with Covid-19
- NHS Coronavirus-covid-19 - When to self-isolate and what to do
- NHS Test and Trace in the workplace - Guidance on NHS Test and Trace for employers, businesses and workers. Published 27 May 2020. Last updated 30 September 2020
- South East Region - CV-19 Workshop presentation - 29th October 2020



**Portsmouth Northsea Swimming Club  
COVID-19 Positive Case Report**

**CONFIDENTIAL**

**Report Details:**

<b>Squad:</b>		<b>Coach Name:</b>	
<b>Name (Positive Case):</b>		<b>Coach Signature:</b>	
<b>Date and time reported:</b>		<b>CV 19 Lead Name:</b>	
<b>Date of last session attended by the swimmer:</b>		<b>CV 19 Signature</b>	

**Group Identification and Actions:**

<b>Group</b>	<b>Swimmer Names</b>	<b>Action completed (YES/ NO/not applicable)</b>	<b>Relevant Notes</b>
<b>Group 1</b>			
<b>Group 2</b>			
<b>Group 3</b>			
<b>Group 4</b>			



**Portsmouth Northsea Swimming Club  
COVID-19 Positive Case -Return to Swimming Report**

**CONFIDENTIAL**

**Report Details:**

<b>Squad:</b>		<b>Coach Name:</b>	
<b>Name (Positive Case):</b>		<b>Coach Signature:</b>	
<b>Date and time reported:</b>		<b>CV-19 Lead Name:</b>	
<b>Date of last session attended by the swimmer:</b>		<b>CV-19 Lead Signature</b>	

<b>No</b>	<b>Swimmer Names</b>	<b>Group</b>	<b>Earliest Return to Swimming date</b>	<b>Covid-19 Tested (YES/NO) &amp; Date</b>	<b>Actual Return to Swimming Date</b>
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**Portsmouth Northsea Swimming Club  
COVID-19 Request to Isolate -Return to Swimming Report**

**CONFIDENTIAL**

**Report Details:**

Squad:		Coach Name:	
Swimmer Name:		Coach Signature:	
Date and time reported:			
Date of last session attended by the swimmer:		CV-19 Lead Name:	
Request to isolate Date:		CV-19 Lead Signature:	
Earliest Return to Swimming Date			

Covid-19 Tested (YES/NO)		Coach Name:	
Date of Test:		Coach Signature:	
Actual Return to Swimming Date:		CV-19 Lead Name:	
		CV-19 Lead Signature:	