

COVID-19 Action Plan – Contraction & Close Contact Cases **Updated 29th September 2020**

This action plan has been developed to support all Swim Ireland clubs across the island of Ireland to ensure that all clubs are working to the same standards and procedures when managing a case, suspected case or close contact situation in relation to COVID-19.

This plan has been formulated for all of our members in all of our clubs through the examination of the requirements put in place both north and south of the border. To ensure alignment and understanding across all of our clubs, where there is a discrepancy in the requirements either side of the border, Swim Ireland's Action Plan is aligned to the measure which is deemed to provide the greatest benefit to and for the safety of our members.

Key Things to Consider:

All athletes, coaches & other members of staff, who are resuming or currently training are still required to complete the COVID-19 screening form, prior to attending training. The Swim Ireland 'Living & Swimming with COVID-19' Framework informs you as to how often this should take place each day.

Any person that answers yes to any of the questions on the screening form 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.

Self-Isolation means staying indoors and completely avoiding contact with other people. This includes other people in your household (as much as possible). Please see appropriate HSE/PHA guidelines for further clarification. Useful guidance can be found [here](#).

Restricting Your Movements means avoiding contact with other people and social situations as much as possible. Please see appropriate HSE/PHA guidelines for further clarification

Where an individual is required to self-isolate or restrict their movements according to the HSE/PHA guidance, they are not permitted to attend any Swim Ireland activity.

As the COVID-19 symptoms that instigate a requirement for testing are change and evolve, it is important to check the appropriate HSE/PHA guidelines for further clarification at that time.

Where appropriate public health measures change and set out more stringent protocols than the requirements outlined by Swim Ireland, the HSE/PHA measures will take precedence; i.e. if the time frame for isolation increases you will need to follow appropriate HSE/PHA guidelines.

COVID-19 (Individual with Symptoms)

(A) For anyone showing symptoms of COVID-19:

- You will need to contact your GP and you must **self-isolate**
- You will need to **self-isolate** whilst you wait for a testing appointment and your test results
- If your GP decides that you do not need to be tested, you will still be asked to stay home and self-isolate until both of the following apply:
 - You have had no symptoms for 48 hours
 - You do not live with anyone else who has symptoms and who may have COVID-19
- If you do not contact a doctor, you must stay home and self-isolate until both of the following apply:

- You have had no fever for 5 days
- It has been 10 days since you first developed symptoms
- The people in your household will need to **restrict their movements** for **14 days** from the first day you developed symptoms

(B) For anyone receiving a positive COVID-19 test result following symptoms:

- You will be contacted by a member of the Public Health team to confirm that you have tested positive for COVID-19
- You will be asked to supply them with the names and contact details of those who you have been in close contact with (Contact Tracing)
- You will need to **self-isolate** for a minimum of 10 days until both of the following apply:
 - You have had no fever for **5 days**
 - It has been **10 days** since you first developed symptoms
- The people in your household will need to continue to **restrict their movements** for **14 days** and follow the steps outlined below in COVID-19 (Close Contact).

(C) For anyone receiving a negative test result following symptoms:

- You should continue to **self-isolate** until you have not had any symptoms for 48 hours or everyone you live with who has COVID-19 symptoms has tested negative. You need to keep self-isolating if someone in your household tests positive or if someone in your household develops symptoms of COVID-19 and has not been tested
- You can return to your normal activities once you are 48 hours without symptoms
- The people in your household can stop restricting their movements as long as they are symptom free
- If your symptoms continue or get worse, phone your GP.

COVID-19 (Close Contact)

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

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

- If you are a close contact with a suspected case of COVID-19 you should **restrict your movements** for **14 days** from the last time you came into contact with that person.
- You can become a close contact on more than one occasion. You will need to re-commence the restriction of your movements each time this occurs.
- You may stop restricting your movements if the suspected case returns a negative test result
- If during this time, you develop COVID-19 symptoms, you should follow the advice outlined above **“For anyone showing symptoms of COVID-19”**

(E) For individuals who have been in close contact with someone who has tested positive for COVID-19:

- If you are a close contact, you must **restrict your movements** for **14 days** from the last time you came into contact with the person who has been diagnosed with COVID-19
- During this time, you may be contacted by someone from the Contact Tracing team, who will be able to give your further advice and arrange a test

- If during this time, you develop COVID-19 symptoms, you should contact your GP and start to self-isolate
- The people in your household do need to restrict their movements whilst awaiting your test result

(F) For anyone receiving a positive test result following Close Contact:

- You will be contacted by a member of the Public Health team to confirm that you have tested positive for COVID-19
- You will be asked to supply them with the names and contact details of those who you have been in close contact with (Contact Tracing)
- You will need to **self-isolate** for a minimum of 10 days from the date of your test until the following apply:
 - You have not developed symptoms
 - You have had no fever for **5 days**
 - It has been **10 days** since you first developed symptoms
- The people in your household will now need to **restrict their movements** for **14 days** from the date of your first test result once you are self-isolating

(G) For anyone receiving a negative test result following Close Contact:

- You should continue to **restrict your movements** for **14 days**
- You may be required to undertake a second test after 7 days
- The people in your household can stop restricting their movements as long as they are symptom free
- If your symptoms continue or get worse, phone your GP

Within the Club

Where an individual tests positive for COVID-19:

- The Lead COVID-19 Officer will need to take charge of this process and undertake the following:
 - Inform members and the facility that a case of COVID-19 has been confirmed within the club
 - It is important that the club does not identify who the member is, just inform club members that a case has been confirmed
 - Inform members that the HSE/PHA are now managing the contact tracing process and they will be in contact with individual members if they deem necessary
 - Provide support to the HSE/PHA throughout the contact tracing process (this is where the maintenance of attendance records and the self-report screening forms are very important)
- If a COVID-19 case is identified within the club, no athlete movements or external/internal additions to coaching groups within the club can take place for a 14-day period from the day that the case was identified
- 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

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>

The table below provides a quick guide on whether you should self-isolate or restrict movements. More detail can be found above:

Ref No	Example	Self-Isolate	Restrict Movements from Last Day of Contact (14 Days)	Self-Isolate Until 48 Hours After Last Symptoms
(A)	Have Symptoms of COVID-19	✓		
(D)	Close Contact of Suspected Case		✓	
(E)	Close Contact of Confirmed Case		✓	
(A)	Awaiting Test Result (Personal Symptoms)	✓		
(C)	Negative Test Result (Personal Symptoms)			✓
(B)	Positive Test Result (Personal Symptoms)	✓		
(E)	Awaiting Test Result (Close Contact)		✓	
(G)	Negative Test Result (Close Contact)		✓	
(F)	Positive Test Result (Close Contact)	✓		
(E)	Same Household of Confirmed Case		✓	