



**Wilmslow Lightning Netball Club:
What to do if you are found to be COVID 19 Positive within 48 hours of a WLNC event**

Scope:

This document explains:

- 1) the process an individual should follow if they are diagnosed COVID 19 positive after developing symptoms within 48 hours after attending a WLNC training or match event.
- 2) the club's definition of a close contact, which, based on current NHS guidance, would require a 14 days isolation period from the day of the last contact

What to do if you start to display COVID 19 symptoms:

- 1) <https://www.gov.uk/guidance/nhs-test-and-trace-how-it-works>
- 2) If you develop symptoms, you must continue to follow the rules to self-isolate with other members of your household and get a test to find out if you have coronavirus
- 3) If you test positive for coronavirus, you must share information promptly and accurately about your recent contacts through NHS Test and Trace to help them to alert other people who may need to self-isolate
- 4) If your symptoms start to develop within 48 hours of a WLNC event (e.g. training or match) you must list Wilmslow Lightning Netball Club and add COVID Officer details with the NHS Test and Trace
- 5) Contact your coach and make them aware of the test result. The coach will treat this as confidential information.
- 6) The COVID Officer will consult with the coach to prepare a list of close contacts (see section below) to provide to NHS Test and Trace
- 7) If another club is involved the coach or COVID Officer will contact the other team's coach or COVID officer and make them aware of the COVID positive result and the position of the player
- 8) If you are designated a close contact you will be required to self-isolate for 14 days after the last contact with the person diagnosed COVID positive. Please note, even if you receive a test negative you will be required to self-isolate for the full 14 days. <https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/nhs-test-and-trace-if-youve-been-in-contact-with-a-person-who-has-coronavirus/>

A close contact:

- The NHS Test and Trace defines a close contact as having face-to-face contact with someone less than 1 metre away or spending more than 15 minutes within 2 metres of someone. Although the modified netball rules attempt to mitigate the risk, in that there should be a distance of 1.2 metres between players at all times, we recognise due to the nature of the game it is difficult to confidently ensure this distance is maintained at all times. We also recognise that this risk is higher due to the exertion involved. For that reason, we will consider any player in the following zones a close contact (Stage 4a\4b):

Zone 1	Zone 2	Zone 3	Drills
GS (Opp GK)	WA (Opp WD), WD (Opp WA)	GK (Opp GS)	Any person in the drill group
GA (Opp GD)	C (Opp C)	GD (Opp GA)	Any person who has been close to any one of those players in the drill group through not abiding by the rules

NOTE: Table above refers to Stage 4 training and match play. For EN Stage 2 training no one is considered to be a close contact

Note: This guidance may be updated following 1) updates to government guidance, 2) updates to England Netball guidance, 3) WLNC COVID infection rates

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