

Contacts, self-isolation, symptoms and tests

Version 1 /17 September 2020

Who is a contact?

It is important to understand what to do and what actions to take following a suspected or confirmed case of the Coronavirus.

The following guidance is positioned to allow a methodical approach in dealing with the following situations:

- > **If you are informed that someone who has been in your facility and taken part in, or delivered activity has symptoms or has tested positive for the Coronavirus.**
- > **If a person is querying whether they or their child can attend gymnastics following being sent home from school or told to isolate by another organisation.**
- > **If someone within a gymnast's or coach's household is displaying symptoms, has tested positive for the Coronavirus or is deemed to be a contact of someone who has tested positive.**

An important aspect of knowing what action to take is to decide “who is a ‘contact’?”.

NHS Test & Trace will apply the following in all cases for any person who has tested positive for the Coronavirus:

A 'contact' is a person who has been close to someone who has tested positive for Covid-19 anytime from 2 days before the person was symptomatic up to 10 days from onset of symptoms (this is when a person is infectious to others).

For example, a contact can be:

- People who spend significant time in the same household as a person who has tested positive for Covid-19
- A person who has had face-to-face contact (within one metre), with someone who has tested positive for Covid-19, including:
 - Being coughed on
 - Having a face-to-face conversation within one metre
 - Having skin-to-skin physical & intimate contact, or
 - Contact within one metre for one minute or longer without face-to-face contact
- A person who has been within 2 metres of someone who has tested positive for Covid-19 for more than 15 minutes
- A person who has travelled in a small vehicle with someone who has tested positive for Covid-19 or in a large vehicle or plane near someone who has tested positive for Covid-19

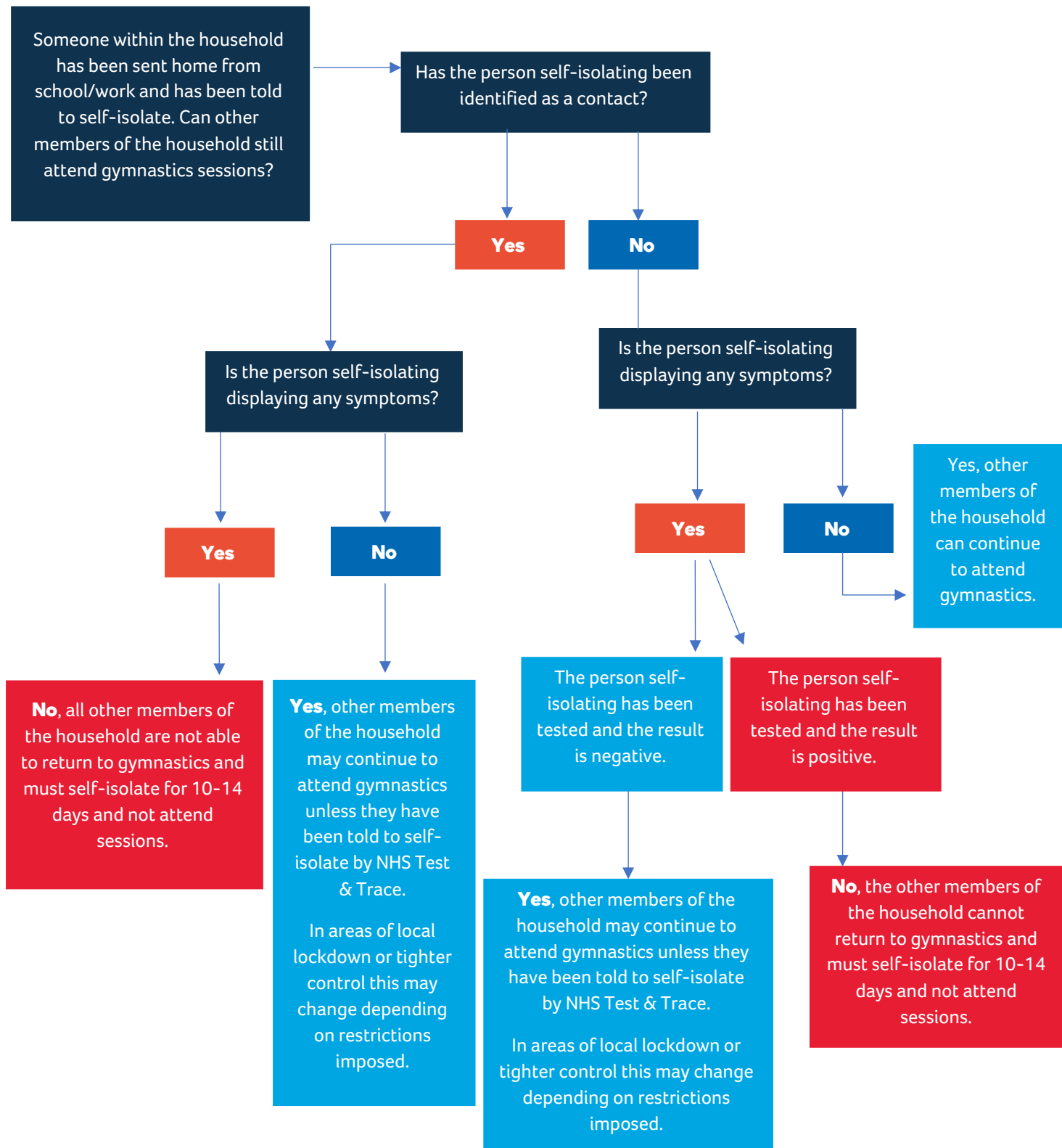
The following scenarios and answers apply to England only at the point of publication.

For information relating to the Home Countries, please make reference to national and local guidance specifically applicable to you.

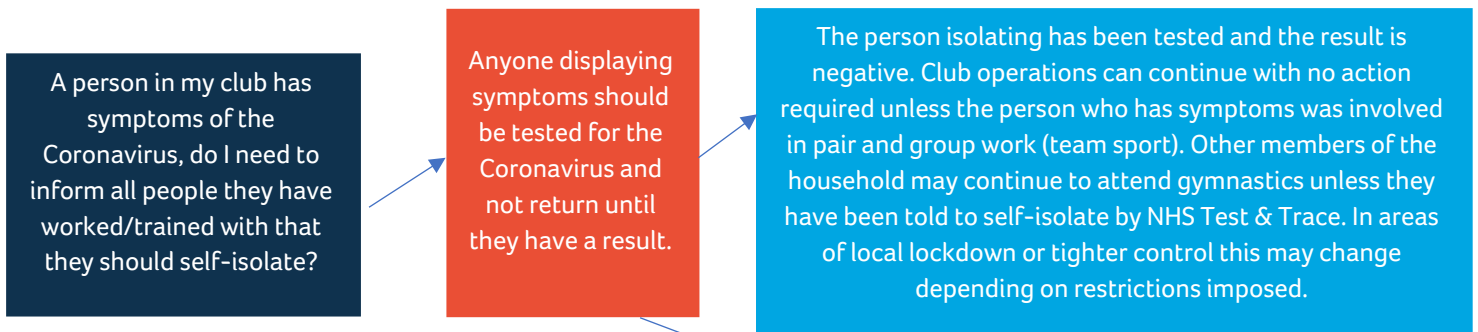
Can a person still attend gymnastics sessions (to take part or coach) if they have been sent home by another organisation (for example, a child being sent home from school)?



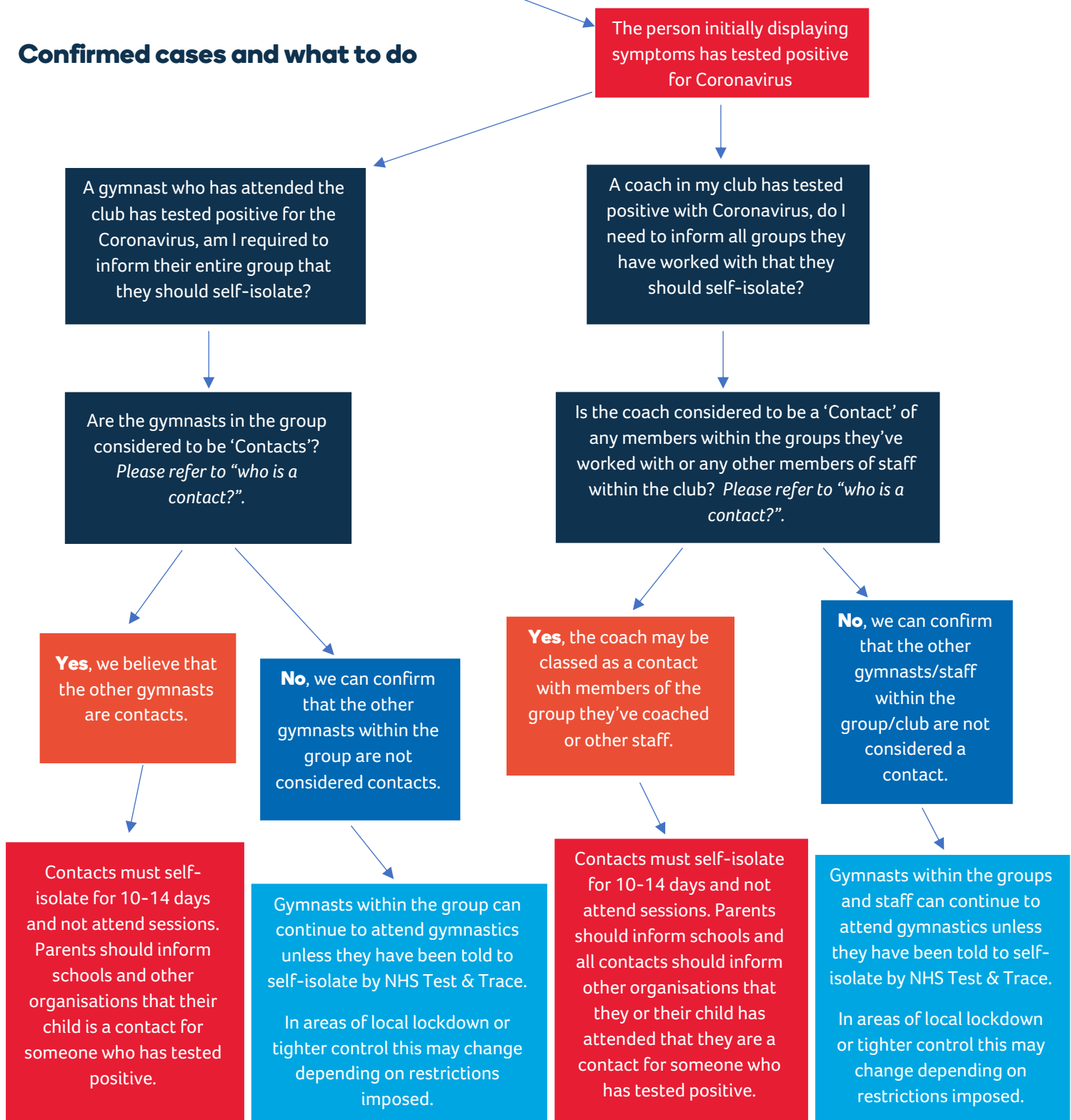
Can a person within your household (e.g. siblings) continue to attend gymnastics sessions if someone within the household has been sent home from school/work and told to self-isolate?



Potential cases and what to do



Confirmed cases and what to do



Actions required by clubs and delivery providers

In cases where you have been informed of a positive test for the Coronavirus, you should:

- Decide if anyone else who has attended your venue or plans to attend your venue has been a contact of the person who has received a positive test result (from 48 hours before the onset of their symptoms).
- NHS Test & Trace should contact you to ascertain who the contacts of the person who has tested positive for the Coronavirus are, and subsequently contact them. However, you should put your communications planning into action and contact those people who are considered a contact of the person who has received the positive test result.

Further guidance on this can be found within the Step Forward Plan guidance on [Tracking Covid-19 symptoms and infections in your facility](#).

In the event that someone reports that they are displaying symptoms (either during or following being at gymnastics), it's important to clarify your position before taking further action.

Ensure you record both symptoms and test results in your [Covid-19 incident report records](#)

In the event of a positive test result please refer to cleaning guidance within the [Step Forward Plan - Places guidance toolkit](#).

Help and advice

British Gymnastics in conjunction with the Home Countries has worked hard to produce the Step Forward Plan which includes support, toolkits and resources for our clubs, workforce and members which follows relevant government guidelines allowing gymnastics to return safely. All resources are free to member clubs and accessible on the dedicated pages of the British Gymnastics website: <https://www.british-gymnastics.org/step-forward>

Further guidance is available to British Gymnastics member clubs and delivery providers from the following sources:

British Gymnastics

Customer Support

0345 1297129

customersupport@british-gymnastics.org

Business Support Partners

business-support@british-gymnastics.org

The HSE website

Working safely during the coronavirus (Covid-19) outbreak

<https://www.hse.gov.uk/coronavirus/working-safely/index.htm>



Agility Risk & Compliance Ltd (Agility)

Providing access to expert Health and Safety support through the British Gymnastics dedicated helpline: **01527 571 612**. Any additional support outside of the areas covered within this document can also be sought from the dedicated team at Agility, but you may be charged separately. This line is open Monday to Friday from 8.30am – 5pm.

There is an after hours' service via a mobile number provided at the time of calling. Alternatively, you can email your query to: bg.hs.advice@agilityrac.com

[Specific guidance for Home Countries](#) will be updated in line with the latest government guidance.

Reference should be made to guidance from the [Government](#), [Public Health England](#) & the [Health & Safety Executive](#).

NHS

Further information and clarification regarding “symptoms”, “contacts”, “self-isolation” and “when to get a test” can be found on the [NHS website](#).