

Ashtead All Stars Test, Trace, and Isolation

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Ashtead All Stars will continue to follow UK Government and England Netball guidance regarding requirements around Test, Trace, and Isolation. Additional information and guidance on these requirements can be found at [Stay at home: guidance for households with possible or confirmed coronavirus \(COVID-19\) infection](#) and [Guidance for contacts of people with confirmed coronavirus \(COVID-19\) infection who do not live with the person](#) but as general guidance (as at at 2nd January 2022)

Experiencing Symptoms?

- If you experience symptoms related to COVID-19 you should self-isolate and take a PCR test as soon as possible.
- You should not attend any netball activity until a negative test result is received.

Living in the same house as someone that has tested positive (but the participant has not tested positive)?

- if you are aged 18 years 6 months or over and you are not fully vaccinated*, and you live in the same household as someone with COVID-19, you are legally required to stay at home and self-isolate
- if you are fully vaccinated or aged under 18 years and 6 months, and you live in the same household as someone with COVID-19, you are not legally required to self-isolate. However, you are strongly advised to take an LFD test every day for 7 days, and to self-isolate if any of these test results is positive

UK Government advice continues to be that even if you are not legally required to self-isolate, notified individuals should take daily LFD tests for 7 days Ashtead All Stars asks that the affected individuals take an LFD before attending a netball activity in this circumstance.

Notified of being a contact of people with confirmed coronavirus (COVID-19) infection but do not live with the person?

- If you have been informed by NHS Test and Trace that you are a contact of a person who has had a positive test result for COVID-19, you are legally required to stay at home and self-isolate if you are aged over 18 years and 6 months and are not fully vaccinated
- You are not legally required to self-isolate as a contact if you are fully vaccinated or aged under 18 years and 6 months

UK Government advice continues to be that even if you are not legally required to self-isolate, notified individuals should take daily LFD tests for 7 days. *Ashted All Stars asks that the affected individuals take and LFD before attending a netball activity in this circumstance*

Tracing

The club will continue to ensure that it maintains a register of attendees at club netball activities to assist with internal notifications of close contacts and any external requests from local health authorities. Where a club member tests positive for COVID and has attended a club netball activity within the previous 72hrs, the Club Chair and COVID-19 Officer should be informed.

Returning after Isolation

New guidance means that (at the time of writing 2nd January 2022) **you are now only required to self-isolate for the following seven days, instead of 10.**

Two negative lateral flow tests (LFT) are required to end self-isolation: the first no earlier than day six, followed by a second test result 24 hours later.

If both tests are negative - and you do not have a high temperature - you can stop self-isolating immediately (on day seven). If the day six test is positive, further tests can be taken on subsequent days, always adhering to the same criteria - that you must receive two negative tests, 24 hours apart, in order to end self-isolation.

Participants may return to club netball activities once any required isolation period has ended.