



## **COVID-19 – TEST AND TRACE GUIDANCE**

As part of the Government's strategy to manage the risk of the COVID19 virus re-emerging, a Test and Trace process has been introduced. Full details can be found in the documents found [here](#) and [here](#).

In order to help support this programme, it is important that records, including contact details, are collected from those who attend each training session or the club at any time – this includes boxers, coaches, volunteers, etc. This is so that in the event of anyone who attends the club, or participates in a session, contracts or comes into contact with someone who has contracted the virus, they can be contacted and take appropriate action as per the government guidelines / instructions.

The record and data collected should be treated in accordance with the guidelines and GDPR regulations, including being stored securely and destroyed (shredded or deleted electronically), so the data is not obtainable 21 days after each respective session / attendance at the club (this covers the incubation period and to allow for the test and trace system to make the initial contact).

Please remember to clean pens etc if being used by different persons in order to complete the forms.

### **What each person should consider ahead of participating in a training session**

COVID-19 is highly transmissible from person to person and easily spreads to those who come in close contact with infected individuals. The disease spreads through droplets from the nose or mouth when a person coughs, sneezes or exhales. These droplets can also land on surfaces or objects which other people can touch and then touch their eyes, nose or mouth.

There are also increasing reports that there is the potential for airborne transmission which is relevant for confined and poorly ventilated spaces.

Both these issues make stringent hygiene – personal, facilities and equipment – of the utmost importance and its essential the government advice is followed.

Club Members should therefore not attend the Club / training session if any of the following applies:

- No club member should attend a boxing club or sports environment if unwell and should follow public health guidelines in regard to their own health and the risk to the local community.
- Individuals should not return to training if, in the last 14 days, they have been unwell or had close contact with a known or suspected case of COVID-19. This includes those with symptoms such as cough, sore throat, fever or shortness of breath, loss of taste / smell – even if mild. Again, Public Health England guidelines must be followed.
- It should also be factored in that anyone returning to sport and exercise after a period of social isolating and not exercising regularly may be at a greater risk of increased injury. Clubs and individuals should apply a gradual return in order to mitigate injury risk.
- Vulnerable groups and individuals should consult appropriate medical advice before returning to boxing / sport. [Please follow this link for guidance.](#)
- **Ahead of entering the club, you should check whether you are showing any signs of symptoms or have come into contact with someone who has, or is recovering from, the virus.**
- **If so, you should not be permitted to enter / participate and should return home and follow government guidelines.**

### **Returning to Exercise / Boxing / Sport After Confirmed Case of COVID-19**

- Individuals who have recovered from COVID-19 need firstly to ensure they no longer pose a risk to the local community, and secondly to ensure they have sufficiently recovered to safely participate in physical activity.
- If you have had COVID-19 in the community and feel well then you can return to training 14 days after recovery and rest. If you get greater shortness of breath than normal, or chest pains, on your return to training, you should seek medical advice. If you have attended hospital with COVID-19, then you should seek medical advice before returning to training.
- A gradual return to exercise is also recommended.

### **When to self-isolate**

The medical advice is clear: you must self-isolate if you have coronavirus symptoms or live in the same household as somebody who does. The main symptoms of coronavirus are:

- high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

For more information, read the further [guidance on symptoms](#).

If you have one or more of these symptoms, you must self-isolate straight away for seven days – or longer if you still have symptoms other than cough or loss of sense of smell/taste.

If you live in the same household as someone with coronavirus symptoms, you must self-isolate straight away for 14 days.

If, having read the above information, you are OK to attend the Club, then you should provide contact details so can be traced in the event you need to be contacted concerning COVID -19.

The data should be kept by the Club in a secure location and should be destroyed – shredded / deleted – after 21 days after the day of attendance. GDPR compliance should also be maintained.

Should there be any queries regarding this information, please ask the nominated senior member of your club to contact England Boxing via [enquiries@englandboxing.org](mailto:enquiries@englandboxing.org)

Pease see Test and Trace form overleaf.



## COVID-19 – TEST AND TRACE FORM

Having read the attached documentation, this form should be completed, returned to the nominated member of your boxing club. These details will be kept securely for 21 days after which they will be destroyed.

<b>Full Name:</b>	
<b>Contact Telephone Number:</b>	
<b>Date of Session training session attended:</b>	
<b>Time of Training Session:</b>	
<b>End of Training Session</b>	

I can confirm I have read and understood the attached documentation and confirm I do not have any COVID -19 symptoms.

If I have recovered from COVID-19, I can confirm I have sought medical guidance regarding my return.

I also understand that if required that this information will be passed onto the NHS Test and Trace, but will not be used for any other purpose.

<b>Signature of participant:</b>	
<b>Signature of Parent / Guardian (if under 18):</b>	
<b>Date:</b>	