

Group size limited to 6

You should NOT travel with someone from outside your household to attend a training session unless you can practise social distancing - for example by cycling. It is not possible to practice effective social distancing in small vehicles.

If you are symptomatic or living in a household with someone else who has a possible or confirmed COVID-19 infection you SHOULD remain at home and you should NOT attend club sessions.

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

If you have one or more of these symptoms, you must self-isolate straight away for 10 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 you have been asked to isolate by NHS Test and Trace because you are a contact of a known COVID-19 case, do not exercise outside your own home or garden and do not exercise with others; you can spread the virus to others even if you never get symptoms.

Spread of COVID-19 is most likely to happen when there is close contact (within 2 metres or less) with an infected person. It is likely that the risk increases the longer someone has close contact with an infected person.

Respiratory secretions (droplets) containing the virus are likely to be the most important means of transmission; these are produced when an infected person coughs or sneezes.

There are 2 common routes people could become infected:

1. Secretions can be directly transferred into the mouths or noses of people who are nearby (within 2 metres) or possibly could be inhaled into the lungs.
2. It is possible that someone may become infected by touching a person, a surface or object that has been contaminated with respiratory secretions and then touching their own mouth, nose, or eyes

Social distancing guidelines should be followed between people from different households wherever possible. This means a distance of 2m between people from different households

The leader should be prepared to manage incidents by carrying a face mask.

Runners should carry hand sanitiser. Try to avoid stiles and gates. If gates and stiles are used then runners should sanitise their hands after touching the gate or stile. Try to avoid busy trails and narrow paths. If meeting pedestrians, runners, horse riders and cyclists the group should move to the side to let them pass. Be careful to maintain social distancing at the start and finish and at pinch points such as stiles.

When accessing and leaving toilets you should wipe down areas of contact, wash hands thoroughly and use paper towels where possible and avoid touching any surfaces in transit

Once you are home remember to wash your hands.

Injuries during the event should still be treated as participant wellbeing is paramount.

After contact with an injured participant, clean your hands thoroughly with soap and water or alcohol hand sanitiser at the earliest opportunity. This advice is applicable to all situations, regardless of whether there was close contact, or the minimum 2 metre social distancing was maintained. Avoid touching your mouth, eyes and nose.

Leaders should keep a record for 21 days of each participant they have come into contact with to support HNS contact tracing

The best way to protect yourself and others is through rigorous cleaning, personal hygiene and regular hand hygiene. An increased frequency of cleaning and disinfection of all surfaces and equipment, using standard household cleaning and disinfection products, is recommended.

After contact with any member, clean your hands thoroughly with soap and water or alcohol hand sanitizer at the earliest opportunity. This advice is applicable to all situations, regardless of whether there was close contact or the minimum 2 metre social distancing was maintained. Avoid touching your mouth, eyes and nose.

There are no additional precautions to be taken in relation to cleaning your clothing or kit other than what is usual practice.

If you need to provide assistance to an individual who is [symptomatic](#) and may have COVID-19, wherever possible, place the person in a place away from others. Ask others who are not involved in providing assistance to stay at least 2 metres away from the individual.

What to do if you are required to come into close contact with someone as a first responder

Clean your hands thoroughly with soap and water or alcohol sanitizer. In all circumstances where some form of PPE is used, the safe removal of the PPE is a critical consideration to avoid self-contamination.

Cardiopulmonary resuscitation

If you are required to perform cardiopulmonary resuscitation (CPR), you should conduct a risk assessment a “dynamic risk assessment” and adopt appropriate precautions for infection control.

In adults, it is recommended that you do not perform rescue breaths or mouth-to-mouth ventilation; perform chest compressions only.

Compression-only CPR may be as effective as combined ventilation and compression in the first few minutes after non-asphyxial arrest (cardiac arrest not due to lack of oxygen).

Cardiac arrest in children is more likely to be caused by a respiratory problem (asphyxial arrest), therefore chest compressions alone are unlikely to be effective.

If a decision is made to perform mouth-to-mouth ventilation in asphyxial arrest, use a resuscitation face shield where available.

Should you have given mouth-to-mouth ventilation there are no additional actions to be taken other than to monitor yourself for symptoms of possible COVID-19 over the following 14 days.

Cleaning the area where assistance was provided

Cleaning will depend on where assistance was provided. Public areas where a symptomatic individual has passed through and spent minimal time in but which are not visibly contaminated with body fluids can be cleaned in the usual way. However, all surfaces that a symptomatic individual has come into contact with must be cleaned and disinfected.

If there has been a blood or body-fluid spill

Keep people away from the area. Use a spill-kit if available, and follow the instructions provided with the kit. **If no spill-kit is available, place paper towels/roll onto the spill,** and seek further advice from emergency services.

Contacts of the person you have assisted

Advise anyone who had close contact with the individual that if they go on to develop symptoms of COVID-19 (a new continuous cough, fever or a loss of, or change in, normal sense of taste or smell), they should follow the advice on what to do on the [NHS website](#).

You should assist NHS Test and Trace service by keeping a temporary record of your training group for 21 days, in a way that is manageable, and assist NHS Test and Trace with requests for that data if needed. This could help contain clusters or outbreaks.

How NHS test and trace service works

Part 1: for someone with symptoms of coronavirus

1. isolate: as soon as you experience coronavirus symptoms, medical advice is clear: you must self-isolate for at least 10 days. Anyone else in your household must self-isolate for 14 days from when you started having symptoms
2. test: order a test immediately at www.nhs.uk/coronavirus or call 119 if you have no internet access

3. **results:** if your test is positive, you must complete the remainder of your 10-day self-isolation. Anyone in your household must also complete self-isolation for 14 days from when you started having symptoms. If your test is negative, you and other household members no longer need to self-isolate
4. **share contacts:** if you test positive for coronavirus, the NHS test and trace service will send you a text or email alert or call you with instructions of how to share details of people with whom you have had close, recent contact and places you have visited. It is important that you respond as soon as possible so that we can give appropriate advice to those who need it. You will be told to do this online via a secure website or you will be called by one of our contract tracers.

Part 2: if you are contacted by the NHS test and trace service because you have been in close contact with someone who has tested positive for coronavirus

1. **Alert:** you will be alerted by the NHS test and trace service if you have been in close contact with someone who has tested positive for coronavirus. The alert will usually come by text, email or phone call. You should then log on to the NHS test and trace website, which is normally the easiest way for you and the service to communicate with each other – but, if not, a trained call handler will talk you through what you must do. Under-18s will get a phone call and a parent or guardian will be asked to give permission for the call to continue
2. **Isolate:** you will be told to begin self-isolation for 14 days from your last contact with the person who has tested positive. It's really important to do this even if you don't feel unwell because, if you have been infected, you could become infectious to others at any point up to 14 days. Your household doesn't need to self-isolate with you, if you do not have symptoms, but they must take extra care to follow the guidance on social distancing and handwashing and avoid contact with you at home
3. **Test if needed:** if you develop symptoms of coronavirus, other members of your household must self-isolate immediately at home for 14 days and you must book a test at www.nhs.uk/coronavirus or call 119 if you have no internet access. If your test is positive,

you must continue to stay at home for at least 10 days and we will get in touch to ask about your contacts since they must self-isolate. If your test is negative, you must still complete your 14-day self-isolation period because the virus may not be detectable yet - this is crucial to avoid unknowingly spreading the virus.

If you are contacted by NHS Test and Trace

Contact tracers will:

- call you from 0300 013 5000
- send you text messages from 'NHStracing'
- ask you to sign into the [NHS Test and Trace contact-tracing website](#)

Contact tracers will never:

- ask you to dial a premium rate number to speak to them (for example, those starting 09 or 087)
- ask you to make any form of payment or purchase a product or any kind
- ask for any details about your bank account
- ask for your social media identities or login details, or those of your contacts
- ask you for any passwords or PINs, or ask you to set up any passwords or PINs over the phone
- disclose any of your personal or medical information to your contacts
- ask about protected characteristics that are irrelevant to the needs of test and trace
- provide medical advice on the treatment of any potential coronavirus symptoms
- ask you to download any software to your PC or ask you to hand over control of your PC, smartphone or tablet to anyone else
- ask you to access any website that does not belong to the government or NHS

In the event of any club member contracting COVID-19. IRC will make available the contact information of all other members who attended any session with this person over the last 21 days.

GDPR allows IRC to share our members contact information with NHS Test and Trace to help minimise the transmission of COVID-19 and support public health and safety. It is not necessary for IRC to seek consent from each member, however, if a member informs IRC that they do not want their details shared for the purposes of NHS Test and Trace, they can choose to opt out, and if they do so you IRC will not share their information with NHS Test and Trace.