



Fighting Fit Football COVID-19 Self Assessment Protocol

Before attending any FFFC session, all participants must complete this COVID-19 Self-Assessment, without exception.

IF YOU HAVE ANY ONE OF THE FOLLOWING SYMPTOMS (OR THE FINAL BULLET APPLIES TO YOU),

THEN YOU MUST NOT ATTEND OUR SESSIONS:

- **A high temperature (37.8°C or higher)**
- **A new continuous cough**
- **Shortness of breath**
- **Sore throat**
- **A loss of, or change to sense of taste or smell**
- **Feeling generally unwell**
- **Persistent tiredness**
- **Been in close contact with/living with someone who is suspected of having COVID-19 or has tested positive for COVID-19.**
- **Been asked to self-isolate by the NHS Test and Trace because they have been in contact with a known COVID-19 case.**

Please read through the following scenarios for further information and about what to do & when it is safe to return.

Thank you for your support!

COVID Scenarios

What to do if...	Action Needed	Return to training ground when...
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A. I have had COVID19 symptoms	<ol style="list-style-type: none"> 1. Do not come to the training ground 2. Contact you Club Covid Officer who can then contact Watford FC CSE Trust 3. Self-isolate with the whole household. 4. Get tested 5. Communicate with your Club Covid Officer Watford FC CSE Trust about the test result 	<p>The test comes back negative or 10 days have passed since symptoms began, even if you still have a cough or loss of taste/smell* AND you feel well.</p> <p>* These symptoms can last for several weeks.</p>
B. I have tested positive for COVID19	<ol style="list-style-type: none"> 1. Do not come to the training ground 2. Contact your Club Covid Officer who can then contact Watford FC CSE Trust 3. Agree on date for possible return to the training ground(minimum of 10 days). 4. - Self-isolate with the whole household. 	<p>10 days have passed since symptoms began, even if you still have a cough or loss of taste/smell* AND you feel well.</p> <p>* These symptoms can last for several weeks.</p>
C. I have tested negative for COVID19	<ol style="list-style-type: none"> 1. Contact your Club Covid Officer 2. Discuss when you can come back to use the training ground 	<p>The test comes back negative.</p>
D. I am ill with symptoms not linked to Covid-19.	<ol style="list-style-type: none"> 1. Do not come to the training ground 2. Contact you Club Covid Officer and be in contact daily on symptoms 	<p>If you are sick or have diarrhoea, you should not come to the training ground for 48 hours from the last episode of sickness or diarrhoea.</p>
E. Someone in my household has Covid- 19 symptoms.	<ol style="list-style-type: none"> 1. Do not come to the training ground 2. Contact your Club Covid Officer who can then contact Watford FC CSE Trust 3. Self-isolate with the whole household. 4. Household member with symptoms to get a test. 5. Communicate with your Clubs Covid Officer on the results of the test 	<p>The test comes back negative.</p>
F. Someone in my	<ol style="list-style-type: none"> 1. Do not come to the training ground 	<p>See the image at the end of this document for advice about how long</p>

household tests positive for Covid-19.	<ol style="list-style-type: none"> 2. Contact your Club Covid Officer who can then contact Watford FC CSE Trust 3. Agree on the date for possible return to the training ground 4. Self-isolate with the whole household 	members of the household should self-isolate
G. NHS test and trace has identified that I have been in close contact with somebody confirmed with Covid- 19.	<ol style="list-style-type: none"> 1. Do not come to the training ground 2. Contact your Clubs Covid Officer who can then contact Watford FC CSE Trust 3. Agree a date for possible return to the training ground (minimum of 14 days). 	Once you have completed 14 days of isolation
H. NHS test and trace has identified a household member (that's not me) has been in close contact of somebody with symptoms or confirmed Covid-19.	<ol style="list-style-type: none"> 1. The household member must self-isolate for 14 days. 2. You can continue to come along to the training ground 	You can continue to come to come along to the training ground
I. I have travelled abroad from a country or territory that is NOT on the exempt list of countries.	<p>If returning from a destination where quarantine is needed:</p> <ol style="list-style-type: none"> 1. Minimum of 14 days self-isolation before you can use the training ground 2. Contact your Club Covid Officer that you are back in the country to arrange the date you can return to use the training ground 3. Self-isolate the whole household. 	The quarantine period of 14 days has been completed.

J. I have travelled abroad from a country or territory that IS on the exempt list of countries.	<p>If returning from a destination where quarantine is NOT needed:</p> <ol style="list-style-type: none"> 1. Check the current Exempt countries and territories list to confirm the country you have travelled from or through is on the exempt list. 2. Inform your Club Covid Officer that you have returned to the UK and agree a date that you can return to using the training ground 	<p>You have informed your Clubs Covid Office of your return to the UK</p>
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