

Covid-19 Track and Trace Protocol

The online booking system will be used to track members/visitors who have booked courts or attended with juniors, eliminate overcrowding and aid contact tracing.

Any member/visitor who becomes unwell or shows COVID-19 symptoms – high temperature, a new continuous cough, or a loss or change to your sense of smell or taste - after visiting the club must follow the relevant NHS guidance, declare this to the club, and also consult their GP immediately.

NHS GUIDANCE

- Apply for a test as soon as you have symptoms. A test needs to be carried out within the first five days of having symptoms.
- You and anyone you live with must stay at home (self-isolate) until you get your result.
 - Do not go to work, school or public places – work from home if you can
 - Do not go on public transport or use taxis
 - Do not go out to get food and medicine – order it online or by phone, or ask someone to bring it to your home
 - Do not have visitors in your home, including friends and family – except for people providing essential care
 - Do not go out to exercise – exercise at home or in your garden, if you have one
- You should contact **Dave Cochrane** at the Club on **07946 595865** and advise him that you may have coronavirus and you may wish to contact anyone you have been in close contact with in the past 48 hours. They do not need to self-isolate unless they're contacted by the NHS Test and Trace service, but they should take extra care to follow social distancing advice, including washing their hands often. They should also avoid contact with people at high increased risk of severe illness from coronavirus, such as people with pre-existing medical conditions
- **Dave Cochrane** will access the online booking system to determine who was at the club at the same time and get in touch with those members who should follow the advice above. If they too get any coronavirus symptoms, they must self-isolate and get a test as soon as possible.

The latest NHS Guidance can be found at <https://www.nhs.uk/conditions/coronavirus-covid-19/>

