***To keep our athletes safe we require individuals returning to training after or suspected or confirmed coronavirus or self isolation to complete the below return to training request form.***

|  |  |  |  |
| --- | --- | --- | --- |
| **Athlete Name** |  | | |
| **Isolation START Date** |  | **Isolation END Date** |  |
| *Isolation starts from (a) the day symptoms started or (b) the date of a positive test if not showing symptoms or (c) the date of return to the UK if quarantining due to travel outside of UK travel corridor (*[*see travel advice*](https://www.gov.uk/guidance/travel-advice-novel-coronavirus)*)* | | | |

**A. Reason for exclusion from training:**

|  |  |  |
| --- | --- | --- |
| **1** | Self-isolation due to possible coronavirus *(This includes, if you or a member of your household experienced coronavirus symptoms, if you tested positive for coronavirus or if you were identified by NHS Test & Trace as a ‘contact’ of a confirmed coronavirus case)* | **Yes / No** |

**B. Current state of health:**

|  |  |  |
| --- | --- | --- |
| **2** | You are **NOT** displaying **any symptoms of coronavirus**, you feel healthy and you are able to return to work? | **Yes / No** |

**C. Details of self-isolation:**

|  |  |  |
| --- | --- | --- |
| **3** | 10-day self-isolation due to being unwell with coronavirus symptoms. | **Yes / No** |
| **4** | 14-day isolation due to a household member displaying coronavirus symptoms, NHS Test & Trace requesting you isolate, self isolation due to travel restrictions or quarantine on return to the UK | **Yes / No** |
| **5** | If you isolated for 14 days because you have had ‘contact’ with a possible or confirmed case of coronavirus, did you experience symptoms of coronavirus during this period? | **Yes / No / NA** |
| **6** | If you experienced symptoms, what date did your symptoms first appear? |  |

|  |  |  |
| --- | --- | --- |
| **7a** | Have you had an NHS test to check if you have coronavirus? | **Yes / No** |
| **7b** | If yes, did you test positive or negative? *(It is possible to be given an “an unclear, void, borderline or inconclusive result”. If this were to happen you should be get another test).* | **Positive**  **Negative** |
| **8** | Has your self-isolation quarantine period ended?  This can be because you:   * Tested positive, have completed at least 10 days of self-isolation and now feel well. * Tested negative, but you have completed 14 days self-isolation due to a household member or someone in your support bubble having symptoms or testing positive. * Have been told by NHS Test and Trace that you've been in contact with someone who has coronavirus. * Tested negative, you and your household are free from symptoms, you feel well. | **Yes / No** |

**D. State of athlete health**

|  |  |  |
| --- | --- | --- |
| **9** | Are you currently fit and well enough to return to training (Do you now feel better and no longer have a high temperature?  *As a precautionary measure, if possible please check your temperature at home to ensure that your temperature has returned to normal.*  Note-If you are currently taking any OTC drugs such as a paracetamol or ibuprofen? (these drugs may mask a temperature) | **Yes / No** |
| **11** | Do you have a continuous cough? This means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours.  *The cough resulting from coronavirus may persist for several weeks in some people, despite the coronavirus infection having cleared.* | **Yes / No** |
| **12** | If you live in a share household, are all of the individual members of your household healthy and free-from coronavirus symptoms? | **Yes / No / NA** |

**F. Signature.**

|  |  |  |
| --- | --- | --- |
| **Signed** |  | **Date** |
| **Print Name** |  |

**Ending self-isolation and household-isolation**

**Ending self-isolation**

* If you have had symptoms of coronavirus (COVID-19), then you may end your self-isolation after 10 days and return to your normal routine if you do not have symptoms other than cough or loss of sense of smell/taste. If you still have a high temperature, keep self-isolating until your temperature returns to normal.
* After 10 days, if you just have a cough or anosmia (a loss of, or change in, your sense of taste or smell), you do not need to continue to self-isolate. This is because a cough or anosmia can last for several weeks once the infection has gone. The 10-day period starts from the day when you first became ill.

**Ending household isolation**

* After 10 days, if the first person to become ill feels better and no longer has symptoms other than cough or loss of sense of smell/taste they can return to their normal routine.
* If you live with others, then everyone else in the household who remains well should end their isolation after 14 days. This 14-day period starts from the day the first person in the household became ill. People in the household who remain well after 14 days are unlikely to be infectious.
* If anyone in the household becomes unwell during the 14-day period, they should arrange to have a test to see if they have COVID-19 – go to testing to arrange. If their test result is positive, they must follow the same advice for people with coronavirus (COVID-19) symptoms – that is, after 10 days of their symptoms starting, if they feel better and no longer have symptoms other than cough or loss of sense of smell/taste – they can also return to their normal routine. However, if their test result is negative, they must continue with isolation as part of the household for the full 14 days.
* Should someone develop coronavirus (COVID-19) symptoms late in the 14-day household isolation period (for example, on day 10 or later) the isolation period for the household does not need to be extended. Only the person with new coronavirus (COVID-19) symptoms has to stay at home for at least a further 7 days, and should arrange to have a test to see if they have COVID-19 – go to testing to arrange.
* At the end of the 14-day period, anyone in the household who has not become unwell can return to their normal routine.
* A cough or anosmia (a loss of, or change, in the sense of taste or smell), may persist for several weeks in some people, despite the infection having cleared. A persistent cough or anosmia does not mean someone must continue to self-isolate for more than 10 days.

**After ending self-isolation and/or household isolation**

**What to do if you have another episode of coronavirus (COVID-19) symptoms after the end of your first period of self-isolation or household isolation**

* If you develop new coronavirus (COVID-19) symptoms at any point after ending your first period of staying at home (self-isolation or household isolation) then you must follow the same guidance on self-isolation again.
* This means you must stay at home for at least 10 days from when your symptoms started if you live alone and arrange to have a test. If you live in a household, you must stay at home for at least 10 days from when your symptoms started, arrange a test for yourself, and all other household members must stay at home for 14 days.
* This will help to ensure that you are continuing to protect others within your household and in your community by minimising the amount of infection that is passed on.

**If you previously tested positive for coronavirus (COVID-19) and have another episode of symptoms, do you need to self-isolate again?**

* If you have tested positive for coronavirus (COVID-19), you will probably have developed some immunity to the disease. But it cannot be guaranteed that will happen in all cases, nor exactly for how long that will last.
* If you have previously tested positive but develop symptoms again, you must self-isolate for at least 10 days from onset of symptoms and be tested. If you live in a household, all other household members must stay at home for 14 days.

**If you are ever concerned about your coronavirus (COVID-19) symptoms, use the NHS 111 online coronavirus (COVID-19) service. If you do not have internet access, call NHS 111. For a medical emergency dial 999.**