**Rules on attending Newcastle Vikings after contact with a confirmed Covid-19 case. Season 2021-2022. Updated 28th Dec 2021**

1. **Symptomatic of Covid-19.** Anyone with symptoms of Covid-19, which includes a high temperature, new continuous cough, loss or a change to sense of smell or taste, should not attend training. They should arrange a PCR test and would only be allowed to train if this was negative. A lateral flow test (LFT) is not an appropriate test if symptomatic.
2. **What to do if you are a contact with Covid-19.**  You should not attend training if you have been in contact with someone who has Covid-19 for 10 days post exposure date if you are over 18 years and less than 14 days post double vaccination. If contact with a positive case of Covid-19, and you are under 18 years old or greater than 14 days post completion of double vaccination, you may only attend training if you have had a negative LFT before each training session for the next 7 days or until 10 days post exposure if this is earlier. The coach has the right to ask for proof of testing.
3. **What to do if contact with Covid-19 but have had Covid-19 within the last 90 days.** If previously you have had confirmed Covid-19 (positive PCR test) you should not be tested using PCR or LFT for 90 days following the infection. If contact with a Covid-19 case within 90 days of last infection you may train if asymptomatic. If you develop new symptoms of Covid-19 you must arrange PCR testing and will only be allowed to train if this is negative.

**Return to Play update Dec 2021.**

With the increased infectivity rate of the Omicron variant we have to reintroduce the following measures when attending for training;

1. Face masks to be worn by all those 11 years and older when inside the sports hall complex. Face masks do not need to be worn for play.
2. Hands to be sanitized before and after play.
3. Spectators to wear face masks.