



# **BRITISH**

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## **AMERICAN FOOTBALL**

### **COVID-19 RETURN TO PLAY ACTION PLAN**

#### **STAGE 3 COMMUNITY CLUB GUIDANCE FOR SCOTLAND**

# STAGE 3 COMMUNITY CLUB GUIDANCE FOR SCOTLAND

*Effective from: 4 September 2020*

These guidelines apply to Scotland only and have been produced in line with the Scottish Government guidance on public spaces, outdoor activity and exercise published on 9 July 2020, which can be viewed at [Scottish Government: Exercise & Activity Guidance](#)

As a National Governing Body, we appreciate that the three nations of the UK that have teams under BAFA's auspices have different timelines for easing restrictions using their devolved powers. We're factoring these differences into the detailed guidance we're creating for approval by each of the Home Country Sports Councils and the UK Government's department of Digital, Culture, Media and Sport (DCMS).

While stage 3 provides us with new opportunities to increase American Football activity across Scotland, we must be cautious in our approach to this to ensure the safety of our members. **We want to be clear at this stage that the focus of these guidelines is on a return to American Football non-contact training and intra-club non-contact games, not any form of competition between clubs.**

We anticipate this guidance will be updated following progression through Scotland's Covid-19 route map, to reflect any relevant changes to advice from **sportscotland** and as we progress through BAFA's six stage [return to play road map](#).

Make sure you read this guidance carefully and fully understand the requirements in place to meet with the varying restrictions outlined by Scottish Government.

Please also be aware that guidance can change, and restrictions may be reintroduced at short notice. Where a locality or region is subject to localised restrictions, guidance in this document may not apply. Details of local restrictions are available [here](#). Please also make sure you check with BAFA, **sportscotland** and the [Scottish Government: Coronavirus in Scotland](#) website for any additional updates or changes.

If you have any questions relating to this document, or the guidance contained within, please contact [covid-19@britishamericanfootball.org](mailto:covid-19@britishamericanfootball.org) in the first instance.

## **SCOTTISH GOVERNMENT PHASE 3 - REMINDER**

### **From Friday 10 July:**

- People can meet in extended groups outdoors (with physical distancing). Max 15 people from max 5 households.
- Households can meet indoors with up to a maximum of two other households at a time (with physical distancing).
- A house can meet up to 4 other households per day in total.
- The limit on the number of other households you can meet per day (indoors or outdoors) does not apply to young people who are under 18.
- Children aged 11 or under no longer need to physically distance indoors. Young people aged 12-17 must continue to physically distance.

### **From Monday 13 July:**

- Organised outdoor contact sports, play and physical activity can resume for children and young people under 18 (subject to guidance).

### **From Thursday 30 July:**

- Those testing positive should self-isolate for 10 days (increased from 7 days previously). No change to 14 days self-isolation for those in contact with someone who tests positive or entering/returning from international travel from relevant countries.

### **From Saturday 1 August:**

- Shielding paused from 1 August

### **From Monday 24 August:**

- Organised contact sport to resume outdoors for adults.

### **From Monday 31 August:**

- Indoor organised contact sport allowed to resume for children under 12.

### **Indicative dates**

#### **From Monday 14 September:**

- Indoor organised contact sport allowed to resume for adults and young people over 12.

### **Definitions – for the purposes of this guidance**

- contact sport or activity is defined as “a sport or activity in which the participants necessarily come into bodily contact with one another”.
- non-contact sport or activity is defined as “a sport or activity in which the participants are physically separated by playing rules such as to make it difficult for them to make physical contact during the course of an activity. Examples include Tennis, Cricket, Bowls and Curling.

- Non-contact sports where participants would normally encroach within 2m should put in place measures to limit this risk. For instance, training only or competition with altered rules to maintain physical distancing.

# Remember **FACTS** for a safer Scotland



**Face coverings**



**Avoid crowded places**



**Clean your hands regularly**



**Two metre distance**



**Self-isolate and book a test if you have symptoms**

## Face Coverings

- Mandatory on public transport, in shops, in certain indoor public places and should be worn where distancing is difficult
- Babies, toddlers and children under 5 should not wear them
- Not required where the person cannot put on, wear or remove a face covering because of any mental or physical illness, impairment, or disability and invisible disability, people who need to communicate with someone who has difficulties communicating, or where it will cause severe distress for the wearer or person in the care of the wearer
- Should be snug yet comfortable, allowing proper breathing while completely covering nose and mouth
- Wash reusable ones after each use and bin disposable ones responsibly, cleaning hands before and after handling

## Avoid Crowded Places

- Close proximity to others seriously risks spreading the virus, even outdoors
- If somewhere looks busy, leave and try again another time

## Clean Hands and Surfaces Regularly

- Wash hands often with soap and water for 20+ seconds, especially after going out or meeting with other households
- When out, avoid touching hard surfaces and sanitise hands frequently
- Clean surfaces regularly as the virus can live on them for 72 hours

## Two Metre Distance

- Keep 2 metres (6 feet) away from others where possible
- Applies both indoors and outdoors
- Limited exceptions for public transport, hospitality and retail
- Children under 12 are exempt

## Self-isolate and Book a Test if You Have Symptoms

- If you have any coronavirus symptoms, you and your household should isolate and you should book a test straight away at [NHSinform.scot](https://www.nhs.uk/infocentre/conditions/coronavirus) or by calling **0800 028 2816** if you cannot get online

[nhsinform.scot/coronavirus](https://www.nhs.uk/infocentre/conditions/coronavirus)  
#WeAreScotland



## GENERAL GUIDANCE

1. Club management and the appointed Club Covid-19 officer should ensure all appropriate management processes are in place so that they can effectively oversee and maintain the implementation of measures outlined in this document.
2. It is the responsibility of club management to undertake a documented risk assessment, based on their local circumstances, prior to the activity taking place. Consider safety first, particularly focusing on minimising the risk of infection/transmission. Appropriate measures must be put in place to ensure participants, staff and volunteers are always protected.
3. A BAFA risk assessment template is available [here](#) and example **sportscotland** risk assessment template is also available [here](#).
4. Indoor sport and leisure facilities can reopen from 31 August 2020 subject to Scottish Government [Coronavirus \(COVID-19\): guidance on the opening of indoor and outdoor sport and leisure facilities](#) being followed. This allows the resumption of indoor organised contact sport for children under 12 only.
5. No indoor American football activity for over 12s should take place at this time. An indicative date of 14 September has been identified by the Scottish Government for the resumption of indoor contact sports for those aged 12 years and older.
6. Use of changing rooms and showering facilities should be avoided where possible, although from the 31 August 2020 they may be made available for participants with disabilities or special needs. Detailed facility guidance including a checklist that covers use of changing rooms, showers and toilets can be found in the Scottish Government [Coronavirus \(COVID-19\): guidance on the opening of indoor and outdoor sport and leisure facilities](#).
7. BAFA clubs should adhere to the Scottish Government's physical distancing guidelines in force at the time.
8. Travel guidance outlined by the Scottish Government should always be adhered to. No carpooling is permitted – players, parents, coaches and staff should arrive separately unless they are part of the same household. Guidance is available at [Staying Safe and Protecting Others: Travel](#)

## FACILITY GUIDANCE

9. We know that our member clubs are reliant on third party owned or managed facilities. Adherence to the following guidelines should be worked out collaboratively between club and facility. Clubs should request information from their facility provider on venue operations plans, risk assessments and any special requirements relating to Covid-19 to help inform their planning and understand requirements around the following:

- Entry exit and parking arrangements in place at venues to ensure social distancing can be maintained.
- Traffic flow systems and signage at entry and exit points, to ensure that people maintain social distancing rules.
- Socially distanced areas for teams, officials, and spectators.
- Hygiene provisions in place.

More information can be found in **sportscotland's** guidance on [getting facilities fit for sport](#).

10. No spectating should take place other than where a parent is supervising a child or Vulnerable adult. Physical distancing guidance should always be followed.
11. Activity or exercise undertaken in sports areas, courts and pitches must fully comply with Scottish Government household and physical distancing guidance with appropriate hygiene and safety measures also in place.

### **CLUB COVID-19 OFFICER / COVID-19 TEAM LEADS**

12. Each club should appoint a Club Covid-19 Officer to help assist in ensuring that the club has taken the appropriate measures to resume activity. The club ultimately has the responsibility to ensure that there are risk assessments in place for the club and the activity that is taking place, however, to assist in the implementation of these a Covid-19 Officer should be introduced to ease the burden and be a lead in this area.
13. As we appreciate many of our clubs comprise multiple teams operating across different third party provided facilities, and running to different timings, we know that having a single club Covid-19 Officer may be impractical. In these instances, we request that each team within the club has a designated Covid-19 Team Lead, reporting to an overall Club Covid-19 Officer.
14. Club management shall ensure that the appointed persons will receive all necessary support to undertake their roles.
15. The Club Covid-19 Officer and any Covid-19 Team Leads should not put themselves at risk whilst carrying out the role. Duties of these role should include:
  - Completing documented risk assessments and ensuring all appropriate mitigations are put in place by the club before any outdoor activity is undertaken.
  - Being aware of and understanding government guidelines, communicating these with relevant club volunteers and monitoring that these are strictly adhered to especially in terms of the 2m social distancing rules and the practice activity undertaken by the club. (This is subject to change)
  - Ensuring that players have completed the Return to Play health questionnaires for each practice session and game or tournament and shall ensure the club keeps records of these as they may be requested by BAFA. (Covid-19 Team Leads should share these with the Club Covid-19 Officer on a weekly basis for their team).

- Providing safety information and protocols to all players, coaching personnel and parent/guardians prior to the resumption of club activities.
- Keeping a record of attendees practicing or attending games or tournaments within the club. (Covid-19 Team Leads should share this with the Club Covid-19 Officer on a weekly basis for their team).
- Ensuring relevant club volunteers are aware of the need to regularly clean and sanitise all equipment after each session (e.g. balls, flags).
- Making necessary representations to club management about any COVID-19 concerns. (Covid-19 Team Leads should raise any issues with the Covid-19 Officer to share first).
- Reporting any areas of non-compliance immediately to club management and ensuring that these are addressed. (Covid-19 Team Leads should raise any issues with the Covid-19 Officer to report first).
- Keeping up to date on all relevant guidelines issued by BAFA. In the case of players or coaching personnel experiencing or displaying COVID-19 symptoms the Club Covid-19 Officer should Inform club management if there is a confirmed case or if they have been made aware of an individual with COVID-19 symptoms. (Covid-19 team leads should advise the Covid-19 Officer first)
- If there is a confirmed case ensuring that Test and Protect protocols are followed

A [Covid-19 Officer](#) role summary is also available from **sportscotland** to help you return to sport safely. A [Covid-19 COVID 19 Officer e-learning module](#) is also available to help Club Covid-19 Officers with key information and guidance to help them prepare for the new role. This has been developed by **sportscotland** in partnership with Scottish Rugby.

## TEST AND PROTECT

16. [Test and Protect](#), is Scotland's way of putting into practice NHS Scotland's test, trace, isolate and support strategy.

- The gathering of contact information from anyone attending American football activity in a secure and safe manner, will assist NHS Scotland's Test and Protect service to identify any clusters of cases, contact those who may have been exposed to the virus, and request them to take appropriate steps to prevent potential onward spread.
- In order to support Test and Protect, Club Covid-19 officers for BAFA affiliated clubs are required to keep a record of the name, contact number, date of activity session and timings for all those attending organised American football activities within the club. (Covid-19 Team Leads should share this with the Club Covid-19 Officer on a weekly basis for their team).
- This information should be stored for 21 days and shared with public health officers when requested.
- A leaflet providing information on the Test and Protect service from NHS Scotland is also available [here](#).

17. GoMembership! Is BAFA's member registration system. Accurate player, coach and support staff data including full name, email address and phone number is collected upon registration and is available to designated club administrators to help enable detailed Test and Protect record keeping. Only members registered in the BAFA GoMembership! System are eligible to participate in sanctioned American football activity. The details of any new club members should be captured as per BAFA's existing three-trial session process.
18. Clubs will be regularly spot-checked by BAFA to make sure this information is accurately captured and will have strict sanctions failing to produce records or ensure members are registered.
19. Through these measures, an accurate and effective database will be available if required for Test and Protect purposes.

## **PRE-SCREENING**

20. Prior to attending practice or games, all participants in community American football should complete a pre-practice health questionnaire. As part of this, participants will be asked to confirm that they have read and understood the risks associated with playing American football and the transmission of Covid-19. This should be completed by a parent or guardian for members under 18. A template form is available [here](#).
21. Clubs may create and use an equivalent electronic form to capture this information instead if appropriate but must have access to view and validate the information ahead of activity taking place.

## **PHYSICAL DISTANCING**

22. Children aged 11 years and younger are not required to physically distance, as set out in [Scottish Government guidance](#). This extends to organised sports activity and the field of play.
23. For all other participants a 'field of play bubble' can be created during organised sports activity that allows contact whilst the activity is taking place, in effect suspending physical distancing guidelines for the duration of the activity. Normal physical distancing and household number guidelines will however apply before and after the activity takes place - players aged 12 years and over MUST physically distance before and after the activity or when taking breaks.
24. No formal presentation ceremonies should take place during or after an activity and the focus should be on reducing numbers in attendance at any one time.
25. Coaches and others supporting organised activity should attempt to keep physically distant where possible, but it is recognised that this will not always be possible. In such circumstances the responsible Club Covid-19 Office should consider appropriate

mitigating actions as part of their risk assessment.

26. Specific consideration should be given to supervision of children under the age of 5 years as it is not appropriate for young children to maintain the models of physical distancing that are suitable for older children, either practically or in terms of child development. You may, for instance, ask a parent to be present.
27. Coaches, officials, parents and guardians should continue to observe physical distancing when involved in children's activity as a coach, official or spectator. Groups of individuals from different households should not congregate before, during or after the activity.
28. The limit on the number of other households you can meet per day (indoors or outdoors) does not apply to young people who are under 18.
29. Further information on physical distancing guidance is available at [Staying Safe and Protecting Others](#).

## **FIRST AID AND HEALTH**

30. Ensure that access to first aid equipment is maintained, and has been updated appropriately for the Covid-19 pandemic and first aiders have appropriate training
31. In the event of first aid treatment being required it is recognised that a suitably qualified person, coach or supervising adult may require to attend to the injured participant. The Club Covid-19 Officer should consider processes for managing this as part of the risk assessment. This could include but not be limited to:
  - Provision of suitable PPE
  - Training of coaches/supervising adults
  - Presence of one parent/guardian being required at the activity for children/vulnerable adults.
32. After contact with an injured participant, medics, physios or first aiders are encouraged to clean their hands thoroughly with soap and water or hand sanitiser at the earliest opportunity. Records should be kept of any injury treated and passed to the Covid-19 Officer or Covid-19 Team Lead so there is a record of the participants medics, physios or first aiders have come into close contact with for Test and Protect purposes.
33. Participants should wear face coverings, if indoors, before and after activity or when in non-playing areas of a facility – e.g. reception, locker rooms and storage areas. This is a mandatory requirement. These do not need to be worn when undertaking physical activity, exercise or showering / changing.

34. If you are not wearing face coverings and need to sneeze or cough, do so into a tissue or upper sleeve. Dispose of your tissue into an appropriate bin supplied at the venue or place in a plastic bag and take home. Wash your hands afterwards for 20 seconds.
35. Avoid touching your face and ensure to clean your hands with at least 60% alcohol gel when you finish participating.
36. Further guidance is available at:
  - [Health Protection Scotland: Hand hygiene techniques](#)
  - [St. John's Ambulance: Covid-19 advice for first aiders](#)
  - [HSE: First Aid during the coronavirus](#)

## SAFEGUARDING

37. The lockdown period will have affected children in many ways. While most will have had a positive time with family, others may have had negative experiences and could be at increased risk. Please continue to follow the process outlined in your club Safeguarding Policy and report any concerns to BAFA by contacting Safeguarding lead [Claire Elton](#).
38. There will be no alteration to the standards we had in place pre-Covid 19, therefore Protecting Vulnerable Groups (PVG) scheme membership will still need to be in place for designated roles, including coaches, and for any new recruits to roles, prior to any activity resuming with children teams.
39. Coaches and those working with children should familiarise themselves with the additional considerations developed by **Children 1<sup>st</sup>**: [Child Wellbeing and Protection Considerations](#).

## EQUIPMENT

40. Clubs should carry out the following to make sure all equipment is regularly sanitised:
  - Balls should be sanitised at the start of activity, during natural stoppages and at the conclusion activity as a minimum. If there is no natural stoppage this should be done after every 15 minutes.
  - Each player should have their own set of flags which they will keep for the duration of the practice or game. Flags and belts should be sanitised at regular intervals during activity, and at the conclusion of practices or games by either the individual, coach, team manager or Club Covid-19 Officer or Covid-19 Team Lead.
  - Each pitch area should have antibacterial wet wipes or spray available to enable this.
  - At the end of each practice or game, the Covid-19 Officer or Covid-19 Team Lead should ensure any other equipment which has been handled (such as cones) is sanitised.

33. Cones should be put out and collected by the same person on each pitch - preferably by a coach.
34. Participants should be encouraged to bring their own hand sanitiser to practices and games and use it at regular intervals in activity.
41. Participants should bring their own clearly labelled water bottles to practice and not share it under any circumstances. No communal water buckets or bottles are to be used.
42. Participants must not share towels, toiletry products, clothing such as practice jerseys or bibs, water bottles, boots, gloves, mouth guards, or disposables such as tape or ice packs.
43. As the virus is transmitted from respiratory secretions, mouthguard etiquette is very important. Players should refrain from touching or removing their mouthguard, and if they do so must sanitise their hands. Mouthguards must not be left on shared surfaces or public places but be placed in a personal container and stored with personal possessions.

## **AMERICAN FOOTBALL ACTIVITY GUIDANCE**

44. Participants are permitted to undertake non-contact American Football activity in line with BAFA rules and regulations.
45. No traditional American Football contact activities (e.g. tackle or blocking practices, including the use of tackle bags or dummies) are permitted at this time.
46. At this time only intra-club non-contact games are permitted.
47. Travel to take part in practice or competition with another club that you are not registered with on BAFA's GoMembership! System is not permitted.
48. Joint practice sessions between one or more clubs are also not permitted
49. Maximum non-contact practice or play groups of 10 individuals can take place per 1/4 pitch or 20 individuals per 1/2 pitch – this is based on either a full-sized rugby pitch or 11s soccer pitch. The maximum number includes coaches.
  - Two groups of maximum 20 participants may practice or play on one full sized pitch. However, they must remain wholly separate throughout the activity and must be separated by a 2m 'safe zone'. Staggered start and finish times and designated pitch entry points for each group are highly recommended to minimise any risks.
  - Should other spaces be used for practice – for example – a 7-side soccer pitch or other area that is a third of a larger pitch or similar, coaches and the Club Covid-19 Officer should use the above numbers as a guide and exercise their judgement while being very careful to not exceed the maximum numbers detailed. This should also be

recorded and detailed in the club risk assessment by the Club Covid-19 Officer.

50. In addition to non-contact flag football, players are also permitted to undertake non-contact skill development (ie, ball handling, route running) or fitness activities.
51. During these activities, players are not required to physically distance from one another when in the 'field of play bubble'. However, players aged 12 years and over MUST physically distance before and after the activity or when taking breaks.
52. Only individuals registered in the BAFA GoMembership! System are eligible to participate in sanctioned American football activity.
53. The contact details of any new playing members should be captured as per BAFA's existing three-trial session process. New playing members MUST be registered after their third trial session.
54. To support maintaining records for Test and Protect, participants should only take part in activity sessions with their registered BAFA club team and age group.
55. Players, coaches and support staff registered for any BAFA football format may participate in non-contact flag American football activities with their registered BAFA club team and age group.
56. As per [BAFA Competition rules and regulations](#) item 3.8, mixed age ranges may practice alongside each other in the same facility or field but must operate distinctly from each other. No game like scenarios should take place across (or mixing) any age ranges.
57. Huddles – it is recommended that where possible team huddles do not take place before, after and during practice or non-contact game activities. If these are essential, it is recommended that teams all face in the same direction to receive instructions.
58. Coaches should risk assess and plan appropriately for each session in advance, be aware of responsibilities and be clear on expectations with participants. They should also build in a review period to reflect on effectiveness and safety of the session. Further guidance on appropriate steps for providing coaching are available [here](#).
59. No pre or post-game handshakes, or alternatives of any sort e.g. elbow bump or foot taps are permitted.
60. No spitting or mouth rinsing is permitted during practice or play.

## **GUIDANCE TO SUPPORT COACHES**

61. Guidance for coaches is available from **sportscotland** at [Getting your coaches ready for sport](#).

## GUIDANCE TO SUPPORT PARTICIPANTS

The following guidance can be used to support participants. Consider sharing it using it in the context of before, during and after the activity.

### 62. Stay up to date

- Scottish Government information is available at [Scottish Government: Coronavirus in Scotland](#) .
- Be aware that guidance can change, and restrictions may be reintroduced - ensure you have checked the latest version of guidelines for your activity.

### 63. Travelling to and from an activity/venue

- Please check before you leave that toilet facilities will be available at the venue.
- Wash your hands with soap and water for at least 20 seconds before leaving home. Information on hand hygiene is available at: [Health Protection Scotland: Hand hygiene techniques](#) .
- Where possible avoid using public transport and adhere to Scottish Government physical distancing and travel guidelines.
- Arrive as close as possible to when you need to be at the venue/facility and allow others to leave before you enter. If you need to wait, then do so away from the facility and clear of the gates.
- Take your own hand sanitiser to the venue and use regularly throughout the activity.
- If driving, park your car in such a way as to facilitate physical distancing.
- Avoid touching fixed equipment including gates, fences or benches.
- After completing your exercise/activity return directly to your car (if appropriate) and leave.

### 64. Test and Protect

- [Test and Protect](#), is Scotland's way of putting into practice NHS Scotland's test, trace, isolate and support strategy.
- The gathering of contact information from anyone attending American football activity in a secure and safe manner, will assist NHS Scotland's Test and Protect service to identify any clusters of cases, contact those who may have been exposed

to the virus, and request them to take appropriate steps to prevent potential onward spread.

- In order to support Test and Protect, Club Covid-19 officers for BAFA affiliated clubs are required to keep a record of the name, contact number, date of activity session and timings for all those attending organised American football activities within the club.
- It is important that participants cooperate, as it will be crucial to national efforts to suppress the virus.
- This information will be stored by BAFA affiliated clubs for 21 days and shared with public health officers when requested.
- A leaflet providing information on the Test and Protect service from NHS Scotland is also available [here](#).

#### 65. Health and Hygiene

- Participants should wear face coverings, if indoors, before and after activity or when in non-playing areas of a facility – e.g. reception, locker rooms and storage areas. This is a mandatory requirement. These do not need to be worn when undertaking physical activity, exercise or showering / changing.
- If you need to sneeze or cough, do so into a tissue or upper sleeve. Dispose of your tissue into an appropriate bin supplied at the venue or place in a plastic bag and take home. Wash your hands afterwards for 20 seconds.
- Avoid touching your face and ensure to clean your hands with at least 60% alcohol gel when you finish participating.

#### 66. Maintaining physical distancing

- At all times, participants should adhere to the Scottish Government's physical distancing guidelines including before, during and after the activity or when taking breaks.
- Coaches, officials, parents and guardians should continue to observe physical distancing when involved in children's activity as a coach, official or spectator. Please refer to any specific club/venue guidelines.
- Where access through an indoor space is provided it should be for one person at a time, ideally with a one-way system in operation. Participants should ensure not to make contact with hard surfaces such as door handles and move through the area without stopping or congregating at any time.

- Further information on physical distancing guidance is available at [Staying Safe and Protecting Others](#).

#### 67. Spectators

- No spectating should take place other than where a parent/guardian is supervising a child or vulnerable adult. In all cases physical distancing should always be followed.

### **USEFUL INFORMATION**

- [Scottish Government Coronavirus guidance and routemap](#)
- [Test and Protect](#)
- [NHS Coronavirus \(COVID-19\) General advice](#)
- [NHS Coronavirus \(COVID-19\) check your symptoms](#)
- [sportscotland Coronavirus \(COVID-19\) information and resources](#)

# TEST & PROTECT: A STEP-BY-STEP GUIDE

Following these steps is vital to tackle coronavirus in Scotland

1



## RECOGNISE SYMPTOMS

A new persistent cough, fever, or loss or change in sense of taste or smell means you should immediately begin household isolation.

2



## REQUEST A TEST RIGHT AWAY

It is important to get a test as soon as possible. Visit [NHSinform.scot/test-and-protect](https://www.nhs.uk/111) or call **0800 028 2816** if you cannot get online.

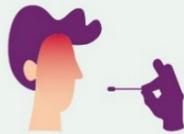
3



## ISOLATE

Isolate for 10 days from symptom start date, longer if fever continues and 48 hours after fever ends. Others you live with should isolate for 14 days.

4



## GET TESTED

When isolating, you should only leave home to get tested. There are various ways of having this done.

5



## GET RESULTS

They should be with you within 48 hours and no more than 72 hours.

6



## PROVIDE DETAILS

If you have coronavirus, NHS contact tracers will contact you to ask who you have had close contact with recently.

7



## NHS INFORMS CONTACTS

The NHS will then contact the people you have had close contact with. Your name will not be shared unless you give permission. All data will be held safely and securely.

8



## CLOSE CONTACTS ISOLATE

They will be asked to isolate for 14 days from the last time they had contact with you.

9



## HOUSEHOLD OF CLOSE CONTACT

If the close contact has no symptoms, others in their household don't need to isolate. If the close contact develops symptoms, they should begin household isolation and request a test straight away.

If you do not have community or family support and need essential help, call the National Assistance Helpline on **0800 111 4000** (Mon–Fri 9am–5pm) or via textphone on **0800 111 4114**. The helpline is for those who cannot leave their home or get the help they need elsewhere.

For current health advice and more information about the Test & Protect service visit [NHSinform.scot/test-and-protect](https://www.nhs.uk/111)