

COVID-19 Action Plan for British National Diving Cup 2022

VENUE

Plymouth Life Centre, Mayflower Drive, Plymouth, PL2 3DG

KEY DATES

Entries Open: Wednesday 12th January

Entry Deadline: Monday 31st January @ 12noon

Training Dates: Tuesday 8th February, Wednesday 9th February and Friday 10th February 2022

Technical Meeting: Thursday 10th February @ 17:00

Competition Dates: Friday 11th February – Saturday 13th February 2022

Contact information – Covid management group

Events Officer: Isobel Griffiths

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Glossary:

- Lateral Flow Test – LFT
- National Diving Cup - BNDC
- COVID Officer – CO
- COVID Medical Officer- CMO

Introduction

Covid-19 management processes for this event are more stringent than current Government advice. The reasons for implementing these measures include:

- The event is a mass gathering of people from all over the country – some regions are not experiencing the reduction of infection rate of others
- There is a wide range of age and potential risk among the participants
- Maximising availability of all participants is important to the achievement of season goals.

We will continue to monitor the national situation and will make and communicate changes if necessary.

By completing the opt-in sheet required to attend the National Diving Cup, you are committing to following the measures in place, and understand that repeated failures to meet these standards may result in not being able to take part in the event.

The National Diving Cup is a closed event – there is no entry to spectators.

Contents

- Accommodation - guidance
- Venue – access and movement
- Covid testing and management of positive results

Accommodation

Divers, coaches, staff and officials can stay in the accommodation of their choice – there is no attempt to ‘bubble’ for this event. Maintaining a safe environment with minimal risk is important – and can be supported by considering and applying measures including the following points:

Distancing – maintain space where possible. If a room is going to be congested, consider wearing masks. Remember that a close contact is defined as 15 minutes or more within 2 metres of someone else.

Ventilation – opening windows and ensuring a flow of clean air is important to minimise build-up of aerosol particles of virus.

Surface hygiene – keep surfaces clean using antiviral wipes.

Hand hygiene – regular use of anti-viral hand foam and good hand washing minimises risk of transmission.

Travel to/from the pool – for car-users, wearing masks and maintaining air flow (open windows) minimises risk. All participants should avoid using public transport.

Dining – minimise mixing with large groups of people. If eating out, following facility rules for mask-wearing, maintain distancing where possible and practise good hand hygiene.

Venue

Masks are compulsory at all times when in the venue, with exceptions made for:

- Training
- Coaching
- Eating/drinking

Participants are responsible for bringing their own masks. These should be Type IIR and can be ordered (for example) from https://www.amazon.co.uk/Resistant-Surgical-Medical-Disposable-Covering/dp/B08D9WW1VJ/ref=sr_1_6?keywords=type+2r+face+masks+uk&qid=1642695758&sprifix=type+2r%2Caps%2C116&sr=8-6

Hand foam/Sanitiser should be regularly used. Participants should have their own supply and dispensers will be available around the facility.

When masks aren't being worn for these activities, social distancing should be maintained.

Entry/exit – we are aiming to have an entrance/exit that is only for event participants (avoiding the use of the main entrance). Confirmation of the point of entry/exit will be confirmed closer to the event.

All participants will be temperature-checked at the point of entry, and must present:



- Email/text evidence from the NHS following the reporting of a test on the NHS website for that day. This is reported at <https://www.gov.uk/report-covid19-result>
- Negative symptom declaration

If an individual has any symptoms (detailed below) they may not enter the building until they have made contact with the Covid Medical Officer (Natalie Cheyne) and a plan has been agreed and followed.

Actions to be taken following adverse results (temperature/test/symptoms) are detailed in the testing section of this document (below).

Dry training – clubs will be offered training time in the diving dryland that is only for that club, to minimise mixing. Cleaning equipment (spray and wipes) will be available in the area and equipment will be cleaned down between training groups. We intend to make additional dry training space available in the sports hall – this will be confirmed closer to the event.

Access to dryland/poolside – traffic flow (direction and timing) will be signposted and monitored to minimise contact and congestion between users.

Spectator seating – areas will be defined for each club. Each area will be signed and marked for each team and will be distanced by at least one row of seats from adjacent areas. As above, masks should be worn when spectating.

Food/drink – the café at the front of the building must not be used. We are looking at solutions (pop-up stations, controlled spaces) to make food/drink available for participants through the event. The most controllable solution is to manage fuelling/hydration needs by bring food and drink to the pool. Drinks/meals will be provided for officials as usual.

All measures for competition days will be communicated via email and at the technical meeting preceding the event.

Covid testing and management of positive results

Any participant who has had a positive Covid test in the 14 days preceding travel to the event should contact a member of the Covid Management Group. The Covid Medical Officer will then liaise directly with the individual and plans can be made on a case-by-case basis.

LFTs will be undertaken daily from the date of travel to the event to the last day of attendance to minimise the spread of COVID-19 in asymptomatic individuals.

Participants are responsible for bringing their own LFTs.

All persons present at the event must self-isolate if they develop any symptoms consistent with COVID-19 and arrange a PCR test. LFTs must not be carried out on SYMPTOMATIC individuals.

Symptoms of COVID-19:

- Cough
- Fever (over 37.8 degree)



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- Loss of taste or smell (anosmia)
- Sore throat
- Headache
- Muscle aches (myalgia)
- Feeling generally unwell

Any persons with new onset of the above symptoms must self-isolate immediately and inform a member of the event Covid management group.

Before admittance to the venue each day, each person will have the following medical checks:

- Temperature (< 37.8 degrees)
- Email/text evidence of negative test taken that day
- Declaration of no symptoms

Any temperature of over 37.8 degrees will be re-checked for confirmation after 5 minutes. In this time the individual should be seated outside and remove any headwear which may falsify the readings.

For any symptoms declared or two temperature results greater than or equal to 37.8 degrees, the individual will be asked to self-isolate, and the Covid Medical Officer will be informed. The individual will also be asked to obtain a PCR test and they will be unable to continue in the event until a negative test has resulted. This may result in their exclusion from the event. Event management will need to be notified of their exclusion on medical grounds.



Testing Regime for Participants and Attendees

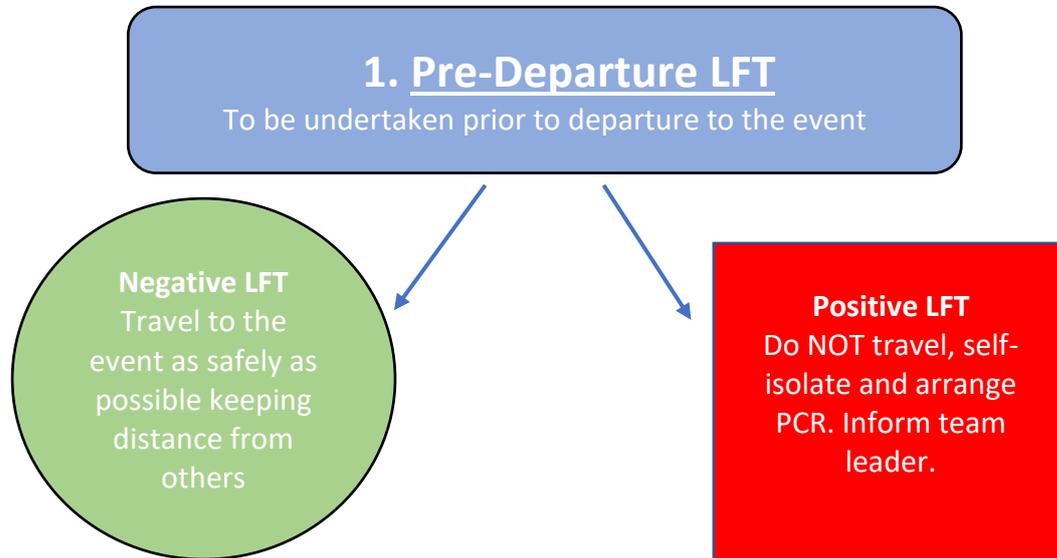


Figure 1.

As shown in figures 2 and 3, all close contacts will undergo a risk assessment with the CMO and CO conducted via their coaches, team leaders or parents as appropriate. This will be done to determine their proximity to the positive individual and overall risk for developing or carrying COVID-19. In line with UK government guidance, all double vaccinated over 18s will be exempt from self-isolation. For these individuals as part of the event, we ask that they take an LFT. If the LFT is negative they may continue to participate in the event. If positive they will continue down the positive LFT side of the flow chart.

In children under the age of 18 who are not vaccinated, there is no longer a government requirement for them to self-isolate if deemed a close contact. However, the individual will be encouraged to get a PCR test, but they will not need to isolate for the result.

In line with event protocols, these individuals will also be asked to provide a negative LFT result prior to returning to the event. The decision regarding continuing participation in the event will ultimately lie with the parent or guardian responsible. The CMO will confirm using the Contact Tracing Declaration Form that the parent or guardian is happy for their child to continue in the competition following being identified as a close contact.

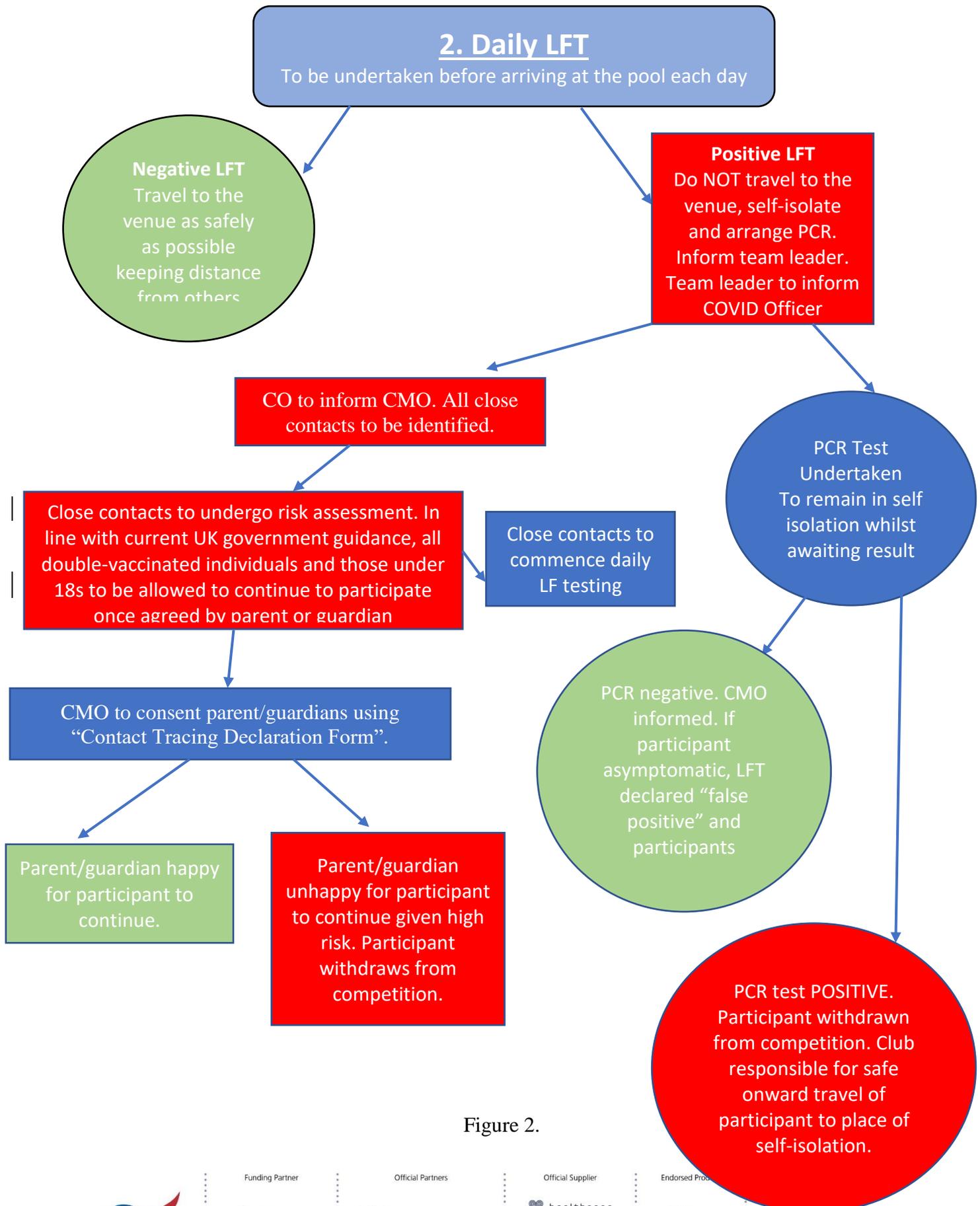


Figure 2.

Definition of “Close Contact” as defined by UK government guidelines:

- anyone who lives in the same household as another person who has COVID-19 symptoms or has tested positive for COVID-19
- anyone who has had any of the following types of contact with someone who has tested positive for COVID-19 within the previous 48 hours:
 - face-to-face contact including being coughed on or having a face-to-face conversation within one metre and not wearing a mask
 - been within one metre for one minute or longer without face-to-face contact and not wearing a mask
 - been within 2 metres of someone for more than 15 minutes (either as a one-off contact, or added up together over one day) without a mask
 - eaten in close proximity to a symptomatic individual or someone who has tested positive for COVID-19

Traffic Light System

In the event of a positive case(s) of COVID-19 at BNDC, the event will switch to a traffic light system based on the number of cases. Outlined below is a summary on how protocols with mature based on the case number.

GREEN:

Requirements:

- To be in a state of green, the event must have no COVID-19 cases identified

Protocols:

- No change to COVID action plan and social distancing guidance
- Masks to be worn at all times indoors
- Social distancing encouraged between groups
- Daily symptom declaration to be completed
- Presentation of daily lateral flow test result (email/text from NHS reporting) on arrival to the venue

AMBER:

Requirements:

- Positive individuals identified from testing: <10

Protocols:

- All team leaders to be notified of positive case numbers



- In the event of athletes under the age of 18, parents and guardians to be given option of withdrawing participants from the competition
- PHE to be informed of positive cases
- CMO to decide on introduction of further mid-event testing
- Social distancing to be enforced between groups unless necessary
- Warnings issued to participants and coaches for incorrect mask use
- Dependent on the spread of the cases, CMO may consider need to exclude close contacts from the self-isolation exemption and mandate a PCR test prior to return to competition.
- COVID management group to discuss if limitations of attendees frequenting other establishments should be curtailed (e.g., restaurants)

RED:

Requirements:

- Positive individuals identified from pre-event or mid-event testing: >= 10

Protocols:

- COVID Crisis Team to liaise with PHE regarding suitability of event continuing
- No outside food deliveries to be allowed to participants or coaches
- No travel outside of hotel or venue for all participants, staff, and coaches
- Parents to be given second option of withdrawing participants from the competition
- Warnings and exclusions given to participants and coaches who do not follow social distancing and self-isolation implementation
- CMO to strongly consider curtailing self-isolation exemption for close contacts and revert to imposed self-isolation or necessitate a negative PCR prior to close contacts returning to the event.

