

Monkstown Hockey Club. Covid -19 Questions and Answers



PLAY SAFE & STAY SAFE

COVID-19 INFORMATION FOR MONKSTOWN HOCKEY CLUB

Covid-19 is a highly contagious virus that can affect people in various ways. This is one of the reasons this virus is so challenging to manage. Some people who developed Covid-19 had no symptoms whilst others were symptomatic and unwell requiring medical assistance and sadly a significant number of people in our society and throughout the world died from Covid-19 infections. For this reason, we have developed a Q&A leaflet to answer some of the questions our players, coaches, parents, and guardians may have about the return to play guidelines for the club.

COVID COMMITTEE

Hockey Ireland have requested that all Hockey Clubs appoint a Covid Officer to advise, educate and oversee good infection prevention control procedures and contact tracing requirements for the club. In MHC we have appointed a Covid committee to ensure the Policies, Procedures and Guidelines and contact tracing processes are in place to protect our members. The Covid committees' details can be found on our website. Any queries can be directed to the following email address:

monkstowncovidcommittee@gmail.com

REGISTRATION TO PLAY

All our members are required to register on the Covid App 2 hours before training or playing hockey. Information on the App will be used for contact tracing. It is important your details are correct, input your full name and contact details. The QR code is here:



QUESTIONS AND ANSWERS

Q: I am a little confused about the symptoms of Covid-19, can you let me know what I should look out for?

A: This is a good question as the symptoms of Covid-19 are not always straightforward. The classic symptoms are a temperature of 37.5°C, new cough, shortness of breath, fatigue, flu like symptoms and loss of taste or smell. If you have any of these symptoms, it is very important that you let your coach or manager know and do not attend training or a match. The difficulty with Covid-19 is that until you have a test it is difficult to out-rule Covid-19. The symptoms are sometimes like a head cold, respiratory infections or even hay fever. It is important that you contact your GP to see if you need a test. Do not attend training or a match until you are 48 hours asymptomatic of respiratory symptoms and you need to be 5 days without a high temperature (under 37.5°C) before returning to play.

Q: I do not want anyone to know I have Covid 19?

A: Unfortunately, during a Global Pandemic we are obliged to inform health authorities if you have Covid-19, so that your close contacts can be informed in an effort to break the chain of infection. Having Covid-19 is not something you should be embarrassed about. It is more

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important that you get well and protect others from getting the infection.

Q: What should I do if one member of my family has symptoms of Covid-19?

A: This is a difficult situation for anyone who has a family member who has any symptoms mentioned earlier. It is important to get advice from your GP regarding restricting movements for you and your family. It is also likely you or your family will need to restrict movements until the test results are reported. This means you also cannot attend training or play a match. If a close contact tests positive you are likely to need Covid-19 testing also. There is no charge for Covid-19 testing with the HSE and there are no limits to the number of tests you may have. Just let your coach or manager know about your situation as soon as possible.

Q: I attended training/ match 2 days ago and I felt fine. I woke up this morning and did not feel well, what should I do?

A: It is not unusual for Covid-19 symptoms to present quickly. Contact your GP to see if you need to have a test. Let your coach/manager know and do not attend training/match. If your result is positive, the Covid Officer needs to be informed. We will be required to share contact tracing data for a period of 48 hours prior to the development of your symptoms. So, for example, if you trained with your team on a Friday evening as you felt well enough to play, and your symptoms started on the Sunday

morning, the HSE contact tracing team need to know about your close contacts (i.e. those in your training pod) for the previous 48 hours before you developed symptoms. The Covid Officer will be able to access these details from the Covid App and from your coach.

Anyone who is deemed to be a close contact will be required to restrict their movements for **14 days** and will be required to undergo Covid-19 testing. This means you cannot attend college or work or school or leave your home to go to the shops or attend hockey training etc. for **14 days**. The HSE contact tracing team will be in contact with you, usually daily during this time to monitor you, in case you develop any symptoms.

The MHC Covid Officers may remind you to maintain social distancing, wear a face covering if you cannot adhere to social distancing and practice good hand hygiene & infection prevention and control procedures to protect you and those close to you. Please follow their advice.

Q: This is the third time I have been asked to restrict my movements and I am concerned about how this will impact on my team?

A: We are anticipating as we move into the winter months this will not be unusual. The coaches have expected these situations to arise and have contingency plans in place to manage absences due to Covid-19. Stay in contact with your manager/coach and let them know when your isolation period is over. Communication with your coach/ manager is key.

Q: I have had the Coronavirus and I am worried about returning to play, does the club require me to do anything before I resume play?

A: We respect the confidentiality of our members medical history. We also expect our members over 18 years of age will take responsibility for their own health and wellbeing and for those under the age of 18 years old we anticipate their parents/guardians will link in with the manager/coach to discuss the situation further. Your GP should advise you when it is safe for you to return to play sports following a Covid-19 infection.

Q: I have returned from a trip abroad and I am not sure if I can play or train with my team?

A: The answer to this question depends on whether the country you have been in is on the green list. The green list will be updated on a weekly basis. If the country, you have visited is on the green list you can train or play. It is best to let your coach/manager know if you have been out of the country.