

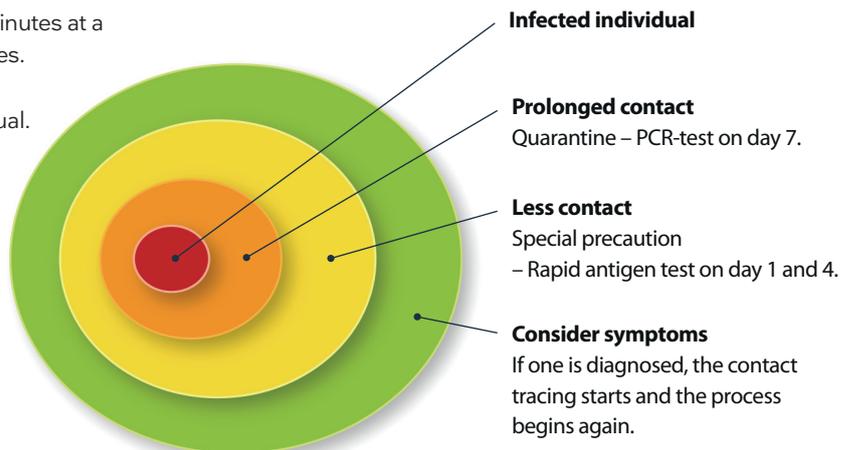
Contact tracing and quarantine

Instructions on contact tracing for athletes and staff in sporting activities. It is recommended to divide areas into compartments as much as possible and to limit movement between compartments as much as possible. The purpose is to reduce the spread of COVID-19.

Contact tracing is based on contact on the day before the individual developed symptoms or the day before testing if they are asymptomatic. Those individuals who have been exposed to COVID-19 infection must be quarantined.

General criteria used to assess the need for quarantine

- If contact (exposure) was longer than 15 minutes at a time and proximity was less than two metres.
- Intimate contact (hugging, kissing).
- Repeated contact with the infected individual.
 - Even if contact lasted less than 15 minutes.
 - Extended stay in the same indoor space at home / training and competition areas / locker room.
 - Repeated contact.
 - Many common contact surfaces.



If an athlete is diagnosed with COVID-19

- **Isolation** is for those with a confirmed COVID-19 infection (red). ●
- **Quarantine** includes those with whom the infected individual had the most contact (orange). ●
 - Indoors:
 - **Training sessions:** Everyone who trained in close proximity to the individual in question.
 - **Competition:** The whole team and opponents if common equipment was used (e.g. handball, volleyball, basketball).
 - Outdoors:
 - **Training sessions:** Friends / training buddies who had prolonged contact before, after or during training sessions.
 - Were in close proximity to the infected individual in the locker room for more than 15 minutes.
 - **Competition:** The whole team.
 - Evaluation of the Tracing Team in collaboration with coaches/employees.
 - Undergo quarantine and testing after 7 days.
- **Special precaution** includes the following (yellow). ●
 - Had contact with the infected individual that is not considered prolonged.
 - Competition opponents, indoors and outdoors.
 - Maintain special precaution and can continue to train and compete.
 - Rapid antigen test the day after the infection is discovered and again in four days.
- If an individual is diagnosed positive with a rapid antigen test, they go into isolation and receive a bar code and a notification for a PCR test. Contact tracing begins when the results of that test are obtained. The club must be informed of the results of the rapid antigen test, as well as the PCR test, so that measures can be taken.

- **Be mindful** (green). ●
 - Had little to no contact with the infected individual.
 - Same training or competition area, but not at the same time in places like the locker room.
 - No quarantine and no tests.
 - Monitor symptoms and if they appear, get a PCR test immediately.
- If an individual in the green circle is diagnosed, the contact tracing process begins.

Coaches and other staff

- Usually fall into the appropriate circle depending on contact, and the same applies to them and the athletes.
- **If a coach/employee is diagnosed with COVID-19.** Same general criteria used for contact tracing. The evaluation of who goes in which circle depends on their contact with those individuals/groups.

The decision to quarantine is always in the hands of the Chief Epidemiologist's Tracing Team and the Department of Civil Protection. Here we try to explain the basic objectives of the team. The circumstances of each case are assessed, and the decision of the Tracing Team, which can be appealed to the courts, applies. An appeal will not postpone implementation.

