



Coronavirus Recovery Policy

Responsible Person	Directors
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Review by	SP

England moving in to Step 4 from the 19th July 2021

Throughout the COVID-19 pandemic, the Government's objective has been to protect lives and livelihoods across the United Kingdom. This remains UK eases restrictions.

Vaccines are significantly reducing the link between infections and severe disease and death. As originally set out in the COVID-19 Response - Spring 2021 with a sufficiently high proportion of the population vaccinated, the country can learn to live with COVID-19 without the need for the stringent economic and social restrictions which have been in place since March 2020.

The pandemic is not over and with new COVID-19 variant (known as Delta) spreads more easily than the other variants that were previously most common.

This means that at step 4:

- All remaining limits on social contact (currently 6 people or 2 households indoors, or 30 people outdoors) will be removed and there will be no more restrictions on how many people can meet in any setting, indoors or outdoors.
- All settings will be able to open, including nightclubs. Large events, such as music concerts and sporting events can resume without any limits on attendance or social distancing requirements.
- The legal requirements to wear a face covering will be lifted in all settings. To help reduce the spread of COVID-19, published guidance will advise that wearing a face covering will reduce your risk and the risk to others, where you come into contact with people you don't normally meet in enclosed and crowded spaces.
- Social distancing rules (2 metres or 1 metre with additional mitigations) will be lifted. You should continue to consider the risks of close contact with others, particularly if you are clinically extremely vulnerable or not yet fully vaccinated. Social distancing will only be required in limited circumstances: ports of entry for passengers between disembarkation and border control in order to manage the risk of Variants of Concern being transmitted between individuals; and people who are self-isolating should also continue to socially distance from others, particularly where they have had a positive test. Health and care settings will continue to maintain appropriate infection prevention and control processes as necessary and this will be continually reviewed. Guidance will be updated based on the latest clinical evidence this summer.

Control Outbreaks

If as a risk of rapid spread are particularly acute, Directors of Public Health, in consultation with CM Sports management, will be able to advise that social distancing is put in place if necessary to control outbreaks. This should be targeted, time limited, and apply to individual area of CM Sports.

- It is no longer necessary for people to work from home. Employers can start to plan a return to workplaces.

CM Sports will continue to encourage all staff, children and families to clean their hands regularly and clean surfaces that people touch regularly. Businesses will be encouraged to display QR codes for customers to check in using the NHS COVID-19 app, to support NHS Test and Trace, although it will no longer be a legal requirement.

The Government will change the controls that apply in early years and higher education to maintain a baseline of protective measures while maximising attendance and minimising disruption to children and young people's education.

The Government's intention is that from step 4 children will no longer need to be in consistent groups ('bubbles'), and early years' settings or schools (Including clubs).

The Government also intends to exempt under 18s who are close contacts of a positive case from the requirement to self-isolate, in line with the approach for those who are fully vaccinated Further detail will be published in due course and the changes are likely to come into effect later in the summer.

To help stop the spread, CM Sports team should:

Get both doses of the vaccine when you are offered it, and encourage others to do so as well

Participate in surge testing in your local area, whether you are vaccinated or not

Self-isolate immediately if you have any symptoms of COVID-19 (a high temperature, a new, continuous cough or a loss or change to your sense of smell or taste) or if you've tested positive for COVID-19

All team should also take particular caution when meeting anyone outside their household or support bubble. Wherever possible, all team should try to:

Meet outside rather than inside where possible

Keep 2 metres apart from people that you do not live with (unless you have formed a support bubble with them), this includes friends and family you don't live with

Minimise travel in and out of affected areas

CM Sports team should also:

- Get tested twice a week for free and isolate if you are positive
- Refer to local health advice for your area
- You should get tested for COVID-19.

This includes:

- Arranging to have a PCR test if you have symptoms of COVID-19
- Getting regular rapid lateral flow tests if you do not have symptoms of coronavirus (COVID-19)
- Arranging a testing or managed quarantine package if you plan to travel overseas.
- You should self-isolate immediately if you have symptoms or a positive test result for COVID-19.

Keeping yourself and others safe

Face coverings –

CM Sports are allowing staff to wear a face covering in many indoor settings if they prefer.

If you are clinically extremely vulnerable, you could be at higher risk of severe illness from coronavirus.

If you are clinically extremely vulnerable, you are no longer advised to shield. However, you should continue to follow the guidance for people who are clinically extremely vulnerable and are advised to continue taking extra precautions to protect yourself, such as limiting close contacts, shopping or travelling at quieter times of the day, keeping rooms ventilated and washing your hands regularly. Your employer is required to take steps to reduce the risk of exposure to COVID-19 in the workplace.

If you have been vaccinated against COVID-19

To help protect yourself and your friends, family, and community you should continue to follow all of the guidance even if you've been vaccinated against COVID-19.

The vaccines have been shown to reduce the likelihood of severe illness in most people. Like all medicines, no vaccine is completely effective, so those who have received the vaccine should continue to take recommended precautions to avoid infection.

Whilst emerging evidence suggests vaccines are having an impact on transmission, we do not know by how much the vaccine stops COVID-19 from spreading. Even if you have been vaccinated, you could still spread COVID-19 to others, even if you do not display symptoms.

Meeting others for work

All remaining limits on social contact (currently 6 people or 2 households indoors, or 30 people outdoors) are removed but CM Sports recommend as many meetings to be outside or online to keep all staff safe.

Monday 16th August 2021

People who are double jabbed or aged under 18 will no longer be legally required to self-isolate if they are identified as a close contact of a positive COVID-19 case. The change was announced last month, as part of step 4 of the government's COVID-19 roadmap. With 75% of people having received both doses of the vaccine, the majority of adults will no longer need to self-isolate if they are contacts.

As of Monday 16th August, double-jabbed individuals and under 18s who are identified as close contacts by NHS Test and Trace will be advised to take a PCR test as soon as possible to check if they have the virus and for variants of concern. People can order a PCR home test online or by calling 119, or going to a test site.

As double-jabbed people identified as close contacts are still at risk of being infected, people are advised to consider other precautions such as wearing a face covering in enclosed spaces, and limit contact with other people, especially with anyone who is clinically extremely vulnerable. They will not be required to self-isolate while they wait for the results of the PCR test.

Double-vaccinated adults will no longer be required to self-isolate from Monday, as long as they received their final dose of an MHRA-approved vaccine in the UK vaccination programme at least 14 days prior to contact with a positive case.

Anyone who tests positive following the PCR test will still be legally required to self-isolate, irrespective of their vaccination status or age in order to break onward chains of transmission. Meanwhile anyone who

develops COVID-19 symptoms should self-isolate and get a PCR test, and remain in isolation until the result comes back.

From 26th August 2021 - Contacting NHS Test and Trace on 119 for issues and queries.

AUTUMN AND WINTER RESPONSE – 27th September 2021

Over autumn and winter, the Government will aim to sustain the progress made and prepare the country for future challenges, while ensuring the National Health Service (NHS) does not come under unsustainable pressure.

The Government plans to achieve this by:

- Building our defences through pharmaceutical interventions: vaccines, antivirals and disease modifying therapeutics.
- Identifying and isolating positive cases to limit transmission: Test, Trace and Isolate.
- Supporting the NHS and social care: managing pressures and recovering services.
- Advising people on how to protect themselves and others: clear guidance and communications.
- Pursuing an international approach: helping to vaccinate the world and managing risks at the border.

Building defences through pharmaceutical interventions

Vaccines – CM Sports recommend all their staff get vaccinated.

The high level of vaccine protection has allowed the country to live with COVID-19 without stringent restrictions on society, the economy, and people's day-to-day lives. Going further on vaccination will help ensure this remains the case. The Government has secured sufficient supplies to support further vaccination across the whole UK.

The Government has three priorities for the COVID-19 vaccination programme in England for the autumn and winter:

- Maximising uptake of the vaccine among those that are eligible but have not yet taken up the offer.
- Offering booster doses to individuals who received vaccination in Phase 1 of the COVID-19 vaccination programme.
- Offering a first dose of vaccine to 12–15-year-olds.

Update from 27th November 2021: Risk Assessment updated for projects and events

The government continues to manage the risk of serious illness from the spread of the virus. The Prime Minister announced on 27 November the temporary introduction of new measures as a result of the Omicron variant. These measures are precautionary, while the variant is tracked and assessed and will be reviewed after 3 weeks.

For out-of-school settings and wraparound childcare/ young people projects, most directly a temporary recommendation on the wearing of face coverings in the projects, to isolation requirements for confirmed

and suspected cases of the Omicron variant and their contacts. This advice remains subject to change as the situation develops.

COVID-19 continues to be a virus that we learn to live with, and the imperative to reduce the disruption to children and young people's education remains.

Tracing close contacts and self-isolation

Close contacts in projects and events out of school periods are identified by NHS Test and Trace and settings/ projects. events are not expected to undertake contact tracing. As with positive cases in any other setting, NHS Test and Trace will work with the positive case or their parent to identify close contacts. Contacts from an out-of-school settings/ projects and events will only be traced by NHS Test and Trace where the positive case specifically identifies the individual as being a close contact. This is likely to be a small number of individuals who would be most at risk of contracting COVID-19 due to the nature of the close contact.

All individuals who have been identified as a close contact of a suspected or confirmed case of the Omicron variant of COVID-19, irrespective of vaccination status and age, will be contacted directly and required to self-isolate immediately and asked to book a PCR test. They will be informed by the local health protection team or NHS Test and Trace if they fall into this category and provided details about self-isolation.

Control measures

Everyone working for CM Foundation should:

1. Ensure good hygiene for everyone
2. Maintain appropriate cleaning regimes, using standard products such as detergents
3. Keep occupied spaces well ventilated
4. Follow public health advice on testing, self-isolation and managing confirmed cases of COVID-19

Updates: 21st & 24th February 2022

The government is removing remaining domestic restrictions in England. There are still steps you can take to reduce the risk of catching and spreading COVID-19:

- Get vaccinated
- Let fresh air in if meeting indoors, or meet outside
- Get tested if you have COVID-19 symptoms, and stay at home if positive.

The public will not be legally required to self-isolate if you test positive for COVID-19. Stay at home if you can and avoid contact with other people.

You will not have to take daily tests or be legally required to self-isolate following contact with someone who has tested positive for COVID-19.

UPDATE FROM PUBLIC HEALTH ENGLAND – 4th April 2022

- Children with mild symptoms such as a runny nose, sore throat, or mild cough, who are otherwise well, can continue to attend their education or childcare setting
- Children and young people who are unwell and have a high temperature should stay at home and where possible avoid contact with other people.
- They can go back to education or childcare setting when they no longer have a high temperature, and they are well enough.

If a child or young person has a positive COVID-19 test result they should try to stay at home and where possible avoid contact with other people for 3 days after the day, they took the test. The risk of passing the infection on to others is much lower after 3 days if they feel well and do not have a high temperature.

Adults with a positive COVID-19 test result should try to stay at home and avoid contact with other people for 5 days.

Children and young people who usually go to school, college or childcare and who live with someone who has a positive COVID-19 test result should continue to attend as normal.

Remember to:

- Good respiratory (catch coughs and sneezes in tissues and dispose of as soon as possible) and hand hygiene (washing hands including after using the toilet and before eating)
- Environmental cleaning
- Ventilation and use of outdoor spaces
- Vaccination of those eligible