



Valley Fort

COVID-19 Status & Symptoms Guidelines

The Valley Fort Executive Committee follows Government and HKRU guidelines for COVID-19 and is committed to keeping our community safe by taking any supplementary action it deems advisable. This document lays out the guidelines specifically for Valley Fort players and coaches in case of confirmed, suspected or potential COVID-19 cases.

COVID-19 Status	COVID-19 Status Definition	Valley Fort Player / Coach Actions	Valley Fort Executive Committee Actions
Confirmed <i>(as notified by CHP)</i>	Individual has a positive COVID-19 PCR test result and is either being taken to or already being treated in a hospital.	Notify Valley Fort by completing the Valley Fort COVID-19 Track and Trace form .	Notify members and suspend all team activities until risk assessment has been completed with HKRU .
Preliminary Infected <i>(as notified by CHP)</i>	Individual has a positive COVID-19 RAPID test result and is being taken to hospital for further testing.	Notify Valley Fort by completing the Valley Fort COVID-19 Track and Trace form .	Notify members and suspend all team activities until risk assessment has been completed with HKRU .
Close Contact <i>(as notified by CHP)</i>	Individual has been within 2 metres of an infected person for a cumulative total of 15 minutes or more over a 24-hour period, regardless of whether a mask is worn or not. Individual has been taken to or is preparing to be taken to government quarantine for further testing and isolation.	Notify Valley Fort by completing the Valley Fort COVID-19 Track and Trace form . If you are a confirmed 'Close Contact' case and are still <u>waiting</u> to be taken to government quarantine, do NOT attend training.	Monitor situation to determine appropriate actions dependent on whether the further testing is positive or negative and other 'Affected Persons' within club (e.g family members).
Affected Person <i>(waiting on notification from CHP or as determined by individual)</i>	Individual is awaiting confirmation from the CHP on their 'Close Contact' status OR; Individual could <u>potentially become</u> a 'Close Contact' status (been in contact with someone who is confirmed as a 'Close Contact') OR; Individual is awaiting results of COVID-19 testing (tested conducted for any reason).	Do NOT attend training until confirmed your return to play with your Head Coach (for players) or Head of Youth / Head of Minis (for coaches) prior to your return. Negative test result may be required.	N/A – awareness only

continued overleaf.....

pending final HKRU review



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If at any point as a player or coach you are feeling unwell and do not fall under the above categories, please follow the [HKRU Guidance for Symptomatic Persons](#).

In addition to this framework, we would ask all members of our community to err on the side of caution if in doubt about a particular interpretation or a particular situation.

If you have any questions, please contact info@valleyfort.com.

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