

COVID Case or Close Contacts (Phase 2)

The following is provided as high-level practical guidance to racing industry participants.

The first rule: if you are experienced cold or flu symptoms, or any [other COVID-19 symptoms](#), then please stay home and phone the dedicated COVID-19 Healthline on 0800 358 5453.

The table below summarised specific rules that apply under the current 'Phase 2' of the Omicron response.

For full detail please refer to the government's [Unite against COVID-19 website](#).

POSITIVE CASE		CLOSE CONTACT	
Yourself	Member of Household	Yourself <i>(See note below)</i>	Member of Household
Self-isolate for 10 days Provide all necessary information to contact tracers to help them identify other close contacts	Self-isolate for 10 days	Self-isolate for 7 days	All other members of the household can continue as normal, monitoring for symptoms.
PCR Nasal Swab Test on day 5 and then again on day 8		PCR Nasal Swab Test on day 5	If develop any symptoms – arrange for a PCR Nasal Swab
You can stop isolating and RETURN to normal life once you have received a negative day 8 test and the 10 days have passed. <i>You will be notified by the of your test result (negative or positive) by text</i>		You can stop isolating and RETURN to normal life once you have received a negative day 5 test and the 7 days have passed	
CASUAL CONTACTS CONTINUE WITH YOUR NORMAL ROUTINES Monitor for symptoms and get tested if feeling unwell			

It is acknowledged that 'Phase 3' is pending and if this requires update, then we will provide this once understood.

Note - Close Contact Exemption Scheme:

If an employer has registered a fully vaccinated employee under the '[Close Contact Exemption Scheme](#)' for Animal Welfare purposes (eg. club staff required for maintenance of training or racing surfaces), and if notified as a close contact, then if asymptomatic, the person may leave their self-isolation to undertake work if they test negative to a Rapid Antigen Test (RAT) on a daily basis. During their period of self-isolation and RAT testing for work, such people should limit contact with other people while working (ideally as a 'bubble of one') and must not attend a race meeting.

We have received advice from MPI that provides guidance to businesses in relation to this scheme. MPI's relevant points are:

- "Businesses can still operate under Red at all Phases."
- "The close contact exemption scheme provides businesses with a way of bringing staff subject to close contact isolation back into the workplace if they return daily negative rapid antigen tests. It is available for vaccinated and asymptomatic close contacts for businesses to help maintain critical infrastructure and supply chains."
- "Businesses determine whether they are a critical service under the Close Contact Exemption Scheme through self-assessment. [MBIE has developed a tool on its website to help with this.](#) "
- "We recommend that you [register](#) if, after your self-assessment, you believe you are eligible."
- "In all cases, businesses should carefully assess in each situation whether they need to use the Close Contact Exemption Scheme, or whether other options (such as standing staff down and using replacement staff) are available/appropriate."
- "All other tools to manage business continuity (such as mask wearing, vaccination, scanning etc) should continue – the Scheme is just one additional tool to assist business manage the challenges of Omicron."
- "Services required to meet a statutory obligation under the Animal Welfare Act are included as critical services if an alternative service is not available (section 18(1)(b) of the Order). This includes veterinary services."
- "For these services, staff can only use the scheme to do tasks that are required to meet requirements under the Animal Welfare Act. For example, staff may attend work to feed and care for animals, but not to perform other tasks (such as administration) that are not directly related to those animal welfare obligations."