



## Sickness Policy

### To include Coronavirus (Covid-19)

#### Chickenpox

If your child has [chickenpox](#), keep them off rugby until all the spots have crusted over. This is usually about 5 days after the spots first appeared.

#### Cold sores

There's no need to keep your child from rugby if they have a [cold sore](#). Encourage them not to touch the blister or kiss anyone while they have the cold sore, or to share things like cups and towels.

#### Conjunctivitis

You don't need to keep your child away from rugby if they have [conjunctivitis](#). Do get advice from your pharmacist. Encourage your child not to rub their eyes and to wash their hands regularly.

#### Coughs and colds

It's fine to send your child to rugby with a minor [cough](#) or [cold](#). But if they have a fever, keep them at home until the fever goes. Encourage your child to throw away any used tissues and to wash their hands regularly.

#### Ear infection

If your child has an [ear infection](#) and a fever or severe earache, keep them off school until they're feeling better or their fever goes away.

#### Fever

If your child has a fever, keep them off school until the [fever](#) goes away.

#### Impetigo

If your child has [impetigo](#), they'll need antibiotic treatment from the GP. Keep them off school until all the sores have crusted over and healed, or for 48 hours after they start antibiotic treatment. Encourage your child to wash their hands regularly and not to share towels, cups and so on with other children at school.

### **Scarlet fever**

If your child has [scarlet fever](#), they'll need treatment with antibiotics from the GP. Otherwise they'll be infectious for 2 to 3 weeks.

Your child can go back to school 24 hours after starting antibiotics.

### **Slapped cheek syndrome (fifth disease)**

You don't need to keep your child off school if they have [slapped cheek syndrome](#) because once the rash appears, they're no longer infectious.

If you suspect your child has slapped cheek syndrome, take them to the GP and let their school know if they're diagnosed with it.

### **Sore throat**

You can still send your child to school if they have a [sore throat](#). But if they also have a fever, they should stay at home until it goes away.

### **Vomiting and diarrhoea**

Children with [diarrhoea or vomiting](#) should stay away from rugby for 2 days after their symptoms have gone.

### **Coronavirus (Covid-19)**

Symptoms are: high temperature, sore throat, persistent cough or loss of smell.

If you or a member of your household have any symptoms of Coronavirus **YOU MUST NOT COME TO RUGBY, WHETHER IT IS TRAINING OR A MATCH, HOME OR AWAY. YOU MUST SELF ISOLATE AND YOU MUST BOOK A TEST.**

- Details can be found here : <https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/when-to-self-isolate-and-what-to-do/>
- And here: <https://www.nhs.uk/conditions/coronavirus-covid-19/ask-for-a-test-to-check-if-you-have-coronavirus/>
- And here: <https://www.nhs.uk/conditions/coronavirus-covid-19/check-if-you-have-coronavirus-symptoms/>

If you/your family or child/children come into contact with anyone with Covid-19 you **MUST** follow the NHS test and trace protocols here: <https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/nhs-test-and-trace-if-youve-been-in-contact-with-a-person-who-has-coronavirus/>

**THE PLAYER SHOULD NOT ATTEND UNDER ANY CIRCUMSTANCES UNTIL THE TEST AND TRACE PROCESS HAS BEEN COMPLETED.**