



COVID-19 POLICY

This policy has been drawn up using Swim England and Government guidelines and is designed to help to minimise the risk of spreading Coronavirus (Covid-19).

As a reminder, please do not attend training sessions if you or your child has any of the symptoms of Covid 19 as listed below:

- a high temperature - this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- a new, continuous cough - this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- a loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

Most people with Covid-19 have at least 1 of these symptoms.

Please visit <https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/> for further details.

What to do if you have symptoms

If you have any of these symptoms, please do the following:

1. Get a test as soon as possible to check if you or your child has Covid-19
2. Stay at home and self-isolate **for 10 days** from the onset of symptoms and do not have visitors until you get your test result – only leave your home to have a test.
3. Anyone in your household who doesn't have symptoms must isolate at home **for 14 days or until the symptomatic household member receives a negative test result.**
4. Arrange for a Covid-19 test either online via www.nhs.uk/coronavirus or by calling the NHS testing line on 119. The test must be done within 5 days from when symptoms start.

Covid 19 Test Results

You will receive the result of your test via email or text message.

Negative Result

- If the Covid-19 test result is negative, the swimmer can return to training.
- If you or your child is identified as having been in close contact with a confirmed case of Covid-19, you should not attend training for 14 days, even if you have had a negative test result.
- If you subsequently develop symptoms, you should self-isolate for 10 days and arrange to be tested for Covid-19.

Positive Result

- If the Covid-19 test is positive, inform the Club as soon as possible by emailing our Covid-19 Lead, Clare Hutchins at clare.hutchins@chauncy.org.uk and Club Secretary, Nicola Rix at rix_nicola@hotmail.com
- Those who have been identified as being in close contact with the swimmer who has tested positive should not attend training for 14 days.
- The swimmer who has tested positive must complete the 10 day isolation period from the onset of symptoms. Household members without symptoms should self-isolate for 14 days.
- NHS Track and Trace will contact the swimmer who has tested positive with instructions on how to share details of people with whom they have been in close or recent contact or places they have visited.

What action will the Club take if a swimmer is suspected of having Covid-19?

- If a swimmer is suspected of having Covid-19, the Covid-19 Representative has the right to refuse entry to training to any member they believe may have symptoms of Covid-19 or is returning to training too early after having Covid-19. There is no right to appeal these decisions.
- If a Covid-19 Representative suspects that a swimmer has Covid-19 during a training session, or if a swimmer is not adhering to Covid-19 guidelines and social distancing during a training session, the Covid-19

Representative has the right to ask the swimmer to leave the training session. Should this be necessary, parents or guardians of swimmers under the age of 18 will be contacted and asked to collect their child as soon as possible from the session.

- If a Covid-19 Representative suspects that a swimmer has Covid-19, they will notify the Club Chair, Club Secretary and Head Coach. The club registers will be updated to ensure that the swimmer with suspected Covid-19 does not attend training until a negative test is confirmed. The Club will follow up with the swimmer / parent for test results
- The swimmers in the same lane as the swimmer with suspected Covid-19 will remain in the water at the end of the session and until all the other swimmers in the session have left the changing area.
- The changing area used by the swimmer with suspected Covid-19 will be sanitized by the Pool staff, before the start of the next session.
- Once the swimmer's Covid 19 test results are known, the Club will follow the required process for negative or positive results as outlined above.

PLEASE NOTE:

- It is the responsibility of the swimmer and parent/grandparent/ family member or guardian (for those swimmers under the age of 18) to notify the club and Covid-19 Rep **before the start of each** session if there have been any changes to the information on the Covid-19 Health form.
- If a swimmer under the age of 18 is being brought to a training session by another parent / guardian, it is your responsibility to notify the club and Covid-19 Rep in advance of the session
- If a swimmer tests positive, it is the responsibility of the swimmer and parent /grandparent /family member or guardian (for those swimmers under the age of 18) to notify the club as soon as possible and to share the information with NHS Track and Trace.
- **If a swimmer has been advised to self-isolate by their school, another sports club or organisation, etc, they must not attend training whilst self-isolating.**

It is vital that swimmers, parents, family members and guardians adhere to the Club, Swim England and Government guidelines for Covid-19, including social distancing, to ensure the safety of all club members.