



Covid-19 policy on when swimmers will not be allowed to attend training

In order to keep everyone safe, there will be times when a swimmer may not swim, even if they do not have symptoms of Covid-19.

We kindly ask all swimmers to check their temperature before leaving home for every swimming session please, in everyone's interests. If the temperature is above 37.5 degrees they must stay at home and not come to the Club session.

Parent notifications to the Club:

Parents must let the Club know as soon as possible please (by email to **both** of the Club's Covid-19 Leads at welfare@harpendensc.org.uk and secretary@harpendensc.org.uk) if any of the following arises:

1. A swimmer or a member of their immediate family receives a positive Covid-19 test result.
2. A swimmer has Covid-19 symptoms and/or is suspected of having Covid-19.
3. A swimmer is asked to self-isolate by either their school or by NHS Test and Trace.

Notifications by the Club

Please note that if a swimmer tests positive, the Club will need to tell certain people.

Firstly, the coaching team will be informed. The coaches will also be informed when a swimmer is self-isolating.

Secondly, if the swimmer swam in the 48 hour period prior to symptoms appearing, the Club will contact the other swimmers in the same lane bubble (without naming the swimmer in question) to inform them they are unable to swim and alert them in case they also develop symptoms.

Names of swimmers in the relevant lane may also need to be provided to the swimming pool and/or NHS Test and Trace in the event of a positive case.

No swimming permitted:

There are a number of situations in which a swimmer will not be able to attend swimming training for the time period set out in the table.



	A swimmer will not be allowed to attend Club swimming if:	Time period (subject to government guidance):
1	They test positive for coronavirus (Covid-19)	10 days
2	They have any of the following symptoms or are self isolating as a result of these symptoms: <ol style="list-style-type: none"> recent onset of a new continuous cough high temperature loss of, or change in, your normal sense of taste or smell (anosmia). 	10 days from the onset of symptoms
3	Another swimmer in the same lane bubble develops Covid-19 symptoms (or tests positive for Covid-19) (if both in the same lane during 48 hours before onset of symptoms)	10 days
4	They share a household with somebody with Covid-19 symptoms or who tests positive for Covid-19	10 days from the onset of symptoms
5	They have been in close contact with a confirmed or suspected Covid-19 case in the preceding 14 days	10 days from the date of last contact with that person
6	They are asked to isolate by NHS Test and Trace because they are a contact of a known Covid-19 case	The time specified by the NHS Test and Trace
7	They are asked to self-isolate by their school (or not attend school) because they are a contact of a known Covid-19 case or because they are part of a year group / bubble in which there is a positive Covid-19 case (Under current guidelines, if this situation occurs other members of the household may continue to train, unless the person isolating develops symptoms and/or tests positive for Covid-19)	10 days (or the period specified by the school)
8	They have recently travelled abroad to a country which makes them subject to UK quarantine rules upon return	10 days (or shorter if permitted by law, subject to a negative Covid-19 test)
9	In the view of the Covid-19 Lead and/or the Covid-19 Liaison for the relevant session, the swimmer may have symptoms of Covid-19 or is returning to training too early after having Covid-19.	

These measures are intended to keep everyone safe. Thank you for your co-operation.