



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, or they have any Covid-19 symptoms, they must stay at home and not come to the Club session please.

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 (whether a lateral flow device test or polymerase chain reaction (PCR) test).
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 or the positive test, the Club will contact the other swimmers in the same lane bubble (without naming the swimmer in question) to inform them that, as a precaution, they are unable to swim and alert them to monitor for possible symptoms.

Names of swimmers in the relevant lane may also need to be provided to the swimming pool and/or NHS Test and Trace, if they contact the Club 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, as set out in the table on the next page, to minimise risk of transmission.



	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), whether it is a lateral flow device test or PCR test	10 days (unless their subsequent PCR test is negative)
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 	10 days from the onset of symptoms
3	Another swimmer in the same lane bubble (Swimmer A) develops Covid-19 symptoms (or tests positive for Covid-19, whether a lateral flow test or PCR test), if both were in the same lane during 48 hours before onset of symptoms or positive test	10 days from session <i>(The 10 day period still applies if another swimmer in the lane tests negative during the 10 day period)</i> But if the first positive test was a lateral flow test and Swimmer A then has a negative PCR test, all swimmers can return
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 (or positive test)
5	They have been in close contact with a confirmed Covid-19 case in the preceding 10 days	10 days from the date of last contact with that person
6	They are asked to isolate by NHS Test & Trace (including the App)	As specified by NHS Test & 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 has 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.