



COVID-19 – member showing symptoms/returns a positive test – Club Policy – Jan 21 (replacing any previous policies)

The Club needs to be notified if a member starts to show symptoms and which sessions they have attended in the 48 hours prior to the symptoms first presenting and/or they have returned a positive result on a test. We do not need to be informed of a member having a test but showing no symptoms. Below is the Club's position should we be contacted by a member.

1. Any member who starts to show symptoms needs to self-isolate for 10 days (from the day they first show symptoms) and will also be encouraged to take a test.
2. Whilst we are awaiting the result of the test an email will be sent to the rest of the swimmers who have attended Club activities and deemed to have potentially come into contact, or close contact, with that member to advise them they may wish to take extra precautions whilst we wait for the outcome of the test. These members are still free to continue to attend Club activities.
3. If the test comes back negative the member is free to return to Club activities & we will contact all the members contacted in point 2 above to explain the result returned negative.

If the test returns a positive result

4. The person who has tested positive must remain self-isolating for the remainder of the 10 days. If they feel well and no longer have symptoms similar to coronavirus, they can stop self-isolating (unless they have been contacted separately by NHS Test and Trace as a contact of someone who has tested positive).

We would advise the following members need to self-isolate for 10 days from their last contact with the person infected as symptoms can present themselves up to 10 days from possible exposure. For the members isolating for 10 days the rest of their household doesn't need to self-isolate with them, if that member does not have symptoms, but they must take extra care to follow the guidance on social distancing and handwashing and avoid contact with them at home.

5. The people who swam at the same end of the lane the infected person did i.e. if infected swimmer starting at scoreboard end the swimmers at the boom end would not need to self-isolate.
6. The people who swam at the same end of the lane in the lanes either side of the infected person's lane i.e. infected swimmer is in lane 3 scoreboard end so swimmers in lane 2 & 4 at scoreboard end would need to self-isolate. Swimmers at the boom end would not need to in lanes 2 & 4.
7. Anyone else who came within 2 metres of that person for a period of 15 minutes or more at any point during the session, from walking in, getting changed, swimming, chatting afterward, walking out etc.
8. Travelling in a car or other small vehicle with someone (even on a short journey).
9. If those self-isolating develop symptoms of coronavirus you must get a test to check if you have coronavirus or call 119 if you have no internet access. If your test is positive, you must continue to stay at home for at least 10 days and NHS test & trace will get in touch to ask about your contacts since they must self-isolate. If your test is negative, you must still complete your 10-day self-isolation period because the virus may not be detectable yet - this is crucial to avoid unknowingly spreading the virus.

The Club withholds the right to ask everyone in that session to self-isolate if it is felt the Club cannot guarantee the three measures above (No.5-7) has covered everyone potentially infected. You also have the responsibility to tell other organisations you are with you are self-isolating i.e. school, work place, other sporting Clubs.

Anyone that is asked to self-isolate by the Club for 10 days will receive a 33% reduction on the next month's fees. Anyone returning a positive test/diagnosed with COVID-19 will not receive the reduction. The reduction is for the isolation period and not the illness.

These guidelines are based on the guidance from Gov.uk and are correct as of 30th December 2020.

<https://www.gov.uk/government/news/uk-chief-medical-officers-statement-on-the-self-isolation-period-11-december-2020>