



COVID 19

Safe return to water protocol - Update

Protocol for Swimmers, Parents, Coaches and Volunteers

V4.0 – Date 28th February 2022

In light of the removal of all remaining COVID restrictions and requirements by the Government from the 24th of February onwards, the PNSC COVID-19 protocols for the Season 2021-22 have been amended as follows:

Self-isolation

- The Government has removed the legal requirement for people to self-isolate when showing symptoms of COVID, or having tested positive.
- However, it remains **Government advice that individuals continue to self-isolate for at least 5 days if they test positive for COVID and then continue to isolate for up to 10 days, or until they have received two negative test results on consecutive days.**
- Likewise, the Government is clear that anyone with recognised symptoms of COVID should remain at home and follow the advice outlined above. **We would ask every member of our club to respect this guidance so that we do not have future outbreaks of COVID within the club.**
- Please read the latest government guidance on this link: [When to stay at home if you have coronavirus \(COVID-19\) and what to do - NHS \(www.nhs.uk\)](https://www.nhs.uk/conditions/coronavirus/covid-19/when-to-stay-at-home-if-you-have-coronavirus/)

Face Coverings

- People are not legally required to wear face coverings. However, it is suggested that people wear face coverings in crowded and enclosed settings where they come into contact with others they do not normally meet. Where worn correctly, this can reduce the risk of COVID-19 transmission.
- Club members may if they wish continue to wear a face covering, but this is no longer a requirement or recommendation.
- During an incident where close face-to-face contact is required, first-aid responders/ life guards/ coaches may decide that they and swimmers should wear face coverings. This is particularly important when they are conducting treatments which require them to be in close proximity to a person's face, mouth and nose. We ask all members to follow their requests at all times.

Self-assessment

- Before attending any PNSC Club activities, all members, officials, volunteers and spectators should self-assess for COVID-19 symptoms (a high temperature; a new, continuous cough; a loss of, or change to, their sense of smell or taste). If they have one or more of these symptoms (even if they are mild), please follow NHS guidance on testing and self-isolation.

Informed decisions

- Please consider your/ your swimmers own health and circumstances (for example, if they are not yet double-vaccinated or they live with somebody at higher risk of serious illness from COVID-19), so they can make an informed choice about whether they wish to participate.

Recommended COVID-19 adaptations

Whilst we welcome this return to normality, the Government has nonetheless continued to urge caution and care. A number of COVID adaptations are therefore strongly encouraged:

- You should continue to follow good hygiene practices, to reduce the risk of transmission
- **Hand washing** before leaving home, and **hand sanitising** when entering the building, leaving the building and returning home
- **Minimise sharing equipment** that is used around the head and face (i.e. hats and goggles). If equipment is shared then it should be **cleaned between users**
- Drink bottles should not be shared
- If you or your swimmer has contracted CV-19 please inform your coach as soon as possible, as adaptations may be needed prior returning to training
- Follow all CV-19 Facility Operators protocols (i.e. one way systems)
- Follow all CV-19 Protocols set by Promoters whilst attending a competition.

Changes to previous CV-19 adaptations and club procedures

- Training bubbles, lane allocations and changing stations will no longer be needed
- CV-19 officers will not be required to escort swimmers in and out of the building
- Swimmers will be able to use the group changing rooms or individual cubicles in the morning and individual cubicles in the afternoon.
- Swimmers will be able to use showers before and after training sessions
- Showers can now be used
- Lockers can now be used
- Spectators will be allowed during training sessions
- Staggered start times will no longer be needed
- Pre-pool and post-pool exercises can be resumed
- The Club will no longer conduct 'tracing' procedures to identify close contacts in the event of a positive case. This will now only be conducted through the official NHS Test and Trace channels

For further information, please see:

[Guidance on coronavirus \(COVID-19\) measures for grassroots sport participants and providers - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/coronavirus-covid-19-measures-for-grassroots-sport-participants-and-providers)