



**COVID 19**  
**Symptoms, direct contact and positive and negative cases**  
**Protocol for Swimmers, Parents, Coaches and Volunteers**  
**V1 – Date 30th Nov 2020**

With the arrival of winter and the increased numbers of Covid -19 cases, it is more important than ever that we all take steps to reduce the spread of infection. As a Club we have a duty of care to all our members and we all have a responsibility in ensuring the safety of all our members and our community.

This protocol is aimed to clarify the right actions in each of the following scenarios :

**1. DEVELOP SYMPTOMS OF ANY VIRUS:**

If you (swimmer, coach, parent or volunteer) are unwell, displaying any symptoms of any virus at this time. This includes colds, flu, symptoms, etc., you must:

- Notify your coach
- Do not swim
- Do not bring your child to training
- Do not car share with other swimmers
- Seek medical attention if you are concerned about your symptoms.

Swimmers must only return to swimming once they have no symptoms, except if any of the symptoms fall under the Covid-19 symptoms, then follow section 2 protocol.

**2. DEVELOP CV- 19 SYMPTOMS:**

If you or a swimmer exhibits any of the Covid-19 symptoms:

- A high temperature
- A new continuous cough
- A loss of or change to your sense of smell or taste.

You or a swimmer must:

- Notify the club immediately so this can be recorded as part of our CV-19 procedure.
- Get a test to check if you have Covid-1.
- Stay at home and isolate following government guidelines.
- If you have tested negative, you can stop isolating as long as you are well.
- If you develop symptoms after you test negative, you need to restart your 10 days isolation period from the date that the symptoms start.
- Do not swim.
- Do not bring your child to training.
- Do not car share with other swimmers.

**3. CONFIRMED COVID-19 POSITIVE TEST:**

If you or a swimmer have received a confirmed positive test (with or without symptoms), you must:

- Contact Test and Trace to identify individuals that have been in “close contact” with you. If you have the Test & Trace phone application, please follow the guidelines.
- If you are in a “High Risk” Category or have a pre-existing medical condition, please contact your health professionals as soon as possible.
- Notify the club immediately so this can be recorded as part of our CV-19 procedures and CV-19 Positive case protocol can be initiated. Help your coach in identifying any PNSC members that may have been in close contact with you.
  - **If you have symptoms:** Stay at home and isolate following the government guidelines. Only leave the house to have a test.
  - **If you don’t have symptoms:** Stay at home and following the government guidelines . Only leave the house to have a test.
  - **If you develop symptoms after your test:** re-start the isolation period from the day your symptoms develop, following the government guidelines. Only leave the house to have test.
- Do not swim.
- Do not bring your child to training.
- Do not car share with other swimmers.
- Be in touch with you coach to agree a return to swim date following the Swim England’s guidelines for a safe return to swim. If you are in a “High Risk” Category or have a pre-existing medical condition, please share with your coach any relevant recommendations from your medical team.

#### 4. **CONFIRMED COVID-19 NEGATIVE TEST:**

A negative result means the test did not find Covid-19 at the time that the test was taken. If you or a swimmer have a negative test result, you can stop isolating as long as:

- You are well
- No-one in your household has symptoms
- If anyone else in your household has symptoms they have also received a negative test result
- You have not been advised to self-isolate from Test and Trace
- You have not arrived into the UK from a non-exempt country within the last 14 days.

Anyone in your household who is isolating because of your symptoms, can also stop isolating.

If your test result is negative but you still have symptoms, you may have another virus such as cold or flu. You should notify your coach and stay at home until you feel well, and follow all guidance in section 1. Seek medical attention if you are concerned about your symptoms.

#### 5. **DIRECT CONTACT WITH A POSITIVE CASE:**

If you or a swimmer have been in direct contact with a confirmed positive case, have been contacted by Test and Trace and/or have been instructed to self-isolate, you must:

- Notify the club immediately so this can be recorded as part of our CV-19 procedures. Upon notification to the club, the coach or Covid Officers will then be in touch to agree a return to training date.
- Self-isolate following the government guidelines(1) with no return to swimming before this time due to the possibility of still carrying and potentially transmitting the virus
- Get a test if you develop symptoms and follow section 2 protocol.
- Do not swim
- Do not bring your child to training
- Do not car share with other swimmers

## GENERAL GUIDANCE

- If you or a swimmer have or a swimmer previously tested positive, do not assume you are immune to re-infection, follow the government guidelines.
- These measures have been put in place to protect all of our members and by respecting these and by each person behaving responsibly we can help mitigate the risk of cancelling training and our pools closing because of a Covid outbreak.
- Our clear aim is to keep all of our members and their families safe and well. We must all be reminded that within PNSC there are people shielding and vulnerable and we all have a clear responsibility to be aware of our actions at this time.
- **Should anyone be found to be intentionally or recklessly breaching the rules including not following the latest government advice and therefore endangering the health, safety or wellbeing of our members, they will risk having their membership rescinded.**

Please refer to the latest Government Guidelines on the following link:

- [\(Coronavirus \(COVID-19\): guidance and support - GOV.UK \(www.gov.uk\)\)](https://www.gov.uk/guidance/coronavirus-covid-19-guidance-and-support)