# Code of Conduct - COVID-19

Conduct a health and wellbeing check and do not attend training if you or any of your household exhibit any symptoms of COVID-19. Follow Government guidelines on how long you should wait before attending training. Swimmers/Parents/Guardians **MUST** contact the club if a suspected case, or positive case, of Covid-19 is found within the family. They must do so at the earliest possible opportunity by emailing the Club Secretary on the following email address shiverers.secretary@gmail.com .

Any member returning from holiday in a Country currently removed from the governments exempt list will need to self-isolate for 14 days upon return to the UK and inform the Club Secretary, on the above email address, of their date of return so their 14 days self-isolation can be noted. Please click [here](https://www.gov.uk/government/publications/coronavirus-covid-19-how-to-self-isolate-when-you-travel-to-the-uk/coronavirus-covid-19-how-to-self-isolate-when-you-travel-to-the-uk) for more information relating to self-isolation upon return to the UK.

## Before each training session

* Sanitise hands with hand sanitiser available prior to entering the facility.
* Undertake a temperature check, if your temperature exceeds the recommended 37.5° then the swimmer, and swimmers from that family, will be unable to enter the facility and will be asked to follow government guidelines with regards to symptom checks and testing for Covid-19.
* Bring your own clearly marked - with first name and initial surname - equipment and drink bottles as directed by Squad coach – NO SHARING of equipment. Ensure you have a mesh bag to hold all of your poolside equipment in.
* Arrive in swimming costumes with appropriate clothing
* Travel directly to training from home and only travel with your own family bubble.
* Arrive punctually for your session, at your designated time slot, and follow marked routes and protocols into the facility.
* Maintain social distancing guidelines at all times by strictly following the guidance and directions of COVID Liaison Officers and coaches.

## After each training session

* Leave as soon as possible after the sessions following designated routes to exit the facility – following COVID Liaison Officer instructions
* No entry during swimming training will be permitted for anyone other than designated lifeguards, swimmers, coaches and appointed COVID Liaison Officers
* Sign out with the **Covid Liaison** who will then send you to your respective parent/guardian to travel straight home

**Parents / Guardians must ensure that emergency contact details held on Team Unify are up to date and the designated point of contact is available by this method for the duration of the session.**