

Return to exercise

If someone has confirmed Covid-19, or has any symptoms (listed below) in keeping with Covid-19, the advice is that a gradual return to exercise is permissible once they have been symptom free for at least seven days. If that applies to your child, you should read [this guidance](#) (opens in a new window) first. It is important: it tells you how and when they can restart exercise, what signs should make them stop exercising and what signs should make them stop exercising and seek medical advice **urgently**.

The symptoms mentioned above are:

- Fever
- New, persistent, dry cough
- Shortness of breath, chest pain or tightness
- Loss of sense of taste or smell
- Unexplained diarrhoea, vomiting or nausea
- Muscle aches not related to sport/training

By ticking the box below, I confirm that:

1. The swimmer has never had a confirmed Covid-19 infection nor, in the last five months, any of the symptoms above; OR
2. The swimmer has had a confirmed Covid-19 infection and/ or, in the last five months, one or more of the symptoms above, but I have read and understood the advice linked above about resuming exercise and am satisfied that it is appropriate and sensible for them to resume swim training with the club. **If this applies to you/ your child, please make sure you tell Claire Palmer, Caroline Furze or the coach before your/ your child's first session.**

It is essential that no-one with Covid-19 or Covid-19 symptoms attends training. Do not bring your child to training if they, you, or anyone in your household has Covid-19 or Covid-19 symptoms.

The main symptoms of Covid-19 are:

- New, persistent, dry cough
- Fever > 37.5 degrees Celsius, or hot to touch on the chest or back
- Shortness of breath, chest pain or tightness
- Abnormal fatigue
- Abnormal muscle or joint pain
- Loss of sense of taste or smell
- unexplained diarrhoea, vomiting or nausea.

By ticking the box below, I promise that in the past 14 days:

1. The swimmer has not had confirmed Covid-19 or any of the symptoms listed above; **AND**
2. The swimmer has not had any known exposure (e.g. by close contact, household member) to anyone with confirmed Covid-19 or any of the symptoms listed above.

If the swimmer has had, or has been in contact with anyone with, Covid-19 symptoms or confirmed Covid-19 within the last 14 days, **they must not attend training** and **should self-isolate until the 14 day period has passed.**

Underlying medical conditions

People with underlying medical conditions which make them more more susceptible to poor outcomes with Covid-19 (including being aged over 65) should **consider the increased risk** of returning to swimming and may want to discuss matters with their doctor. Examples of such conditions are: chronic respiratory conditions including asthma; chronic heart, kidney, liver or neurological conditions; diabetes mellitus; a spleen or immune system condition; currently taking medicines that affect the immune system such as steroid tablets.

By ticking the box below, I confirm that:

1. As far as I know, the swimmer does not have an underlying medical condition of the type described; OR
2. The swimmer has an underlying medical condition of the type described but I have considered the increased risks to their health of returning to swimming and have consulted their doctor about those risks (or have made a conscious decision not to consult their doctor, despite those risks). The swimmer and I understand the risks and still want them to return.

Shielding etc

The previous agreement asked about the swimmer's medical conditions. This one is about medical conditions of others in their household or with whom they come into close contact.

If there is anyone in the swimmer's household, or with whom they come into close contact, who has an underlying medical condition which makes them more susceptible to poor outcomes with Covid-19 ("vulnerable"), or who is extremely high risk with regard to Covid-19 and has been "shielding", you must discuss it with that person before the swimmer returns. You and they should be aware that returning to swimming might expose the swimmer, and therefore the vulnerable/ shielding person, to coronavirus. The decision about whether to take that risk is an individual call. The person at risk might want to consult their doctor about it.

By ticking the box below, I confirm that:

1. The swimmer does not live with, and will not knowingly come into close contact with, anyone who is "vulnerable" or "shielding"; OR
2. The swimmer lives with, or will knowingly come into close contact with, someone who is "vulnerable" or "shielding", but (1) someone has discussed this agreement and the risks with that person; and (2) they, I and the swimmer are willing for the swimmer to return to swimming despite the risks.

COVID-19 Rules

1. Everyone must register on TeamUnify before their first swimming session.
2. No-one may attend training if they, a household member or a close contact have symptoms of or confirmed Covid-19 or have been told to self-isolate.
3. Everyone must read, understand and comply with, as applicable, the Meadowlands Covid-19 Rules ([here](#)) and Mount Kelly Arrangements ([here](#) and the maps showing the Mount Kelly one way system are [here](#)). (All documents open in a new window).
4. Swimmers should arrive no more than 5minutes before the start of their session. The usual rule about arriving 10 minutes early does not apply.
5. Only one parent/ carer to get out of the car when dropping off or collecting their child.
6. During the session, swimmers must listen carefully to the coach and obey him/ her at all times. This will be VITAL to ensure reasonable social distancing is maintained. Anyone who does not co-operate will be asked to leave the pool and their parents will be called to collect them.
7. If a swimmer needs to use the toilet during a session, they must ask the coach's permission before leaving poolside. They should wash their hands thoroughly with soap and water after using the toilet and rub them together underwater when back in the pool.
8. Swimmers should make sure they have with them any medication which they might need during a session (e.g. asthma inhalers etc.). Be appropriately cautious: remember they are probably less fit than usual and this might cause symptoms to be more severe than expected.

Declaration

By ticking the box below, I confirm that:

- I have read and understood the Covid-19 Rules, including the Meadowlands Covid-19 Rules and the Mount Kelly Arrangements, and have explained them to any swimmers in my care or control who need to understand them.
- I have understood all four of the above agreements and the statements I've made are accurate. I will inform the club if any of those statements ceases to be accurate.
- I agree to abide by, and to do my best to ensure any child under my care or control abides by, the Covid-19 Rules, the Meadowlands Covid-19 Rules, the Mount Kelly Arrangements and any other arrangements which are put in place to reduce the risk of coronavirus transmission. I understand this is to protect the health of many other people besides my child and their household. I also understand it cannot provide complete protection.
- I know that returning to training cannot be without risk, for the swimmer and everyone in the swimmer's household. I am aware of the risks associated with returning to the swim training environment during the coronavirus pandemic and I accept them. I wish the swimmer to return, and he/ she wishes to return, to training despite those risks.