

Boldmere Swimming & Water Polo Club recognise that the guidance relating to Covid-19 has changed over time, and the club requests that all members use the following guidance in relation to all club activities.

If any member has symptoms of Covid-19, <https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/> please undertake either a lateral flow test (LFT) and / or a polymerase chain reaction test (PCR). Should any LFT from a member produce a positive result, do not attend any club sessions or events until a result from a PCR test has been received. Should a PCR test produce a positive result, then do not attend any sessions for a minimum period of 10 days, and when the club member is free from the relevant symptoms in line with current NHS guidance.

Please advise registers@teamboldmere.co.uk of this as soon as possible.

If any member has come into close contact with, and/or is living with someone who has tested positive for Covid-19, then if the member is an adult aged over 18 and has not received both vaccinations, the member should not attend any sessions and should self-isolate for a minimum period of 10 days. If the member is either under 18.5 years of age, is unable to be vaccinated for medical reasons, is part of a government approved Covid-19 trial or has received both Covid-19 vaccinations then they are able to attend sessions, however the Club requests for that member to undertake a LFT as close as is possible BEFORE each session they are due to attend, ideally within an hour or so before the start of the session. The Club also requests that all such members undertake daily LFT's in order to help reduce the risk of virus transmission to fellow members.

If any member has received a positive PCR test in the previous 90 days, a subsequent PCR test may not be recommended. If a member has Covid-19 symptoms within that time period they should not attend any sessions for a minimum of a 10 days from onset of these new symptoms.