EALING SWIMMING CLUB

Guide for members during COVID-19 – v4 HDT1509

Before you leave home check you are fit to train.

1. **Do not go swimming if unwell/injured, if unrelated to COVID (No Symptoms) - notify lead coach to clarify absence and alleviate any concern.**

2. **Return to swimming when well again.**

3. **Do not go to a training venue if you currently have any symptoms or have been in contact with a known COVID-19 case in the last 14 days.**

4. **Arrange COVID -19 test. Notify ESC COVID officer when test date has been arranged on** covidsupport@swimesc.co.uk

5. **Don't attend any sessions until results are known.**

6. **If result proves positive – you must isolate for 10 days from date of positive test along with any sibling swimmers who must isolate for 14 days**.

7. **Result proves negative, return to swimming (notify coach you are returning).**

8. **ESC Coach will identify 'bubble' and notify relevant members.**

V4HDT159