



## **JERSEY SWIMMING CLUB COVID PROCEDURES**

The most concerning threat to Jersey Swimming Club is rapid spread within the group. Effective containment depends on early symptom identification, removal from practice (isolation), and strict guidelines regarding return to practice.

Jersey Swimming Club adhere to the procedures following information from the States of Jersey and backed up from Public Health with the addition of JSC rulings.

If you had any of the **following symptoms in the past 24 hours**, please remain at home and do not return to training. Request person to go to testing facility to be assessed.

### **Coronavirus symptoms**

The three main symptoms of coronavirus are:

- High temperature / fever
- New, continuous cough
- Loss or change to your sense of smell and / or taste

Most people with coronavirus have at least 1 of these main symptoms.

If you are showing at least 1 of the above three main symptoms of the coronavirus, you should take a LFT and go into isolation if testing positive. This means you should stay at home. and call the helpline on +44 (0) 1534 445566.

### **Accompanying symptoms**

The 3 main symptoms may be accompanied by:

- headaches
- tiredness
- muscle ache
- sore throat
- gastrointestinal symptoms (vomiting and diarrhoea) can also be a feature of COVID-19 and these are more common in children than adults.

If you do not have any of the 3 main symptoms but have one of the accompanying symptoms and are uncertain or have any concerns that you may have COVID contact the helpline on +44 (0) 1534 445566. Anyone with gastrointestinal symptoms should stay at home until the symptoms have cleared irrespective of the cause.



## **HEALTH SCREENING**

- No Staff or Swimmers to be on site if they have been tested Positive for Covid-19
- No Staff or Swimmers to be on site if showing any symptoms of Covid-19 and testing a positive LFT
- Siblings of Direct Contact can attend swimming lessons

## **RAPID RESPONSE TO ILLNESS**

- Swim Session to be stopped
- Isolate individual in suitable area
- All Parents, guardians to be contacted to pick up swimmers
- Use of PPE supplied by facility
- Authorities to be informed
- Registers to be made available for track and trace

## **ASYMPTOMATIC TRANSMISSION**

(A carrier who shows no symptoms) transmission of COVID-19 may be possible. It should be assumed that even if you are not showing any symptoms of the virus, that you may be carrying and transmitting it to others. This is more likely if you are at risk from travel or contact with a person positive for COVID-19.

## **RETURN TO SWIMMING**

After a positive test for COVID-19 due to the above-mentioned Health Screening. Swimming shall resume if they have two negatives LFT test in a row, 24 hrs apart. If still testing positive you can come out of isolation after day 10. If you have a high temperature after 10 days, are feeling unwell, or have any other persisting COVID-19 symptoms (except from a persistent cough, loss of taste or smell or fatigue) you should keep isolating and seek medical advice.

## **CONTACT**

Contact should be made with JSC asap of any Covid-19 related information.

Regular correspondence between members of Staff, Swimmers, Parents/Guardian to be made regarding Covid-19.

JSC have a duty of care, Health and Well Being to all involved within our Club

Email: [admin@jersey-swimming-club.org](mailto:admin@jersey-swimming-club.org)