

St Edmundsbury Life Saving Club

COVID-19 Policy

It is important for members to understand that no PPE or other protective measures can provide 100% protection from infection with, or transmission of, COVID-19. Whilst the awarding organisation (RLSS UK) has provided guidance to clubs to mitigate risk so far as reasonably practicable, there may still be an element of risk involved in attending.

Equipment

In addition to the equipment required for training/assessment, you may also be requested to make the following arrangements to help manage the risks associated with COVID-19:

- Bring pens and note paper you can use throughout your attendance
- Come swim ready - wearing swimwear under your clothes for sessions in the water
- Bring food and drink if required
- Be prepared to travel home without showering or changing. Bring suitable clothes that will allow you to travel home comfortably.

COVID-19 Checklist

It is important that members attending the club do not increase the risk of spreading COVID-19. Please read the checklist below and ensure you abide by each point.

All members must meet the following criteria before attending
I do not have/will not attend if I have a high temperature (you feel hot to touch on your chest or back - you do not need to measure your temperature)
I do not have/will not attend if I have a new, continuous cough (coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours)
I do not have/will not attend if I have loss or change to my sense of smell or taste (you cannot smell or taste anything, or things smell or taste different to normal)
I will not attend if I am having to self-isolate due to coming into contact with someone with COVID-19 symptoms *
I will not attend if someone from my household has COVID-19 symptoms or is having to self-isolate *

*Different rules on self-isolation may apply if you have been fully vaccinated against COVID-19. In this case you must follow the relevant Government rules in effect at the time.