



What is 'Contact'

The Welsh Government have produced the following guidelines, of which the club are following.

What is meant by a 'contact'

A 'contact' is a person who has been close to someone who has tested positive for COVID-19 anytime from 2 days before the person was symptomatic up to 10 days from onset of symptoms (this is when they are infectious to others). For example, a contact can be:

- people who spend significant time in the same household as a person who has tested positive for COVID-19
- sexual partners
- a person who has had face-to-face contact (within one metre), with someone who has tested positive for COVID-19, including:
 - being coughed on
 - having a face-to-face conversation within one metre
 - having skin-to-skin physical contact, or
 - contact within one metre for one minute or longer without face-to-face contact
- a person who has been within 2 metres of someone who has tested positive for COVID-19 for more than 15 minutes
- a person who has travelled in a small vehicle with someone who has tested positive for COVID-19 or in a large vehicle or plane near someone who has tested positive for COVID-19

Where an interaction between 2 people has taken place through a Perspex (or equivalent) screen, this would not be considered sufficient contact, provided that there has been no other contact such as any of those indicated above.

Contacts of a person who has tested positive for COVID-19 need to self-isolate at home because they are at risk of developing symptoms themselves in the next 14 days and could spread the virus to others before the symptoms begin

If you are a contact of someone who has tested positive for COVID-19, then you will be notified by the NHS Test and Trace service via text message, email or phone. If you are notified, please follow the guidance in this document closely.

If you have not been notified that you are a contact, this means you do not need to self-isolate and should follow the general guidance, for example, social distancing, hand-washing, and covering coughs and sneezes.

Should a swimmer test Positive to Covid-19 then the swimmers who are in a lane (bubble) with the infected swimmer will be informed by the Lead Covid-19 Officer of Swansea Aquatics and will be asked to self-isolate as per the Government Guidelines and or information given from the NHS Wales Test, Trace, Protect Service.

Due to our swimmers wearing face coverings as they approach the facility, whilst in the facility and leaving we are satisfied that the swimmers are only in close 'contact' once they are within their dedicated lane.
Swimmers must not change lanes under any circumstances.

We must stress the importance of swimmers wearing their face covering in the changing facilities and onto and exiting the poolside area. The only time a swimmer may not be wearing a face covering is while actually in the water.

Swimmers must also maintain a 2m distance from each other while waiting to enter poolside and exiting again.

Each squad has a Covid-19 Officer assigned to each session and it is their role to ask the Health Check Questions and monitor all swimmers and coaches throughout the sessions to ensure our protocols are upheld at all times.

Can we please ask that swimmers respect the roles of the officer, answer the questions truthfully and respectfully.

The processes and protocols Swansea Aquatics have put in place in order to reduce risks are expected to be adhered to at all times in order to protect the swimmers health and the health of other members, staff and other users of the facility.

Failure to comply with these procedures will result in a meeting with the Head Coach and Welfare officer and the Disciplinary procedure initiated.