



What to do if	Action needed	Return to Training when
<p>My child has COVID-19 symptoms</p> <ul style="list-style-type: none"> <li>• High temperature (37.5 or above) – this means they feel hot to touch on the chest or back</li> <li>• A new, continuous cough – this means coughing a lot for more than one hour, or 3 or more coughing episodes in 24 hours</li> <li>• A loss or change to your sense of smell or taste</li> <li>• Vomiting and Diarrhoea</li> </ul>	<ul style="list-style-type: none"> <li>• Do not come to the training facility</li> <li>• Get a test</li> <li>• Inform the Lead Covid-19 officer</li> <li>• Self-isolate the whole household until Test Result received</li> <li>• Inform the Lead Covid-19 Officer immediately of the test result</li> </ul>	<p>The test comes back negative following advice from Public Health Wales (PHW)</p>
<p>My child tests positive for COVID-19</p>	<ul style="list-style-type: none"> <li>• Do not come to the training facility</li> <li>• Inform the Lead Covid-19 Officer</li> <li>• Self-isolate the whole household for 10 days</li> <li>• Agree a date with the Lead Covid-19 Officer for returning to Training</li> </ul>	<p>They feel better. They can return after 10 days as long as they no longer have a high temperature. PHW advice states they can return even if they have residual cough or loss of taste/smell as these symptoms can last for several weeks</p>
<p>My child tests negative</p>	<ul style="list-style-type: none"> <li>• Contact the Lead Covid-19 Officer</li> <li>• Discuss with PHW when your child can come back to training</li> </ul>	<p>The test comes back negative</p>
<p>My child is ill with symptoms not linked with COVID-19</p>	<ul style="list-style-type: none"> <li>• If Swimmer is unwell, they should not attend a training session regardless of whether they are symptomatic of Covid-19 or not. Training sessions are for swimmers who are 'well'</li> </ul>	<p>They feel better</p>

<p>Someone in my household has COVID-19 symptoms</p>	<ul style="list-style-type: none"> <li>• Do not come to the training facility</li> <li>• Contact the Lead Covid-19 Officer to inform</li> <li>• Self-isolate the whole household for <b>10</b> days</li> <li>• Household member to get tested</li> <li>• Inform the Lead Covid-19 Officer immediately of the test result</li> </ul>	<p>The test comes back negative</p>
<p>Someone in my household tests positive for COVID-19</p>	<ul style="list-style-type: none"> <li>• Do not come to the training facility</li> <li>• Contact the Lead Covid-19 Officer to inform</li> <li>• Self-isolate the whole household for <b>10</b> days</li> </ul>	<p>The child has completed <b>10</b> days of self-isolation and does not have any Covid-19 symptoms</p>
<p>NHS Test,Trace, Protect (TTP) has identified my child has been in close contact with someone with symptoms of confirmed Covid-19</p>	<ul style="list-style-type: none"> <li>• Do not come to the training facility</li> <li>• Contact the Lead Covid-19 Officer to inform</li> <li>• Self-isolate as advised by Track and Trace for <b>10</b> days</li> <li>• If this identified swimmer develops symptoms the whole household will have to self-isolate</li> </ul>	<p>The child has completed <b>10</b> days of self-isolation and does not have any Covid-19 symptoms</p>
<p>We/my child has travelled and has to self-isolate as a period of quarantine</p>	<ul style="list-style-type: none"> <li>• Self-isolate the whole household for <b>10</b> days</li> </ul>	<p>The quarantine period of <b>10</b> days has been completed</p>
<p>My child's Lane or Squad is closed due to a COVID-19 outbreak in the Club</p>	<ul style="list-style-type: none"> <li>• Your child will need to self-isolate for <b>10</b> days in line with advice given to the swimmer by TTP</li> </ul>	<p>The Club will inform you when the Lane or Squad will reopen</p>