

LTC Covid Statement, updated 8th December 2020

In order to remain within guidelines laid out by UK Government and the British Triathlon Federation (this is subject to change with changes in government guidance) :

Social Distancing of at least 2m should be used when congregating before, during and following any activity. Participants should separate into, and stay in, groups of 6 before and after activities. Activities can be in groups of up to 6, but must allow for safety and social distancing within groups and with general public.

Allow for the increased risk from droplet transmission during activities, depending on wind direction the following minimum distances are advised: swimming, 2m, running 2-5m, cycling 12-20m. Where possible side by side is safer- dependent on road conditions!

Anyone that has confirmed COVID-19 infection or any symptoms in keeping with COVID-19 must self isolate for 7 days, and anyone in their household and support bubble, for 14 days.

Anyone waiting for a test result should let people that they have been in close contact with, in the previous 48hrs, know. Currently, these contacts do not need to self isolate but need to take extra care in social distancing and hygiene. The contacts may need to self isolate (dependent on individual case Track and Trace advice) if you get a positive result.

LTC feel that to further reduce risk: your contacts should not attend group sessions while waiting for your results.

Individuals that are shielding can attend activities, but should pay particular attention to social distancing and hand hygiene.

All participants in group activities should bring and use hand sanitiser before and after the session.

We need to keep a record of who has been in which groups for at least 3 weeks, to allow for track and tracing.

We are not in a position to provide formal coaching.

Anyone recovering from Covid 19 should get medical advice before resuming physical activities, as long term health implications of covid infection are becoming apparent.

Anyone with concerns about club activities and Covid risk, ideas for reducing risk further, or has knowledge of further guidance that we have not accounted for please contact sandie.tyler@me.com.

Please consider the following before attending any and every club activity:

COVID-19: Pre-Session Participant Health Questionnaire

Today or at any point in the last 14 days have you had:

| COVID-19 Questions on Symptoms | Y ES | N O |
|---------------------------------------|-----------------|----------------|
| A Fever? | | |
| A Cough? | | |

| | | |
|--|--------------|-------------|
| Any shortness of breath? | Dark Blue | Red |
| Any chest pain or tightness? | Teal | Cyan |
| A sore throat or hoarse voice? | Blue | Magenta |
| Abnormal fatigue or drowsiness? | Light Blue | Light Cyan |
| Any loss of taste or smell? | Dark Green | Magenta |
| Any abdominal pain, vomiting or diarrhoea? | Blue | Magenta |
| Any confusion or disorientation? | Pink | Grey |
| A headache? | Green | Dark Green |
| A different joint or muscle pain | Purple | Dark Purple |
| Any new rashes? | Light Purple | Red |
| Has any member of your household or someone that you have been in contact with reported any of the above symptoms in the last 14 days? | Brown | Dark Purple |

If your answer is yes to any of these questions then do not attend any club activities.

We will take your attendance at a session as a self declaration of health.