**LTC Covid Statement, updated 18th April 2023**

**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)** :

From April 2023

Although legal requirements for testing, social distancing and mask wearing have been lifted, please be mindful of other people’s concerns.

We would ask that anyone feeling unwell, or having a positive Covid test result, does not attend group activities.

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 5 days have you had:**

|  |  |  |
| --- | --- | --- |
| **COVID-19 Questions on Symptoms** | **YES** | **NO** |
| A Fever? |  |  |
| A Cough? |  |  |
| Any shortness of breath? |  |  |
| Any chest pain or tightness? |  |  |
| A sore throat or hoarse voice? |  |  |
| Abnormal fatigue or drowsiness? |  |  |
| Any loss of taste or smell? |  |  |
| Any abdominal pain, vomiting or diarrhoea? |  |  |
| Any confusion or disorientation? |  |  |
| A headache? |  |  |
| A different joint or muscle pain |  |  |
| Any new rashes? |  |  |
| Has any member of your household or someone that you have been in contact with reported any of the above symptoms in the last 5 days? |  |  |

**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.**