

**COVID-19 Risk and Precaution Information – UPDATED APRIL 2021**

Participants understand they could get COVID-19 through sports, training, competition, and/or any group activity with Witney & District Synchronised Swimming Club (WDSSC). Participants are choosing to participate in sports, competition, and/or other activities at their own risk.

During the time these precautions are needed, participants agree to the following to help keep themselves and their fellow participants safe. Participants also agree to follow any pool specific guidelines as outlined by the venues.

<input type="checkbox"/> Participants agree to follow all guidance given by WDSSC regarding session attendance and facility policies
<input type="checkbox"/> If participants have COVID-19 symptoms, they will stay at home and NOT go to any activities until 7 days after all of their symptoms are over. If they are exposed to COVID-19 and have no symptoms, they can return 14 days after exposure or if negative test results have been received.
<input type="checkbox"/> WDSSC will ask participants to carry out a pre-session health assessment before every training session. <b>Participants will not attend a training session if they are displaying any COVID-19 symptoms.</b>
<input type="checkbox"/> Participants will follow social distancing rules at all times as directed by the government and followed by WDSSC at all times.
<input type="checkbox"/> Participants over 11 years of age will wear a mask when directed to by WDSSC or will provide details of such exemptions.
<input type="checkbox"/> Participants will wash their hands for 20 seconds or use hand sanitizer before any activities.
<input type="checkbox"/> Participants will wash their hands any time they sneeze, cough, go to the bathroom or get their hands dirty.
<input type="checkbox"/> Participants will avoid touching their face. Participants will cover their mouth when they cough or sneeze and immediately wash their hands after.
<input type="checkbox"/> Participants will not share drinking bottles, towels or equipment with other people. Participants understand that there will be no water available and will bring their drink in a named bottle.
<input type="checkbox"/> Participants will only share equipment when instructed to and if equipment must be shared, participants will only touch the equipment if it is disinfected first.
<input type="checkbox"/> If participants get or have had COVID-19, they will not go to any WDSSC sessions until 7 days after their symptoms end. Participants understand that they may need to go to their doctor and get written clearance before returning to any sport or fitness activities.
<input type="checkbox"/> Participants understand that if they do not follow all of these rules, they may not be allowed to participate in WDSSC activities during this time.
<input type="checkbox"/> As parents/guardians, you understand that parents/guardians may not be able to observe sessions and agree to follow all policies as conveyed from WDSSC and Facility providers.
<input type="checkbox"/> If parents/guardians are able to observe training sessions, they will be required to social distance and follow all signage/directions throughout the venue.