

Pre-swimming Covid-19 health screen

The purpose of this screen is to inform and make you aware of the risks involved in returning to swimming.

Question	Yes / No	More information
Have you had confirmed Covid-19 infection or any symptoms (listed below) in keeping with Covid-19 in the last five months? <ul style="list-style-type: none"> • Fever • New, persistent, dry cough • Shortness of breath • Loss of taste or smell • Diarrhoea or vomiting • Muscle aches not related to sport/training 	Yes / No	If 7 days post recovery and no symptoms, then a gradual return to exercise is permissible but should persistent symptoms of breathlessness on exertion then you should consult your usual medical practitioner. For more information please visit: www.nhs.uk/conditions/coronavirus-covid-19/
Have you had a known exposure to anyone with confirmed or suspected Covid-19 in the last two weeks? (e.g. close contact, household member)	Yes / No	Not allowed to attend SDSG activities/swim sessions until they have self-isolated for 14 days. For more information please visit: www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/
Do you have an underlying medical condition that puts you at high risk of COVID-19? (Examples include: chronic respiratory conditions including asthma; chronic heart, kidney, liver or neurological conditions; diabetes mellitus; a spleen or immune system condition; currently taking medicines that affect your immune system such as steroid tablets)	Yes / No	If you have an underlying medical condition that makes you more susceptible to poor outcomes with COVID-19 (including age >65) then you should consider the increased risk and may want to discuss this with your usual medical practitioner. For more information please visit: www.nhs.uk/conditions/coronavirus-covid-19/people-at-higher-risk
Do you live with or will you knowingly come in to close contact with someone who is medically vulnerable if you return to swimming?	Yes / No	This is an individual call but awareness of risks and the appropriate precautions should be taken.
Do you fully understand the information presented in the Covid-19 Return To Training briefing and accept the risks associated with returning to the training environment in relation to the Covid-19 pandemic?	Yes / No	Additional explanation required in this circumstance and if understanding is not forthcoming they should be advised not to attend SDSG activities / swim sessions.