

# Strathclyde Park RC – Covid-19 Training Guidance

## Symptom Checklist

All Members should ensure that they do not have any of the symptoms listed on the check sheet attached before attending any training sessions. Any potential symptoms must be discussed with the Coach/Captain before attending any training sessions.



Version 16.2.22

*Anyone showing symptoms of Covid-19 should not attend training and should book a PCR Test as soon as possible.*

### Lateral Flow Tests (LFTs)

The Scottish Government suggests doing LFTs twice each week. SPRC would strongly encourage all members to be doing a LFT as soon as reasonably possible before each training session (must be on the same day).

*Anyone returning a positive LFT is required to self-isolate immediately, as per government guidance.*

### Contacts of Positive Covid-19 Cases

**Household Contacts** - Fully vaccinated members / members under 18years 4months are asked not to attend indoor training during their isolation period. These members are welcome to attend on-water single sculling sessions (crew boats with a coach/captain conversation) on the condition that they are producing negative results from their LFTs. Non-vaccinated contacts will not be able to attend training during their 10-day isolation period.

**Non-Household Contacts** - Fully vaccinated members / members under 18years 4months, may attend training on the condition that they are producing negative results from their LFTs. Non-vaccinated contacts will not be able to attend training during their 10-day isolation period.

<https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19/test-and-protect/coronavirus-covid-19-guidance-for-households-with-possible-coronavirus-infection>

## ON WATER TRAINING

- Members are recommended to complete a lateral flow before attending your session.
- Members should use the Covid Checklist to ensure they do not have any symptoms before attending the session.
- Make sure that your crew/boat is registered on FitClub (for Test & Protect purposes).
- Face Coverings should be worn when inside the boatshed and when setting up crew boats outside the boatshed.
- Practice good hand hygiene and be considerate of space around other groups.

## INDOOR LAND TRAINING

- Members are recommended to complete a lateral flow before attending your session.
- Members should use the Covid Checklist to ensure they do not have any symptoms before attending the session.
- Face Coverings must be worn around the centre, whenever not exercising or eating/drinking.
- Practice good hand hygiene and be considerate of space around other groups.

## SPECIAL NOTE

While many areas may feel like they have returned to normality, please continue to show additional care when it comes to hand hygiene, wearing face coverings, and respect that some members may wish to continue with a more cautious approach.



## **COVID-19 PRE TRAINING SYMPTOM CHECKLIST**

**Today, or in the last 10 days have you had any new, unusual or unexplained symptoms from the following?**

- |                                 |          |
|---------------------------------|----------|
| - A Fever                       | Yes / No |
| - A Cough                       | Yes / No |
| - Shortness of breath           | Yes / No |
| - Chest pain or tightness       | Yes / No |
| - Sore throat / Hoarse voice    | Yes / No |
| - Abnormal fatigue / drowsiness | Yes / No |
| - Loss of taste or smell        | Yes / No |
| - Confusion / Disorientation    | Yes / No |
| - Headache                      | Yes / No |
| - Joint / Muscle pain           | Yes / No |
| - Any new rashes                | Yes / No |

**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?**

Yes / No

**Has any member of your household or someone that you have been in contact with tested positive for coronavirus in the last 14 days?**

Yes / No

*If you answered YES to any of the above questions, you MUST speak to your Coach, Captain or Covid Officer before attending any club sessions.*