

Strathclyde Park RC – Covid-19 Training Guidance

With the recent lifting of Covid-19 restrictions in Scotland, SPRC are recommending that members follow the Scottish Governments advice in showing 'Covid Sense' to protect themselves and others during rowing activity.



Version 18.4.22

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.

Anyone showing symptoms of Covid-19 should not attend training or any club activity and book a PCR test.

Face Coverings

While there are no legal requirements to wear face coverings indoors, we do recommend that members wear face coverings when indoors and not training or eating.

Hand Hygiene

Please continue to operate good personal hygiene with regular hand washing and use of alcohol gels.

Ventilation

Good ventilation should be maintained during indoor training sessions and club activity.

Positive Covid-19 Cases

Any member testing positive is expected to isolate as per government guidance and remain clear of any club activity until the end of their isolation period, or until they have returned two consecutive, negative LFT's on successive days from day 6 of their isolation period.

Close Contacts of Positive Covid-19 Cases

Any close contacts of positive covid-19 cases within the club are expected to follow government guidance on 'self-isolation' that applies to their own vaccination status.

Further information on government guidance, including booking PCR tests and ordering Lateral Flow Tests can be found below:

<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>

SPECIAL NOTE

While this is a positive step to normality, Covid-19 still poses a significant risk to many people, please continue to show care when it comes to hand hygiene, wearing face coverings, and respect that we have many members may wish to continue to take 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.