



## AIM OF POLICY

The government has put in place a system to test those with symptoms of COVID-19 and then make contact those they have been in contact with. Currently, this system operates without an “app”, but the government hopes that an “app” will be ready for use soon.

We all have a responsibility to stop the spread of COVID-19 and the government’s Test & Trace system is a key part of this.

ATC will be working closely with Alton Sports Centre to meet the risk assessment guidelines required by the venue for our training as well as our own in regards to our training during this COVID period. This will include social distancing, hand-washing, sanitisation of equipment etc where we will be guided by British Gymnastics, our governing body, as well as following up-to-date government guidelines and best practice as the situation evolves.

## SYMPTOMS

Every club member, volunteer and person attending a session with ATC must take personal responsibility in regards to their health particularly in relation to COVID-19.

The NHS currently advise the following as symptoms and advise that you get a test as soon as possible:

The main symptoms of coronavirus are:

- **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- **a loss or change to your sense of smell or taste** – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

Most people with coronavirus have at least 1 of these symptoms.

Nobody who lives in a household with someone demonstrating one of these symptoms or who demonstrates one of these symptoms themselves should attend a session of ATC training.

## ON NOTIFICATION

It is important, therefore, that in the event any member, volunteer or someone attending a session receives a notification to self-isolate that they do so. If you are notified to self-isolate, you should inform ATC so that we can also take any appropriate action. We ask that you let the club know so that we can inform all those who attended a session rather than simply trying to contact people yourself. Similarly, if you are contacted by the Test & Trace Team please provide the club email: [altontrampolineclub@gmail.com](mailto:altontrampolineclub@gmail.com) so that we can ensure contacts are made in the most appropriate and timely way. It is important that those who are at risk are contacted and encouraged to take extra care in practicing social distancing and good hygiene, whilst also being alert to the possibility of developing symptoms themselves.



Those identified as having come into contact with a person with suspected infection but who are informed that they are not required to self-isolate, should re-double their efforts in respect of social distancing and good hygiene.

## NOTIFYING OTHERS

We ask that you let the club know as soon as possible if you are displaying symptoms of COVID or have received a positive test result so that we can inform all those who attended a session rather than simply trying to contact people yourself. Similarly, if you are contacted by the Test & Trace Team please provide the club email: [altontrampolineclub@gmail.com](mailto:altontrampolineclub@gmail.com) so that we can ensure contacts are made in the most appropriate and timely way. It is important that those who are at risk are contacted and encouraged to take extra care in practicing social distancing and good hygiene, whilst also being alert to the possibility of developing symptoms themselves.

## RETURN TO TRAINING

At the end of the self-isolation period you should ensure that neither you or a member of your family present symptoms and if necessary check with your GP before returning to training. You must follow the relevant and up-to-date guidelines from government in relation to self-isolation and return to your activities. ATC will ask you to complete a health-check form before returning to training.

## QUARANTINE

With quarantine regulations in place for travel abroad both within the UK (on return) and other countries (on entry) we advise that all members and volunteers ensure that they are following latest guidance.

