

Updated Covid Guidance December 2021 - Important

Here are extracts from the Government's covid measures that are relevant to our club participants, officials, volunteers and spectators. Please read and follow the guidance for your safety and the safety of others.

- **Self-assessment:** Before attending any sporting activities, all participants, officials, volunteers and spectators should self-assess for COVID-19 symptoms (a high temperature; a new, continuous cough; a loss of, or change to, your sense of smell or taste). If you have one or more of these symptoms (even if they are mild), you should not attend any sporting activity, and follow NHS guidance on testing and self-isolation.
- **Informed decisions:** consider your own health and circumstances (for example, if you are not yet double-vaccinated or live with somebody at higher risk of serious illness from COVID-19), make an informed choice about whether you wish to participate.
- **Self-isolation:** do not attend or take part in your activity if you need to self-isolate (for example, because you have tested positive or are asked to self-isolate by NHS Test and Trace). If you are displaying any COVID-19 symptoms (a high temperature; a new, continuous cough; a loss of, or change to, your sense of smell or taste), do not to attend, even if these symptoms are mild.
- **Face coverings:** are no longer required by law, but people should wear face coverings in crowded and enclosed settings where they come into contact with people they do not normally meet. Where worn correctly, this can reduce the risk of transmission. People should not generally wear a face covering while taking part in any strenuous activity or sport, unless they have been advised to do so by a physician.