



## Wild Wye Swim 2021: Covid Secure Guidance



As a participating swimmer or a spectator / supporter, you must:

- Not attend if you are symptomatic of covid-19 (high temperature, new continuous cough, loss of sense of taste or smell, or otherwise feel unwell).
- Not attend if you have tested positive for Covid-19 (by either PCR or LFD) in the previous 10 days
- Not attend if you are a close contact of or live with someone who has tested positive for Covid-19 within 10 days of the event, unless you are required not to self-isolate as per the new rules (ie have had both covid-19 vaccinations, with at least two weeks since their last vaccination).
  - If you aren't required to self-isolate you must have had a subsequent negative PCR test since the contact and prior to attending the event.
- Not attend if you have been told to self-isolate following contact with someone who has tested positive.
- Return home immediately if they become unwell during the course of the event, and to seek a PCR test if appropriate.
- Wear a face covering in crowded places, such as queues for registration or food, in the toilets, on the buses, if receiving medical attention or in any other close contact situation.
- Maintain hand hygiene through the frequent use of hand sanitiser or hand washing facilities.

In addition you are encouraged to do a Covid-19 lateral flow test the morning of the event prior to attending, and only to attend if it is clear.