



ESSEX SWIMMING COVID RULES

SWIMMERS

- ALL competing swimmers are strongly urged to take a lateral flow test on the night before each day of competition
- Temperature checks will be carried out on all swimmers BEFORE being admitted to poolside
- In the case of a positive test the test results MUST be sent to essexswimming@btopenworld.com within 2 days of the test date with the email entitled POSITIVE COVID TEST RESULT- The result email Must show the following

Swimmers full name

Swimmers DOB

Date of Test

Positive test result

If all of the above is completed a full refund of event fees for that weekend will be issued

• SMALL DRAWSTRING BAGS ONLY will be permitted to be bought onto poolside – This is a very strict rule as we will need the space on poolside to ensure enough distance is put between each swimming team





- Masks MUST be worn by all swimmers when moving around the building- Masks do not need to be worn on poolside
- ALL swimmers will need to follow the covid guidelines and 'one way' systems put in place on the day

SPECTATORS

- Masks MUST be worn by all spectators both in the spectator's gallery and when moving around the building- THIS WILL BE STRICTLY ENFORCED AT THE AGE GROUP CHAMPIONSHIPS DUE TO SESSIONS BEING SHORTER
- ALL spectators MUST download the Test & Trace APP The Posters Must be scanned before entering the spectator gallery- staff will be overseeing this
- Spectator tickets are non-refundable
- We reserve to right to add vaccine evidence as a requirement if Covid cases are on the increase