



Covid-19 Guidance for Participants



Guidance for participants consideration at any of the Active Fenland sessions to help minimise the risk of transmission of Covid-19 and participate safely. This includes spectators.

1. Self-Assessment & Self-isolation

Before attending any Active Fenland session all participants should please self-assess for Covid-19 symptoms. The symptoms are:

- A high temperature
- A new, continuous cough
- A loss, or change to your sense of smell or taste

If you or anyone in your household has one or more of these symptoms (even if it is mild) or have been told to isolate by NHS Test and Trace please DO NOT attend and follow NHS guidance on testing and self-isolation. DO NOT attend if you have received a positive Covid-19 test.

2. Informed decisions

Please consider your own personal health and circumstances before participating. Only attend a session when you feel comfortable to do so. Everyone's health and wellbeing are priorities. If you would like to discuss what to expect at a session in more detail before attending then please email Active Fenland on activefenlandbookings@fenland.gov.uk, or call on 01354 622499 (please leave a message with your name, contact number and the session you are enquiring about).

3. General hygiene & measures

Please continue to follow good hygiene practices to reduce the risk of transmission.

- Wash or sanitize your hands at the start and end of the session, and anytime in between.
- Please wear face coverings in indoor areas and venues
- You do not need to wear a face covering when participating in the sport or activity, unless advised by a physician.
- Consider maintaining social distancing where possible, for example before or after sessions or when taking breaks.

- You should avoid sharing water bottles, and bring your own
- You should not rinse your mouth, face or spit in the activity area or around it.
- You should avoid sharing equipment where possible and practical. Or at regular intervals sanitize your hands.
- Please consider refraining from shaking hands, or high fiving at a session
- Please consider “checking in” via the NHS Covid-19 app at venues that display the NHS QR code. This supports the NHS Test and Trace and helps to reduce the spread of the virus.
- Please try to catch any sneezes or coughs in a tissue or in your elbow and then sanitize or wash your hands afterwards.

Activity Specific

- Please follow any guidance and instruction from the venue or venue staff to help reduce transmission
- Please follow any direction flows in venues such as one-way systems or entry and exits.
- Please follow the coach/instructor/co-ordinator guidance
- If first aid is required, you may be asked to wear a face covering to protect yourself and the first aider if social distancing cannot be maintained.
- Most sessions/blocks still require pre-booking at payment confirmation before attending, please email activefenlandbookings@fenland.gov.uk if you need to book. Payments are taken online.

If you have any questions regarding these guidelines, then please email activefenlandbookings@fenland.gov.uk

Please note this guide may change with changing government advice, and this will need updating therefore please adhere to all relevant government advice available at the time of taking part in activity which can be found at www.gov.uk/coronavirus

Thank you for your support with these measures and the Active Fenland session and hope that you will consider these points for the health and safety for all.