

SwimWild Covid-19 Policy

At SwimWild, one of our promises to you (the client) is that we will always put your safety and well-being first and above anything else. Safety is our highest priority and something we relentlessly strive for, no matter what.

The following document contains important information with regards to SwimWild's policies and procedures in relation to COVID-19. We politely request that you read the following document very carefully, and make contact with us should you have any questions.

Once you have read this document, please sign the "Participant Declaration" on the final page if you agree with the statements made within that declaration, and this policies and procedures document as a whole.

STATEMENTS on CONTROL MEASURES

Assumed risk nature

The effects and risks of COVID-19 are well documented by the Scottish Government, UK Government and World Health Organisation. It is clear that a risk to health, and potentially life, will always be present for the foreseeable future (until this document effectively becomes surplus to requirements, and the risk of the virus has been declared to be completely eliminated by the organisations listed above).

Swimming activities all carry *assumed risk*, owing to the hazards which are undeniably and consistently present in the environments where these activities take place. Dynamic risk assessments and control measures are carried out and put in place, in order to attempt to minimise these risks, but there is a clear acceptance that it is impossible to completely remove them. In essence, COVID-19 simply sits alongside these additional hazards, and adds to the assumed risk nature of the activity. And likewise, control measures (which are outlined below) will be used to attempt to mitigate the risk of COVID-19, but there is a clear acceptance that this risk can *never* be completely removed; and indeed these control measures may not always be possible.

Safety of participants, staff and members of the public will remain the top priority

There must be a clear understanding, that whilst the control measures listed below will be attempted to be put in place, there may be circumstances which come about which mean they cannot be put in place. This is particularly the case, for example, if the safety of any participant, or a member of the public, becomes compromised through any other means. Should there be any reason the following control measures may not be put in place due to safety being compromised in some other way; SwimWild instructors & Staff are not duty bound to abide by these control measures and are free to choose not to employ them. Subsequently, should this occur, and any health issues result for a participant, SwimWild or associated staff cannot be held responsible or be liable for this.

Shared responsibility

It is a shared responsibility of all participants (not just SwimWild staff) to ensure these control measures are attempted to be followed, along with the most up to date government guidance on the day of the course/activity. SwimWild and associated staff will make every effort to employ the following control measures, but there is an acceptance by all participants that they must also follow them, along with the approved government guidance on the day of the course/activity. Should any participants choose not to follow the aforementioned guidance, choose not to employ any of the control measures listed below, or choose not to accept this shared responsibility at any point; SwimWilds' instructors & staff cannot be held responsible for any health issues which may result.

Similarly, throughout the activity, should any participant interact/come into contact with a member of the public who is symptomatic, or choosing not to follow this or the government's guidance, and health issues result, SwimWilds' staff cannot be held responsible for this.

Every attempt will be made to put in place the following control measures, but there is no guarantee they can always be put in place and maintained.

Participants or staff who show symptoms or have underlying health conditions

People who are symptomatic should self-isolate as per the government and NHS guidance.

Should any participants display or have the following symptoms before the activity, they must NOT attend, and should self-isolate accordingly. Should any participants display the following symptoms during the activity, the activity will finish as soon as possible and is practical, and all participants and staff should go home and self-isolate as per the government and NHS guidance.

Feeling hot, cold or shivery (flu-like symptoms)

Have a new or persistent cough

A loss of taste and/or smell

Any other symptoms which are in line with government/NHS advice at the time of the activity

Any participants who have underlying health conditions which require them to be shielding or not to take part in the activity (in line with current government guidance) should not attend the course/activity.

SwimWild instructors & staff have the right to refuse a participant and cancel the activity outright, either before or during an activity, if it is clear they are displaying symptoms, and/or putting other activity members at risk.

Travel

It is the responsibility of the participants to follow the latest travel laws guidance from the Scottish government (and/or their home country). Any participant attending a SwimWild activity must be adhering to the latest travel laws and guidance issued by the Scottish government. Failure to do so may put staff and other participants at risk.

Cancellation

Should any participant begin to display symptoms of COVID-19 before the course, they should cancel their place on the activity and not attend. In the event of this occurring, participants will receive a refund in full.

Should any staff member display symptoms of COVID-19 before the activity, an alternative staff member, who is fit and well, may be sought. Should this not be possible, the activity will be cancelled and all participants will receive a full refund.

Should cancellation due to the reasons outlined above occur during a multi-day activity, participants will be refunded appropriately based on the number of days remaining in relation to the full cost.

Sneezing/Coughing

If participants/staff sneeze or cough, they should do so into a tissue or upper sleeve. Tissues should be ideally disposed of into a bin or placed in a plastic bag and taken to the nearest bin or home.

Hand Washing and Sanitising

Participants and staff are encouraged to wash and sanitise their hands regularly, with soap and water at a sink should one be available, or using hand sanitiser. Both participants and staff are encouraged to bring along enough hand sanitiser for the duration of the course/activity.

Booking information with respect to “Test and Protect”

All participants are required to provide personal details at the time of booking. OR by completing a “SwimWild Participation/Booking form” which includes their personal details.

These forms and the content within them are stored in line with GDPR and data protection. Should any participant/staff member report to have tested positive for COVID-19 following the activity, Test and Protect can be implemented using the information, either by SwimWild or the appropriate government agency (in line with data protection legislation).

Physical Distancing

Participants and staff should observe physical distancing (in line with the government guidance of the day of the course/activity) where possible. In the event of the safety of a participant or staff member being compromised in any other way, this physical distancing may not be possible.

Every effort will be made by participants and staff to avoid busy areas and venues, but this may not always be possible.

Participants should avoid touching and physical contact where possible, but this may be required should safety be compromised in any other way.

Should close contact be required, individuals must ideally be facing away from each other, but this may not always be possible.

Rescues, coaching, leading and indeed all practices may be adapted by SwimWild instructors/staff in order to maintain physical distancing, in accordance with the latest government guidance. However, these adaptations will not always be possible.

Equipment

Participants should use all of their own equipment. Should SwimWild equipment be used, this will be quarantined for 72 hours following its use or be cleaned and sanitised between usage.

Participants should avoid touching and handling anyone else's equipment other than their own. This may not always be possible, particularly if safety is compromised, or any injury may result. Hand sanitizer should ideally be used, or hand washing completed, both prior and following touching someone else's equipment, but this may not always be possible. Examples where physical distancing may be compromised with respect to equipment, include (but not limited to): boat carrying and dry suit zip assistance.

On the water

Participants/staff should aim to minimise close contact moments, and maintain physical distancing whilst on or in the water, but it is acknowledged this may not always be possible.

Shuttles and Vehicle Sharing

Vehicle sharing with non-household members will be ideally avoided by participants/staff for the duration of the course/activity, and other means (e.g. cycling) will ideally be used for shuttles. Should vehicle sharing be required however, due to safety or time constraints for example, face coverings should ideally be worn, and/or windows should ideally be down to allow outside air to circulate within the vehicle. Participants/staff are therefore encouraged to bring face coverings for the shuttle/transport sharing occasions. All participants sharing a vehicle should ideally sanitize hands before and after the journey, and/or, touch points cleaned. There must be an acceptance however, these measures may not always be possible, for example (but not limited to) an emergency.

Food and drink

Participants/staff should bring their own food and drink for the duration of the course/activity, and only share this within their household group.

PARTICIPANT DECLARATION – COVID-19

By signing OR printing your name below, you are confirming that you have read and agree with the following statements below, AND all the information outlined within the "SwimWild COVID-19 Policies and Procedures Document".

Taking part in the course/activity carries assumed risk with respect to COVID-19. Whilst every effort will be made to reduce this risk, there is an acceptance that this risk can never be completely removed.

SwimWild instructors & staff cannot be held responsible for any COVID-19 related health issues, and subsequent personal effects of these health issues, which result from your participation in this course/activity.

There is an acceptance that it is the shared responsibility of both participants and staff to minimise the risk posed by COVID-19 through the use of the control measures outlined in this document.

Whilst every effort will be made to ensure the control measures outlined in this document will be put in place, there is no guarantee they can always be put in place.

Signed/Print name:

Date