

3) CLASS BASED GUIDANCE

Covid-19 Self Screening

All participants and instructors should complete COVID-19 self-screening before attending a session. If any symptoms displayed should not attend, see below:

If you have a Coronavirus symptoms, do not come to your exercise venue or class, stay at home. Contact NHS 111 either by phone or at www.111.nhs.uk if you have:

**A high temperature
A new continuous cough
A loss of smell or taste**

NHS 111 will ask about your symptoms and tell you what to do.

Do not come to your exercise venue or class as this will put more people at risk.

**If you require more guidance, please visit
www.nhs.uk/conditions/coronavirus-covid-19/**

If they become symptomatic during a session they should leave, self-isolate and book a test. If an instructor becomes symptomatic during the session, they should end the session, self-isolate, book a test and inform the session coordinator.

Participants and instructors should not attend the exercise venue or class if they have been in close contact with someone that has tested positive for Covid-19 within the last 10 days or someone within your household or support bubble is displaying symptoms.

For someone displaying symptoms you can book on test via the following link;
<https://www.gov.uk/get-coronavirus-test>

Steps should be taken to support the NHS test and trace. You should assist this service by keeping a temporary record of your customers and visitors for 21 days – this should be done by gathering details at point of booking/attending (including permission to share details with test & trace) and collecting weekly registers. If the participants refuse to partake, they will not be granted access to the session. All venues hosting any leisure activities must display a unique NHS QR code. This is vital for the NHS Test and Trace service in England to contact the necessary people if Coronavirus outbreaks are identified in venues.

We have a Fitness recovery database that can be adapted and used at district level to help support participants into the correct scheme taking into account the amount they may have been affected by deconditioning during lockdown.