










# Should my child attend Stockport Metro swimming lessons

## COVID-19: A quick guide for parents / guardians

What to do if...	Action Needed	Back to swimming...
 <p><b>...my child has COVID-19 symptoms</b></p>	<ul style="list-style-type: none"> <li>Child should <b>not</b> attend swimming lessons</li> <li>Child should get a test</li> <li>Whole household self-isolates while waiting for test result</li> <li>Inform Life Leisure about test results</li> </ul>	<p><b>...when child's test comes back negative and symptom free for 48 hours</b></p>
 <p><b>...my child tests positive for COVID-19</b></p>	<ul style="list-style-type: none"> <li>Child should <b>not</b> attend swimming lessons</li> <li>Child self-isolates for at least 10 days (from when symptoms started) or from day of test if no symptoms)</li> <li>Inform Life Leisure about test results</li> <li>Whole household self-isolates for 14 days from day when symptoms started (or from day of test if no symptoms) – <i>even if someone tests negative during those 14 days</i></li> </ul>	<p><b>...when child feels better, and has been without a fever for at least 48 hours</b></p> <p><b>They can return to swimming after 10 days even if they have a cough or loss of smell / taste. These symptoms can last for several weeks once the infection has gone.</b></p>
 <p><b>...somebody in my household has COVID-19 symptoms*</b></p>	<ul style="list-style-type: none"> <li>Child should <b>not</b> attend swimming</li> <li>Household member with symptoms should get a test</li> <li>Whole household self-isolates while waiting for test result</li> <li>Inform Life Leisure about test results</li> </ul>	<p><b>...when household member test is negative, and child does not have COVID-19 symptoms</b></p>
 <p><b>...somebody in my household has tested positive for COVID-19</b></p>	<ul style="list-style-type: none"> <li>Child should <b>not</b> attend swimming</li> <li>Whole household self-isolates for 14 days from day when symptoms started (or from day of test if no symptoms) – <i>even if someone tests negative during those 14 days</i></li> </ul>	<p><b>...when child has completed 14 days of self-isolation, even if they test negative during the 14 days</b></p>
 <p><b>...NHS Test and Trace has identified my child as a 'close contact' of somebody with symptoms or confirmed COVID-19</b></p>	<ul style="list-style-type: none"> <li>Child should <b>not</b> attend swimming</li> <li>Child self-isolates for 14 days (as advised by NHS Test and Trace) – even if they test negative during those 14 days</li> <li>Rest of household does not need to self-isolate, unless they are a 'close contact' too</li> </ul>	<p><b>...when the child has completed 14 days of self-isolation, even if they test negative during those 14 days</b></p>
 <p><b>...my child has been sent home from school because someone in their class / year group has tested positive for COVID-19</b></p>	<ul style="list-style-type: none"> <li>Child should <b>not</b> attend swimming</li> <li>Child self-isolates for 14 days (as advised by NHS Test and Trace) – even if they test negative during those 14 days</li> <li>Rest of household does not need to self-isolate, unless they are a 'close contact' too</li> </ul>	<p><b>...when the child has completed 14 days of self-isolation, even if they test negative during those 14 days</b></p>

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 <p><b>...another child in the household has been sent home from school because someone in their class / year group has tested positive for COVID-19</b></p>	<ul style="list-style-type: none"> <li>• Child <b>should</b> attend swimming unless the other person in the household is showing symptoms</li> <li>• Rest of household does not need to self-isolate, unless they are a 'close contact' too</li> </ul>	<p><b>N/A</b></p>
 <p><b>...we / my child has travelled and has to self-isolate as part of a period of quarantine</b></p>	<ul style="list-style-type: none"> <li>• Child should <b>not</b> attend swimming</li> <li>• Whole household self-isolates for 14 days – <i>even if they test negative during those 14 days</i></li> </ul>	<p><b>...when the quarantine period of 14 days has been completed for the child, even if they test negative during those 14 days</b></p>
 <p><b>...we have received advice from a medical / official source that my child must resume shielding</b></p>	<ul style="list-style-type: none"> <li>• Child should <b>not</b> attend swimming</li> <li>• Inform Life Leisure</li> <li>• Child should shield until you are informed that restrictions are lifted and shielding is paused again</li> </ul>	<p><b>...when you are informed that restrictions have been lifted and your child can return to activities</b></p>
<p><b>COVID-19 symptoms include at least one of a high temperature; a new continuous cough; a loss or change to your sense of smell or taste. See more at:</b></p> <p><a href="https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/">https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/</a></p>		