

Swim England advice and guidance regarding novel coronavirus (COVID-19)

10 March 2020

Swim England has issued the following advice regarding novel coronavirus (COVID-19).

The health and wellbeing of anyone who takes part in any aquatic activity is of paramount importance to everyone at Swim England.

Swim England is currently following the latest guidance from the [Government and Public Health England](#) and is advising its members, clubs, learn to swim providers and volunteers to do the same.

At this time, Swim England is continuing to plan for events as normal.

However, the national governing body will be following the latest information and assessing risk as appropriate. Specific guidance regarding forthcoming Swim England events will be issued as necessary to those who are due to attend.

Due to the ongoing spread of novel coronavirus, there have been a number of calls to Swim England about whether it is safe to still go swimming.

[The Pool Water Treatment and Advisory Group](#) (PWTAG) has been in contact with Public Health England regarding novel coronavirus.

A spokesperson for PWTAG said: “Public health opinion is that it is generally safe to go swimming at this time.

“Water and the chlorine within swimming pools will help to kill the virus.

“However, visitors to swimming pools are reminded to shower before using the pool, to shower on leaving the pool and to follow the necessary [hygiene precautions](#) when visiting public places to help reduce the risk of infection.”

These include washing your hands for at least 20 seconds, cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze and do not touch your eyes, nose or mouth if your hands are not clean.

Most importantly, if you feel unwell, please avoid using the pool.

This announcement is not intended to panic anyone and Swim England is sharing the above information to ensure all possible precautions are taken.

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Most importantly, if you feel unwell, please avoid using the pool & leisure club.

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From the newspaper The Telegraph.

Do saunas help?

Saunas have been recommended for arthritis, asthma and chronic fatigue, among other maladies, and some research has indicated that they may reduce the occurrence of colds.

In reality the idea of “sweating out” a virus isn’t proven, and while a sauna may alleviate symptoms of a cold for a short time, it won’t abbreviate the illness itself. Saunas are hot, but not hot enough to kill bacteria, and they’re also moist: conditions germs generally thrive in.

The Highfield Leisure Club

Please shower using hot soapy water before using the pool or the Jacuzzi.

This is mandatory, anyone not doing so will be asked to leave.

Please wash your hands in hot soapy water (minimum 20 seconds) before and after using the gym.

Wipe down appliances after use

This is mandatory, anyone not doing so will be asked to leave.

Thankyou for your co-operation
The Highfield Leisure Club

Remember: Catch it, Bin it, Kill it

Public Health England (PHE) recommends that the following general cold and flu precautions are taken to help prevent people from catching and spreading COVID-19.

- Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze. Catch it, Bin it, Kill it
- Put used tissues in the bin straight away
- Wash your hands with soap and water often – use hand sanitiser gel if soap and water are not available. [See hand washing guidance](#)
- Try to avoid close contact with people who are unwell
- Clean and disinfect frequently touched objects and surfaces
- Do not touch your eyes, nose or mouth if your hands are not clean

The Latest information can be found on the [NHS website](#)

