

# WOODSIDE & THORNTON HEATH SWIMMING CLUB



## Guidance on Illness & Infection Control

### 1. GUIDANCE STATEMENT

- 1.1. Woodside and Thornton Heath Swimming Club is committed to promoting and supporting the health and welfare of its swimmers and staff.
- 1.2. The list below is not exhaustive.
- 1.3. This guidance aims to provide general information to swimmers, staff and volunteers. Your general practitioner (GP) will be the first point of contact if there are any health-related queries or concerns.

#### GENERAL

##### Tiredness / Illness

If a swimmer is noticeable tired or feels ill, they will be directed to leave the pool and rest. If a swimmer wishes to leave the poolside, they should not be allowed to return to the changing rooms alone but should arrange for a parent / guardian to meet with them.

#### RASHES & INFECTIONS

##### Athlete's Foot

Wear flip flops or another suitable footwear:

- In the changing room.
- In the pool area including up to the poolside.

##### Chickenpox

**Do not swim** until all the scabs have gone.

##### Common colds

Providing there is no noticeable fever, you **may continue to swim**.

##### Conjunctivitis (Pink-eye)

**Avoid swimming** as pool water is likely to irritate the condition.

##### Covid

Stay at home until you feel better or do not have a high temperature.

##### Hand, foot and mouth disease

**Do not swim** until a minimum of **20 days** after all blisters are healed.

##### Impetigo

**Do not swim** until the sores have healed.

##### Influenza

**Do not swim** until all signs of the illness are gone.

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| Lice                  | <b>Do not swim</b> until all signs of lice and eggs (nits) have gone.  |
| Measles (Rubella)     | <b>Do not swim</b> until after a minimum of <b>4 days</b> from onset of a rash.  |
| Meningitis            | <b>Do not swim</b> until all signs of the condition have gone.   |
| Molluscum contagiosum | <b>You may swim</b> but the molluscum contagiosum must be covered with waterproof plasters / bandages.   |
| Ringworm              | <b>Do not swim</b> until all signs of the condition has disappeared.   |
| Scarlet fever         | <b>Do not swim</b> until: <ul style="list-style-type: none"> <li>• After <b>24 hours</b> after treatment commenced.</li> <li>• No fever for a minimum of <b>24 hours</b>.</li> </ul> |
| Shingles              | <b>Do not swim</b> until all the blisters have dried completely.   |
| Warts & verrucae      | <b>You may swim</b> but verrucae should be covered in swimming pools, gymnasiums and changing rooms.   |

#### DIARRHOEA and VOMITING ILLNESS

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| Diarrhoea and / or vomiting. | <b>Do not swim</b> until <b>48 hours</b> after the last episode of diarrhoea or vomiting. |
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## 2. GOOD HYGIENE PRACTICE

- 2.1. Handwashing is one of the most important ways of controlling the spread of infections, especially those that cause diarrhoea and vomiting, and respiratory disease. The recommended method is the use of liquid soap, warm water, and paper towels.
- 2.2. Always wash your hands:
  - After using the toilet.
  - Before eating.
  - Before handling food.
  - After handling animals.
  - Before smoking / vaping.
- 2.3. Cover all cuts and abrasions with waterproof dressings.
- 2.4. Coughing and sneezing easily spreads infections. Children and adults should be encouraged to cover their mouth and nose with a tissue. Wash hands after using or disposing of tissues.