

BIRKENHEAD SWIMMING CLUB

Coronavirus Update 18th March 2020



Birkenhead Swimming Club has taken the decision to suspend all training sessions. The decision has not been taken lightly and has been taken based on Swim England's advice that club activity falls into the "social gathering" category, and the Government's announcement to implement increased social distancing, avoid crowds gathering and carrying out unnecessary travel.

The coaches and the committee look forward to seeing you back swimming very soon, but in the meantime please keep safe and well.

We will provide updates by email and Facebook.

Please contact us if you require further information.

webmaster@birkenheadsc.org.uk

Birkenheadswimmingclub@outlook.com

Novel Coronavirus (COVID-19) Guidance

- The Government has issued advice as the novel coronavirus (COVID-19) situation develops. [Please read the latest advice here](#). This is updated regularly.
- The Government has also issued advice on social distancing for everyone in the UK and protecting older people and vulnerable adults [This is available here](#)
- It is our expectation that Swim England members will comply with the latest Government and NHS guidance. This can be found on the [Public Health England Website](#).
- We would advise clubs to also carry out appropriate risk assessments and comply with all Government advice when planning future activities.

Swim England update 17/03/20

Having further reviewed the guidance, it is Swim England's interpretation that club activity falls into the 'public gathering' category and therefore it is strongly advising clubs to consider cancelling or postponing activity – including events – until the end of May.

Jane Nickerson, Swim England Chief Executive, recognised the worries from clubs and learn to swim providers but said a final decision on whether to call off sessions and events had to rest with them.

She added: "We strongly advise on what we believe is the best course of action in the interests of our coaches, teachers, athletes, learners and volunteers.

"We will review this on an ongoing basis and continue to provide updates."

Peninsular Group of Swimming Clubs update 16/03/20

“After tonight's government announcement we have recommend to the clubs the immediate suspension of Peninsular League and Development League fixtures until 31 May and for the situation to then be reviewed” in accordance with the latest SE guidance below.

With regard to training the current SE advice is:

“At present the Government has not closed schools or restricted school activity and therefore we do not see any reason why clubs should not continue with their training programmes in their own environment within the guidelines of the facility. We do not recommend training camps or competitions take place with members from different clubs.”

There has been no update from Wirral Borough Council today and updated guidance has been requested from them.

Swim England update 16/03/20

Swim England has cancelled a number of forthcoming events due to the coronavirus (COVID-19) outbreak.

The decision has been taken following the Government's announcement to implement increased social distancing, avoid crowds gathering and carrying out any unnecessary travel.

All competitions organised by the national governing body that are scheduled to be held between now and the end of May have been called off.

The current SE advice is:

“At present the Government has not closed schools or restricted school activity and therefore we do not see any reason why clubs should not continue with their training programmes in their own environment within the guidelines of the facility. We do not recommend training camps or competitions take place with members from different clubs.”

Coronavirus update 13/03/20:

We already have what are known as business continuity plans in place to set out how we keep our services running during a major emergency such as pandemic flu, so we are well prepared. We are now working through the specifics to determine what we need to do immediately, then over the coming weeks, to deal with the impact of coronavirus.

The national advice for anyone who feels unwell was changed yesterday. The most important thing you can do to protect yourself remains washing your hands more often, for at least 20 seconds, with soap and water. Make sure you cough or sneeze into a tissue, put it in a bin and wash your hands. To slow the spread of infection anyone who shows certain symptoms is now being asked to self-isolate for 7 days, regardless of whether they have travelled to affected areas. The symptoms are:

- a high temperature (37.8 degrees and above)
- a new, continuous cough

For most people, coronavirus will be a mild infection. You do not need to call NHS 111 to go into self-isolation. If your symptoms worsen during home isolation or are no better after 7 days contact NHS 111 online at 111.nhs.uk. If you have no internet access, you should call NHS 111. For a medical emergency dial 999. The Government has confirmed that people self-isolating with mild symptoms, will not be tested. The advice is designed to help people prevent the spread of coronavirus. There is full advice on the [Government website](https://www.gov.uk/government/health-and-safety-topics/coronavirus), including how to self-isolate, what to do if you have children or elderly people at home and what you can do to help yourself get better. Advice is available online at www.nhs.uk/coronavirus

Coronavirus update 3 March 2020, 3.50pm: Joint statement from Wirral Council and Public Health England

England's Chief Medical Officer has this afternoon announced a positive Coronavirus case in Wirral.

Wirral Public Health can confirm that the case is a Wirral resident who became infected whilst in Italy. The patient has been transferred to a specialist unit for treatment.

This case is not linked to the group of repatriated guests who are currently in isolation at the accommodation block of Arrowe Park Hospital.

Julie Webster, Director of Public Health for Wirral Council said: "Wirral Council is working with Public Health England (PHE) and local health colleagues to do everything we can to stop the virus spreading and ensure the people of Wirral are protected.

"When a person tests positive for coronavirus, PHE speaks to them to identify anyone who has had close contact with them during the time they are considered to be infectious and go all out to find these people as soon as possible and give them the advice they need.

"We are aware that Hilbre High School has taken the decision to close today. PHE have spoken to the school, assessed the risk and confirmed that there is currently no information to suggest that there is any increased health risk to any pupils, staff and families at this time, and therefore no public health reason to remain closed at the current time.

"If you haven't been contacted by PHE you don't need to do anything, other than follow the existing advice for the general public."

According to Public Health England, good hygiene is the best prevention.

Julie Webster said: "There are some simple steps you can take to protect you and your family by washing your hands regularly and thoroughly and if you cough, cover your mouth and nose with a tissue.

"If you have recently been to one of the affected countries and are feeling unwell, you should phone the NHS's 111 helpline for further advice straight away – please don't go to your doctor. There's lots of advice on how people can protect themselves online at www.nhs.uk/coronavirus."

Dr Will Welfare, Public Health England North West, said: "Public Health England is contacting people who had close contact with one of the latest confirmed cases of COVID-19. The case is a resident of Wirral and became infected whilst in Italy.

"This case is not linked to the repatriated guests who are currently in the Arrowe Park Hospital facility and I'd like to reassure people that **the risk to the general public remains low**.

"Close contacts will be given health advice about symptoms and emergency contact details to use if they become unwell in the 14 days after contact with the confirmed case. This tried and tested method will ensure we are able to minimise any risk to them and the wider public."

Wirral Council, PHE and the NHS are well prepared to deal with coronavirus. If you haven't been contacted by PHE you don't need to do anything, other than follow the existing advice for the general public.