

## Norfolk Snowsports Club Covid-19 Update

It has been fantastic to welcome so many of you back to the Club, and we hope to have a busy winter season with lots of skiers, boarders and tubers on the slopes.

We would like to take this opportunity to remind all members and visitors of a few Covid and general winter illnesses updates from us here at the Club.

- We encourage all members and visitors to wear a face covering whilst they are inside the clubhouse, unless seated within the bar.
- If you feel unwell with symptoms of Covid 19 we would ask you to follow Government advice to isolate and get a PCR test, and refrain from visiting the club until you have had your results. More information can be found at <https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/what-to-do-if-you-get-symptoms-again/>
- If you have other illnesses such as a cold or flu, please consider while you are unwell if you should attend the club to avoid potentially passing on these illnesses to others.

If you have been informed of a contact with a confirmed case of Covid 19 by NHS Test and Trace or a member of your household has tested positive for Covid 19, we ask that you follow Government advice on what to do in this situation which is as below.

If someone you live with has symptoms of COVID-19, or has tested positive for COVID-19, you will not need to self-isolate if any of the following apply:

- you're fully vaccinated – this means 14 days have passed since your final dose of a COVID-19 vaccine given by the NHS
- you're under 18 years, 6 months old
- you're taking part or have taken part in a COVID-19 vaccine trial
- you're not able to get vaccinated for medical reasons

Even if you do not have symptoms, you should still:

- [get a PCR test on GOV.UK](#) to check if you have COVID-19
- follow advice on [how to avoid catching and spreading COVID-19](#)
- consider limiting contact with [people who are at higher risk from COVID-19](#)

We would ask that you make your own judgement on whether you attend the club depending on your own individual circumstances but ask you to consider others when deciding.

We will continue to regularly review this policy in line with Government and Snowsports England advice and guidance and will update it as necessary.

If you have any questions regarding this, please do not hesitate to contact Matt our Club Manager on [clubmanager@norfolksnowsports.com](mailto:clubmanager@norfolksnowsports.com) or 01603 662781.

