



# Luton Diving Club

## Code of Behaviour

COVID-19 is a highly infectious and dangerous disease. A resumption of competitive training and competition is only achievable if those involved create and maintain a controlled environment that minimises the threat of infection.

Risk in sport cannot be completely eradicated but with caution and care these risks can be reduced.

Each diver will need to decide when to return to competitive training and competition, based on their own circumstances and the arrangements that have been put in place for a safe return.

This is particularly the case for divers who are vulnerable or have underlying health conditions. All those returning must adopt the following code of behaviour:

- Be aware of your own personal health. If you show any of the COVID-19 symptoms you must stay at home, inform NHS Test and Trace and seek medical advice.
- Be responsible.
- Practice good hygiene. Wash your hands regularly.
- Where possible maintain social distancing. This won't always be possible in a competitive activity and that is acceptable. However, before, and after you should maintain social distancing.
- Support NHS Test and Trace. Scan the QR code with the Your COVID-19 Contact Tracing App or you will be asked to provide your details so that in the event of a COVID-19 outbreak those potentially infected can be traced. This is to everyone's benefit so please co-operate.
- Avoid shouting or raising your voice if face-to-face with others.
- After the competition be aware that other users may be waiting to use the facilities.