



City of Sheffield Swim Squad - International Travel Guidance

The Foreign & Commonwealth Officer (FCO) currently advises British nationals against all but essential international travel. Travel to some countries and territories is currently exempt. This advice is under constant review and individuals may find that the country that they are traveling to is on the exempt list when they leave the UK but this could change while individuals are abroad, and they may have to self-isolate for 14 days upon their return.

Individuals are asked to self-isolate for 14 days as it can take this long for coronavirus symptoms to appear.

City of Sheffield Swim Squad expects all members and the workforce (including volunteers) to follow the latest government guidance regarding self-isolation for 14 days when returning from countries that are not on the government's exemption list. This means that anyone in this situation cannot attend club training for this period. **There is no exception to this rule.**

We expect members and the workforce (including volunteers) to follow this government rule to protect themselves, other swimmers/coaches and the programme.

For further information can be found here.

<https://www.gov.uk/guidance/coronavirus-covid-19-countries-and-territories-exempt-from-advice-against-all-but-essential-international-travel>

<https://www.gov.uk/government/publications/coronavirus-covid-19-how-to-self-isolate-when-you-travel-to-the-uk/coronavirus-covid-19-how-to-self-isolate-when-you-travel-to-the-uk>