



## Association of British Members of the Swiss Alpine Club

Advice to club members attending club meets during the current Coronavirus (Covid-19) outbreak

1. If you have knowingly been in contact with a person who has been diagnosed with or suspected of having Coronavirus within 14 days of a meet, please do not attend the meet.
2. If you have been self-isolating within 14 days of the meet, please do not attend.
3. If you have been caring for a person suffering from Coronavirus within 14 days of the meet please do not attend the meet.
4. As per the UK Government's very recent announcement, if you have a new continuous cough or higher temperature then you should self-isolate for 7 days and not attend a club meet for a further 7 days.
5. If you are awaiting the results of a test for Coronavirus please do not attend the meet.
6. If you are going to attend a meet, particularly outside the UK, please ensure that you have some appropriate travel insurance to cover for late cancellation of the meet due to UK or the appropriate foreign Government advice or an extended stay due to isolation enforcement.
7. Please ensure that while attending club meets that you follow the Governments advice: <https://www.gov.uk/coronavirus>
8. This is obviously a very rapidly changing situation so should anything change with regards to Club meets announcements will be sent to attendees by meet organisers and information will also be placed on the club website.
9. If you are self-isolating for any reason or involved in enforced social distancing measures or subject to local travel restrictions please ensure that you let meet organisers know that you cannot attend the meet as soon as possible.

Further information can be found here:

<https://coronavirus.data.gov.uk/>

Issued by ABMSAC Committee

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