Guidance for branch members on attending physical sessions

Health screening

You must complete an updated health form provided by your physiotherapist. Any important changes in health over the past 12 months should be highlighted and discussed in advance of your first session.

Do be aware that hydrotherapy may not be suitable for people with certain health conditions including unstable blood pressure, uncontrolled diabetes and angina or shortness of breath at rest so it’s vital a detailed screening is undertaken prior to any sessions restarting after a period of non-attendance (for example, after the COVID-19 pandemic).

Your physiotherapist should store these completed forms safely in line with GDPR requirements. No one from the branch should be able to access these completed forms.

Ongoing it is important that you let your physiotherapist know about any change in your health before or at the start of any session.

Your COVID-19 safety responsibilities

You must **understand and agree** that you **will not** attend the branch if you have the [main symptoms of COVID-19](https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/main-symptoms/) as defined by the NHS. These symptoms include:

* A high temperature (feel hot to touch or your chest or back)
* A new continuous cough (coughing a lot for more than an hour or 3 or more coughing episodes in 24 hours)
* A loss or change to your sense of taste or smell

You must also not attend your branch if:

* Anyone in your household is self-isolating or experiencing any of the above symptoms
* You have been in contact with anyone with confirmed COVID-19 within the last 10 days
* You, or anyone in your household have been contacted by the Track and Trace service and asked to self isolate
* You have returned to the UK in the past 14 days from another country

Track and trace

For Track and Trace purposes you need to register with your branch on arrival. To meet Track and Trace requirements you must supply your branch with a current telephone number. This can be kept on record rather than being entered into the register.

If you do not have a telephone number an email address is acceptable if necessary.

A branch could be fined up to £10,000 if they do not keep these records so it is vital that you ensure your details are correct and up to date.

Your venue

Your venue will have drawn up a list of roles to keep everyone safe. Please ensure you follow these rules carefully.

Please insert rules of the venue here