

Reading Offshore Sailing Club

Covid-19 precautions for indoor events

The prevalence of Covid 19 infection remains high, even though the Government has discontinued all legal requirements regarding mask wearing and self-isolation.

The following precautions continue to be **recommended** at indoor events organised by the Reading Offshore Sailing Club.

- It is **suggested** that you continue to wear a face covering in crowded or enclosed spaces.
- Some windows will be ajar for extra ventilation so you may wish to dress accordingly.
- Please do **wash your hands** frequently and/or use the hand sanitiser that will be available.
- You are **recommended** to carry out a lateral flow test, if available, prior to attending and to attend only if the result is negative.
- **Please do not attend** if you are exhibiting any of the symptoms of Covid-19.
 - Recent research (Kings College Zoe study) has revealed that the most common symptoms in vaccinated people are now
 - Headache 73%
 - Runny nose 73%
 - Sneezing 60%
 - Sore throat 49%
 - Cough 49%
 - **Note** that these symptoms are very similar to those of a severe common cold. The only easy way to distinguish between the bugs is to take a test.
 - Please note that symptoms have evolved as new variants of Covid have emerged and are different from those described by HM Government two years ago, viz.
 - Persistent cough
 - Fever
 - Loss of taste and/or smell

NB. These symptoms may still occur but are now much less common.