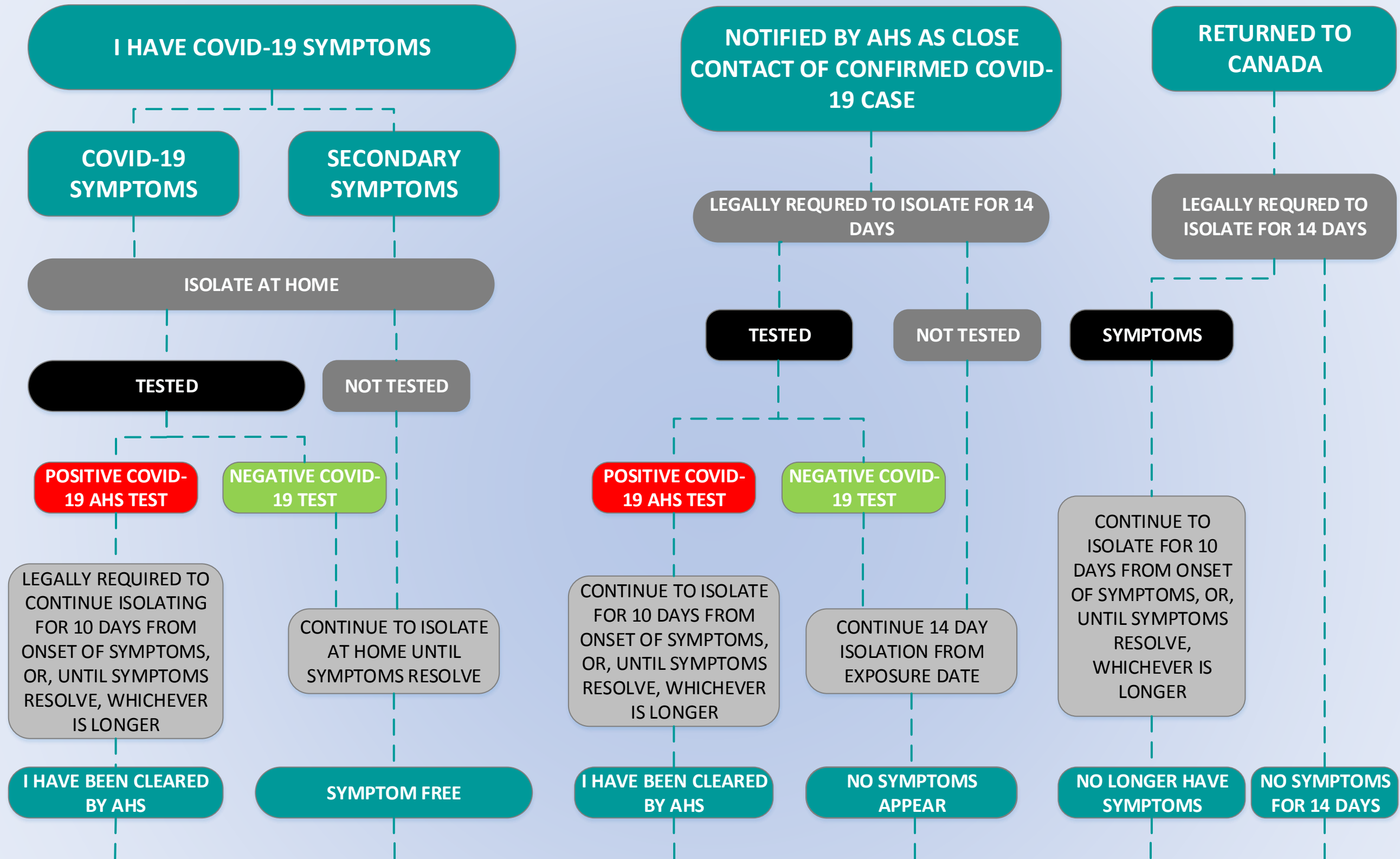




# Return To Swimming Guidelines – Strathcona County Swim Club



## RETURN TO SWIMMING

**COVID-19 SYMPTOMS**  
 COUGH (NEW OR WORSENING), FEVER, SHORTNESS OF BREATH, LOSS OF SMELL OR TASTE

**SECONDARY SYMPTOMS**  
 CHILLS, PAINFUL SWALLOWING, STUFFY NOSE, HEADACHES, MUSCLE OR JOINT ACHES, FATIGUE OR SEVERE EXHAUSTION, PINK EYE, GASTROINTESTINAL ISSUES

