



11th September 2020

Letter from Widnes Martial Arts

Dear parents and carers,

This letter has been written to give you further information about how we expect parents/carers and students to respond if they discover that a pupil is confirmed to have coronavirus (COVID-19) in the class or year group of the academic school that they attend.

The scientific evidence shows that children are at a much lower risk of becoming severely ill from coronavirus (COVID-19) than adults, and there is no evidence that children transmit the disease any more than adults. Of course, there will still be risks while coronavirus (COVID-19) remains in the community, and that is why schools and colleges will be asked to put in place a range of protective measures, as have we.

Your child's school has completed a health and safety risk assessment as part of their plans to re-open schools in September. This should be accessible from the school website. As you are aware, Widnes Martial Arts has also completed a thorough risk assessment, alongside a thorough and robust cleansing schedule, to help minimise the risk of infection whilst attending classes.

What to do if your child is unwell

The box below provides a summary of the common symptoms of coronavirus (COVID-19). A test is needed for anyone who has **any one** of the most common symptoms of the virus.

The most common symptoms of coronavirus (COVID-19) are recent onset of any of the following:

A new continuous cough

A high temperature (fever)

A loss of, or change in, your normal sense of taste or smell (anosmia)

Any one of the above symptoms gives reason for a high level of suspicion for COVID-19.

NB For fevers, the NHS advice is to look for a high temperature – ‘this means you feel hot to touch on your chest or back; you do not need to measure your temperature’.

If your child becomes unwell at home in any way (or if anyone in your household is unwell with symptoms of coronavirus), they should not attend their scheduled classes. Please let SBN Karl know the reason for your child’s absence, especially if it is coronavirus (COVID-19) related. Your child (or other people in the household with symptoms) should then be tested for coronavirus (COVID-19). See the box below.

Getting tested

If your child has symptoms or you have been asked to get them tested, you can arrange a test at:

A local test site (and get the results the next day)

By ordering a postal test kit (which will take a little longer)

To arrange a test:

Visit <https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/get-a-test-to-check-if-you-have-coronavirus/>

Or call 119

If your child becomes unwell

If your child has symptoms of coronavirus (COVID-19) they will need to be tested (see box above). Your child must remain at home while awaiting the test and the result. Your child, and all members of your household, should not come into contact with other people outside of your household. You must not go to a doctors, hospital or NHS facility during this time unless symptoms become serious.

What to do when you get the results of the coronavirus (COVID-19) test

Once you have got your child’s test results, or the test results of anyone else in your household, please contact SBN Karl and inform him of the results as soon as possible. Even if the results are negative, you must still inform us. This is to protect the rest of the Widnes Martial Arts community.

What to do if your child’s coronavirus (COVID-19) test is negative

You must inform SBN Karl as soon as possible.

If your child's result is negative and they are free of the symptoms for 48 hours and no longer feel unwell, they can return to classes as long as they are not isolating due to being a contact of another symptomatic household member or positive case.

What to do if your child's coronavirus (COVID-19) test is positive

You must inform SBN Karl of this straight away.

If your child attended classes in the 48 hours prior to the onset of symptoms and up to the point of testing, Widnes Martial Arts will inform all parents/carers of students that also attended the same classes; with the advice to be aware of any symptoms coronavirus (COVID-19) and to immediately arrange a test if you suspect **any one** of those symptoms to be present.

Your child will need to self-isolate for at least 10 days until they feel better and their symptoms have gone. A cough or lack of taste and smell might last longer than 10 days, but your child can still return to classes. Advice on self-isolation will be available from the NHS (<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/>)

Your household and any other contacts must isolate for 14 days and watch for symptoms. If these appear then they will need to be tested.

What to do if your child is sent home from their academic school because another child in their bubble (e.g. class or year group) has tested positive

If the other child with a positive test result attended the school in the 48 hours prior to symptoms appearing, a decision may be made that your child's class or year group has to go home for isolation. This is to protect members of the school community and others, including Widnes Martial Arts.

If your child is sent home, your child's school will inform you of this and your child will need to self-isolate for 14 days and watch for symptoms. Members of your household will not need to isolate, unless your own child develops symptoms.

If you have two children in attendance at our classes, the child that has not been informed of a period of self-isolation from their academic school can still attend for their scheduled classes at Widnes Martial Arts, providing no symptoms develop.

Please do not hesitate to contact SBN Karl if you have any questions relating to this letter.

Yours sincerely,

SBN Karl Martindale

School owner and Chief instructor