

Title: COVID-19 Policy and Plan

Effective date: 11.2020

Purpose

- To serve as a guide for members and coaches in regards to the COVID-19 PHE.
- To serve as a resource regarding questions surrounding symptoms, exposure, probable contact, and other issues that may arise.

Policy

The Aquakids Swim Team follows the COVID-19 guidelines and recommendations set forth by USA Swimming, the Arkansas Department of Health, and the Centers for Disease Control:

- When possible, swimmers should socially distance and remain six feet apart.
- Encourage swimmer to wash their hands frequently with soap and water for 20 seconds or use an alcohol-based hand sanitizer.
- Encourage swimmer to avoid touching their eyes, nose, or mouth.
- Encourage swimmer to cover their mouth with a tissue or elbow if they cough or sneeze.
- Please, stay home if you are sick.
- For the purposes of this swim team, “close contact” is defined as anyone who has shared a lane within 48 hours of the known positive.

Procedure

- The Aquakids Swim Team will adhere to guidelines set forth by Hendrix and UALR.
- Anyone entering the building will be screened for symptoms. Screening process will include a temperature check and symptom check.
- Anyone entering the building is required to wear a face mask/covering at all times. Swimmers are permitted to remove masks when reporting to the blocks or in the water.
- Social distancing guidelines will be in effect continuously.
- The identity of any swimmer who is suspected of having COVID-19 will be protected.

For swimmers and parents

- The swimmer should stay at home if he/she feels sick, has a fever, cough, shortness of breath, loss of taste or smell, headache, diarrhea, or sore throat.
- A swimmer who has been tested for COVID-19 will not be permitted to return until the test results are available, and will be dependent upon the result.
- A swimmer who has tested positive for COVID-19 will not be permitted to return for at least 10 days from the date of the test. The swimmer may return at the end of the 10 days as long as

he/she has been fever free for 24 hours without the use of fever reducing medications and all other symptoms are improved.

- If there is family member of a swimmer that is awaiting COVID-19 test results, the swimmer will not be permitted to return until the results are in. Return to the water will be dependent upon the results.
- If in doubt of symptoms, exposure, or fear for health/safety the swimmer should stay home.
- In the event of a swimmer having COVID-19 symptoms and does not get tested for COVID-19, the individual will be treated as if having COVID-19 and the procedure will be followed as such.
- A swimmer that has had a known exposure to COVID-19 will need to be out of the pool until one of the following are met:
 - 14 days from the date of last contact with a known positive (recommended)
 - Upon receipt of a negative PCR COVID-19 test that was performed no sooner than day 7 after the date of last contact with a known positive. Results of a rapid COVID-19 test will not meet the criteria for early reentry.