

COVID-19 Positive & Exposure Policy & Procedure

Symptoms & Positive Results

In effort to maintain a healthy and safe environment for all SAC swimmers, families, and staff, the following protocols will be followed:

- 1) **Swimmers and Staff**: must STAY HOME if you exhibit ANY COVID-19 symptoms, including the following:

Fever or chills (Temp > 100.4F)	New loss of taste or smell
Cough	Sore throat
Shortness of breath or difficulty breathing	Congestion or runny nose
Fatigue	Nausea or vomiting
Muscle or body aches	Diarrhea
Headache	

- 2) **Symptoms with a Positive COVID-19 test**: If a swimmer or staff has tested positive for COVID-19 they need to remain out of practice and quarantine for a minimum of 10 days from the start of symptoms. After the 10th day, a swimmer or staff may not return until they have been fever-free without the use of fever-reducing medications for 24 hours and with improvement of other symptoms. Severe illness will require longer quarantine.

- 3) **Symptoms without a COVID-19 test**: If a swimmer or staff has COVID-19 symptoms and does not get tested, they should follow the same guidelines as a swimmer or staff who tests positive and should remain out of practice for at least 10 days after the start of symptoms. After the 10th day, a swimmer or staff may not return until they have been fever-free for 24 hours and other symptoms have improved.

- 4) **Symptoms with a negative COVID-19 test**: If a swimmer or staff with COVID-19 symptoms and no known contact with a COVID-19 positive individual tests negative for COVID-19, they can return to practice once they have been fever free for 24 hours without the use of fever-reducing medications and all other symptoms have improved.

- 5) **Asymptomatic with a positive COVID-19 test**: If an asymptomatic swimmer or staff has tested positive for COVID-19 and remains asymptomatic, they need to remain out of practice for 10 days after notice of the positive test.

- 6) **Contact with a positive COVID-19 individual**: If a swimmer or staff has a **known exposure** to someone who has tested positive for COVID-19, the CDC recommends quarantine for 14 days from the last day of contact with the individual, however there are 2 acceptable options to shorten quarantine:
 - a. Quarantine can end after Day 10 without testing and if no symptoms have been reported during daily monitoring.
 - b. Quarantine can end after Day 7 if negative COVID antigen or PRC test on day 5-7 (cannot test earlier than day 5) and no symptoms during quarantine. Quarantine cannot end earlier than 7 days even with a negative COVID test done earlier than day 5-7.

- c. If a swimmer lives with a family member that tests positive for COVID-19, but the swimmer or staff can avoid further contact (sick person isolating in separate bedroom and no contact within 6 feet), they can return to practice 10 days from the last day of close contact or 7 days from last day of contact with a negative COVID test done on day 5-7 however, if another family member tests positive for COVID-19 or they have another close contact with the infected person, the quarantine time period starts over from the day of the new positive COVID-19 test or last close contact.

Reporting Requirements

Reporting Requirement shall be implemented until further notice. In order to identify and limit exposure to team members, we will follow the protocols below.

- 1) **Positive test**: If a swimmer or staff tests positive for COVID-19, they are expected to contact their group coach and let them know the date of onset of symptoms and the date of the positive test.
- 2) **Known exposure**: If a swimmer or staff has a known exposure to someone who tested positive, they are expected to contact their group coach and let them know the date of last contact with the infected individual.

Contact Tracing

SAC has implemented contact tracing in order to identify and limit exposure to swimmers and staff, and will follow the protocols below.

- 1) **Upon receipt of positive test or known exposure**: Contact tracing will be conducted for close contacts with a swimmer or staff (any individual within 6 feet of infected person for at least 15 minutes) starting 2 days before the onset of illness or positive COVID-19 test.
- 2) **Alert to potentially exposed swimmer or staff**: In the event that a COVID-19 positive swimmer or staff is at a SAC activity within 2 days of onset of symptoms or positive COVID-19 test, coaches will alert the group and those that have been in close contact with the affected swimmer or staff. Those that were in close contact will be encouraged to get tested for COVID-19 and asked to quarantine for 14 days regardless of negative test.
- 3) **No contract tracing**: Asymptomatic swimmers or staff in quarantine due to close contact with a positive COVID-19 individual, do not need contact tracing.

Testing Protocol

Based on consultation with medical experts, if viral testing needs to be done a test that detects SARS-CoV-2 nucleic acid or antigen is required. These tests are the nasal, oral or saliva tests.

Antibody testing is not recommended to diagnose acute infection and should not be used to assess positive COVID-19 in a symptomatic or asymptomatic individual. These tests are blood tests.

Should you have any questions regarding your specific situation please do not hesitate to contact your group coach and or head coach, Kevin Zacher.