

WHAT Swimming

December 30, 2021

WHAT Swimming will continue to be vigilant in keeping the members of the WHAT community safe during this time.

All WHAT swimmers, coaches, and families should continue to follow CDC and the State of Connecticut DPH guidelines regarding COVID-19.

Vaccination and Boosters

All individuals who are 5 years of age or older and live, work, or attend school in Connecticut are eligible to receive the COVID-19 vaccine. Booster shots are now available for anyone 16 years or older.

For more information on vaccinations and to learn how to get the vaccine, visit ct.gov/covidvaccine.

Are WHAT Swimmers required to get the COVID-19 vaccine or booster shots?

No. At this time WHAT Swimming is not requiring swimmers to get the COVID-19 vaccine or booster shots.. WHAT Swimming is not a medical provider and does not endorse any vaccine or vaccination sites. Please check with your child's primary medical provider regarding vaccines and boosters for your child.

At this time WHAT Swimming does not know if facilities or certain swim meets will end up requiring swimmers to be vaccinated to be in their facility or meet.

What does it look like for a [fully vaccinated](#) WHAT swimmer?

- Do not need to wear masks while indoors or outdoors **unless** the facility requires WHAT Swimming to do so or a meet host requires you to do so.
- Do not need to physically/socially distance while indoors or outdoors.
- Do not need to quarantine if exposed to someone with COVID-19 and they do not have any symptoms themselves.
- Do need to have a PCR or Molecular COVID test on day 6 after last exposure to a COVID positive person. Please send test results to whatoperations@gmail.com
- Do not need to get tested to return to practice after domestic travel.
- Do need to follow testing protocols when traveling internationally. Please see the travel guidelines.
- **Do NEED to provide a copy of their vaccination card to whatoperations@gmail.com in order to follow these guidelines, as we need to protect all members of WHAT Swimming.**

Fully vaccinated swimmers always have the option to wear masks if they are more comfortable at any time while at practice or at any WHAT function.

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What does it look like for a Unvaccinated WHAT Swimmer?

- Are required to wear a mask both indoors and outdoors when at practice and meets.
- Do need to continue to physically/socially distance while indoors or outdoors.
- Do need to quarantine from practice, and away from other people if they are exposed to someone with COVID-19.
- Do need to get tested before returning to practice when they are exposed to someone with COVID-19.
 - **OPTION 1:** Individuals directed to self-quarantine are excluded from participation in team athletics or other group extracurricular activities for a full 14 days.
 - OR**
 - **OPTION 2:** When diagnostic testing resources (PCR/Molecular) are sufficient and available, *a quarantine period of 10 days with a negative test result on day 8 or later* from team athletics or other group extracurricular activities is also acceptable; continue daily monitoring for an additional 4 days (day 11–14).
 - Can return to practice on Day 11 with a negative PCR/Molecular test taken on day 8 for last exposure and be symptom free.
 - If any symptoms develop, immediately self-isolate and contact the local public health authority and healthcare provider.
- Do need to get tested to return to practice after domestic and international travel. Please see the travel guidelines.

Daily Health Screenings

Will swimmers be required to conduct regular health screenings?

It is no longer necessary for swimmers to complete the daily health check-in form prior to arriving to practice. **However all swimmers regardless of vaccination status should continue to monitor their daily health for COVID-19 symptoms before arriving to swim practice.** Swimmers experiencing COVID-19 symptoms or any illness should not attend practice and should notify whatoperations@gmail.com and consult with their health care provider about their symptoms, treatment and next steps regarding returning to practice. Temperatures will still be taken prior to entering practice and/or a meet.

What do I do if I have COVID-19 symptoms?

If you have symptoms, you will need a COVID-19 PCR/Molecular test or a note from your child's pediatrician stating that your child does not have COVID-19 and what the diagnosis of the symptoms are .

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Travel

What if a swimmer travels domestically?

Even though mandates and requirements are not currently in place in Connecticut, we are requiring WHAT swimmers to follow the CT Travel advisory which refers to the travel-related guidance from the Centers for Disease Control and Prevention (CDC) and the Connecticut Department of Public Health (CT DPH).

Anyone who is **not vaccinated** and travels outside of Connecticut for more than 24 hours will need to

- self-quarantine for 10 days and will not be allowed at in-person workouts **OR**
- have 2 negative PCR tests; one upon arrival in CT, **AND** a second RT-PCR test once back in CT 3-5 days after travel **AND** self-quarantine at home for a full 7 days after travel.
- Once 2 Negative RT-PCR tests are submitted for the swimmer then they can return to practice on day 8 after returning to CT.
- Copies of the actual tests results must be emailed to whatoperations@gmail.com prior to attending practice.

What if a swimmer travels internationally?

Even though mandates and requirements are not currently in place in Connecticut, we are requiring WHAT swimmers to follow the CT Travel advisory which refers to the travel-related guidance from the Centers for Disease Control and Prevention (CDC) and the Connecticut Department of Public Health (CT DPH).

Anyone who travels internationally **regardless of vaccination status** will need to

- have a negative COVID-19 test result or documentation of recovery from COVID-19 before they board a flight to the United States. You will need to get tested no more than 3 days before you travel by air into the United States (US) **AND**
- self-quarantine for 10 days and will not be allowed at in-person workouts **OR**
- have 2 negative PCR tests; one upon arrival in CT, **AND** a second RT-PCR test once back in CT 3-5 days after travel **AND** self-quarantine at home for a full 7 days after travel.
- Once 2 Negative RT-PCR tests are submitted for the swimmer then they can return to practice on day 8 after returning to CT.
- Copies of the actual tests results must be emailed to whatoperations@gmail.com prior to attending practice.

Who do I contact with COVID-19 questions?

Please email whatoperations@gmail.com

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Does WHAT Swimming have vaccination resources?

If you and your primary medical provider feel that a vaccine is right for your child here are some resources to help with scheduling an appointment for your swimmer.

- [CT COVID-19 Vaccination Scheduling Options](#)
- [Hartford HealthCare](#)
- [UCONN Health](#)
- [Yale NewHaven Health](#)

Does WHAT Swimming have COVID-19 Testing Resources?

If your child is exposed to COVID-19, deemed a close contact, or is symptomatic please consult with your child's primary care physician.

Testing Locations that offer PCR or Rapid Molecular Testing

- 211ct.org/covidtesting- Under Advanced Filters you can search by No cost to customer and find locations that if your insurance will not pay for the test, the state will cover the cost.
- [PM Pediatrics Urgent Care](#)
- [CCMC Urgent Care](#)
- [Go Health Urgent Care](#)

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COVID-19 Basics

Who is identified as a close contact?

The Centers for Disease Control and Prevention defines a [close contact](#) as “someone who was within six feet of an infected person for at least 15 minutes starting from two days before illness onset (or, for asymptomatic patients, two days prior to specimen collection) until the time the patient is isolated.” Please note that to “. . . protect patient privacy, contacts are only informed that they may have been exposed to a patient with the infection. They are not told the identity of the patient who may have exposed them.”

Who is a contact of a contact?

- a) Defined here as a person that is a close contact of someone who has had known exposure to a third person known to be infected with COVID-19
 - i) The person known to be infected with COVID-19 is known as the “index case”
 - ii) The person that has known exposure to the index case is a “Close Contact”
- b) In certain circumstances, self-quarantine may be prudent
 - i) High probability that the Close Contact is infected or will become infected
 - (1) The Close Contact has symptoms
 - (2) The Close Contact has a high level of exposure to the index case
 - (3) The Close Contact is awaiting test results that are expected to be positive
 - ii) High probability that the Contact of a Contact will share the status of the Close Contact
 - (1) Very close contact e.g. household member, carpool member, other extended close contact
- c) In most cases, a Contact of a Contact does not need to have their access to be restricted
 - i) In the current climate, we are all on the verge of being identified as contacts of a contact
 - ii) Unfortunately, this means that wider, broader activity restrictions are likely on the near horizon

How long does the contact tracing take?

Contact tracing begins when a positive COVID-19 case is identified. Under the guidance of the local health districts, their contact tracing teams will immediately begin outreach to those

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identified as close contacts. The process ends when we have reached all individuals identified as close contacts.

What happens if a swimmer tests positive for COVID-19?

- 1) Diagnosis of COVID-19
 - a) [Isolation](#) for a minimum of 10 days
 - i) Diagnosis based on a positive test, no symptoms at time of testing
 - (1) Isolate for 10 days from the date of the positive test
 - (2) Isolation ends after 10 days plus 24 hours after resolution of fever (absent without the use of medications) and other symptoms improving
 - (3) No test required to end isolation
 - ii) Diagnosis based on a positive test, symptoms present before testing
 - (1) Isolate for 10 days from the date of the onset of symptoms
 - (2) Isolation ends after 10 days plus 24 hours after resolution of fever (absent without the use of medications) and other symptoms improving (not including loss of taste and smell which may persist for weeks)
 - (3) No test required to end isolation
 - b) A medical note of clearance from the swimmers physician

When can a swimmer return to practice after a positive COVID-19 diagnosis?

A swimmer who tests positive for COVID-19 can return to practice when they have

- No fever for at least 24 hours (without the use of medicine that reduces fever)
AND
- Other symptoms have improved (cough or shortness of breath, etc. have improved)
AND
- At least **10 days** have passed since your symptoms first appeared
AND
- A medical note of clearance from the swimmers physician

If my swimmer has tested positive for COVID-19 do they still need to quarantine if they have been exposed to someone who is COVID-19 positive?

People who have tested positive for COVID-19 within the past 90 days and recovered do not have to quarantine or get tested again as long as they do not develop new symptoms. If they have been exposed to a person who is COVID-19 positive and develops symptoms, please consult your primary medical provider and get tested.

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What happens if my swimmer is a close contact to someone who tests positive for COVID-19?

The swimmer will be considered a close contact and the response will be based on whether your swimmer is fully vaccinated or unvaccinated. The purpose of quarantine is to protect the exposed person from unwittingly transmitting the infection to others during a pre-symptomatic phase of infection or asymptomatic infection.

- a) If your swimmer is **FULLY VACCINATED**
 - i) Do not need to quarantine if exposed to someone with COVID-19 and they do not have any symptoms themselves.
 - ii) You will need to be fully masked indoors and outdoors for until a COVID-19 PCR test is completed on day 6 after your last exposure to a person with COVID-19. Please send test results to whatoperations@gmail.com
 - iii) You should monitor your symptoms for 14 days. If your COVID-19 PCR test is negative at day 6, you may stop masking outdoors, but must remain masked indoors for 14 days.
 - iv) If any symptoms develop, immediately self-isolate and contact your primary care doctor.
- b) If your swimmer is **UNVACCINATED** (*the return to sports response for a close contact who is unvaccinated is different from the return to school per the State of CT DPH*)
 - i) ***For a household member of a person diagnosed with COVID-19 that is not able to adequately separate, the “quarantine clock” does not start until the person diagnosed with COVID-19 ends their time of isolation.***
 - ii) Do need to quarantine from practice, and away from other people if they are exposed to someone with COVID-19.
 - iii) Do need to get tested before returning to practice when they are exposed to someone with COVID-19.
 - (1) **OPTION 1:** Individuals directed to self-quarantine are excluded from participation in team athletics or other group extracurricular activities for a full 14 days.
OR
 - (2) **OPTION 2:** When diagnostic testing resources (PCR/Molecular) are sufficient and available, a *quarantine period of 10 days with a negative test result on day 8 or later* from team athletics or other group extracurricular activities is also acceptable; continue daily monitoring for an additional 4 days (day 11–14).
 - (3) Can return to practice on Day 11 with a negative PCR/Molecular test taken on day 8 for last exposure and be symptom free.
 - (4) If any symptoms develop, immediately self-isolate and contact the local public health authority and healthcare provider.

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Your local health district should be contacting you and be giving you guidance on the quarantine protocols.

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

How will WHAT handle quarantine requirements?

WHAT Swimming will continue to follow state and local guidelines for quarantine. WHAT will continue to monitor any changes put forth by the DPH.

Daily Life

How do I notify the WHAT administration if my swimmer has been deemed a close contact, is being tested, or has tested positive for COVID-19?

If your swimmer has been deemed a close contact, is being tested, or tests positive for COVID-19 please do the following:

- Keep your swimmer home from practice and isolate.
- Email whatoperations@gmail.com
- Please include the following in the email:
 - Swimmers name
 - Training Group
 - Is your swimmer vaccinated?
 - Last day at WHAT practice
 - Date of know exposure
 - First day of quarantine from local health department
 - Last day of quarantine from local health department
 - Is your swimmer asymptomatic or symptomatic?
 - Date if PCR test
 - Results of PCR test (when they are received)

Can you guarantee that my swimmer will not contract COVID-19 while at a WHAT event?

No. COVID-19 is a highly contagious virus and it is possible to be exposed to the virus even if your swimmer follows all of the safety precautions recommended by WHAT Swimming, the CDC, local and State health officials, and others. There is no known way to make me completely safe from COVID-19 or other infections.

When will my swimmer **NOT be able to participate in WHAT practice, meet or event?**

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- A swimmer who has a fever, cough, shortness of breath or difficulty breathing, chills, headache, sore throat, new loss of taste or smell, or any other symptoms listed by the CDC and on the daily check form.
 - Anyone in the swimmer household has symptoms or tested positive for COVID-19 and the swimmer is not vaccinated.
 - A swimmer who has had exposure to anyone who has symptoms or is currently being tested and waiting for results for COVID-19 cannot come to practice until the person being tested receives a negative COVID-19 test result.
 - The swimmer has tested positive for COVID-19.
 - The swimmer can not return until they have clearance from the local health department and/or physician.
 - Swimmers need to follow travel guidelines listed above.

Will swimmers be required to conduct regular health screenings?

It is no longer necessary for swimmers to complete the daily health check-in form prior to arriving to practice. **However all swimmers regardless of vaccination status should continue to monitor their daily health for COVID-19 symptoms before arriving to swim practice.** Swimmers experiencing COVID-19 symptoms should not attend practice and should notify whatoperations@gmail.com and consult with their health care provider about their symptoms, treatment and next steps regarding returning to practice.

Will my swimmers temperature be checked upon arrival?

Yes. Swimmers will not be able to enter the facility or participate in the meet if they have a temperature ≥ 100.4 degrees.

How will I be notified if my swimmer was exposed to COVID-19?

WHAT Swimming does not have the legal right to disclose the names of members who test positive for COVID-19. If your swimmer has been identified as a "close contact" to a positive COVID-19 CASE, the local health department will be in contact with you and give you instructions as to what your swimmer will need to do.

Should I be attending social gatherings?

Social gatherings remain a key driver of the increase of positive cases in Connecticut and throughout the United States. Public health experts are letting us know that super-spreading events and small gatherings of family and friends alike can create a cluster of COVID-19. Avoid large events and limit time with non-family members. Smaller gatherings should also be avoided whenever possible, especially if individuals are not wearing masks or not maintaining a distance of over 6 feet apart.

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Should I be socializing before or after practice at the facility?

No. Contact should be limited for all social settings. Masks and physical distancing are required at before, during (except when in the pool swimming), and after practice.

Additional Resources

World Health Organization

- Advice for the public ([videos](#))
- [Most People Who Get COVID-19 Recover From It](#)

U.S. Centers for Disease Control and Prevention

- [CDC - FAQs re: COVID-19](#)
- [CDC - Close Contact](#)
- [CDC - Contact Tracing](#)
- [CDC - Contact Tracing \(Infographic\)](#)

Johns Hopkins Medicine - COVID-19 Resources

- [Coronavirus \(COVID-19\) Information and Updates](#)
- [Guide for Parents and Guardians](#)
- [Coronavirus \(COVID-19\) Self-Checker](#)
- [Coronavirus at a Glance \(Infographic\)](#)