

# Florida Swimming Inc. Recommended COVID-19 Positive-Test Protocol



## **IF A MEMBER OF YOUR TEAM TESTS POSITIVE FOR COVID-19**

### **What forms need to be filled out?**

- [USA Swimming Report of Occurrence](#)
  - When completing ROO use 'other' designation categories and insert - "no accident reported except notice of COVID-19 Positive Test result"
  - Additional details section, insert - "all personnel removed from site in accordance with local guidelines"
- [OSHA Form](#) (Complete if employee has confirmed positive test result)
- Any required facility forms

### **Who do we need to notify?**

- Immediately notify the facility manager
- USA Swimming, through the Report of Occurrence Form (ROO) (link listed above)
- Notify your swimmers and parents. It is imperative that swimmer and family confidentiality is maintained.
  - If your team is training in distinct and separate training groups ("pods"), notify all of the swimmers and families in that pod immediately. Then, inform the rest of the team.

### **What steps do we take at the facility?**

- *Close off areas used by a sick person and do not use the areas until after cleaning and disinfecting them*
- *Wait more than 24 hours before cleaning and disinfecting these areas. Ensure [safe and correct](#) use and storage of [EPA-approved List N disinfectants](#), including storing products securely away from children*
- Follow all facility procedures.

### **What steps do we take with the team?**

- All swimmers at the impacted facility will be out of the water for at least 24 hours, after a positive test has been reported, to accommodate facility cleaning and disinfection
- Have all team members follow the recommendations of their family physician or medical professional
- Maintain all Safe Sport standards with respect to proper supervision, etc.
- Follow the contact tracing guidelines as outlined below and by federal, state, and local authorities.

## **CONTACT TRACING**

- **The following are recommendations for contact tracing, designed to be as or more restrictive than CDC guidelines. Additional precautions should be taken if and when necessary. ALL decisions should be made in accordance with the information and guidelines published by the Center for Disease Control and Prevention.**
- Upon testing positive, ask the swimmer to provide a list of ANY swimmers with whom they have been in contact with outside of the water, and under what pretenses they have been in contact.
  - This list should include all swimmers who had contact later than two days before either the positive test for an asymptomatic individual or the onset of symptoms for a symptomatic individual.

- If a swimmer (B) was in **close contact** (defined by the CDC as being within 6 feet OR for 10 mins or longer, regardless of if masks were worn) with any infected individual (A) during the period defined above:
  - This swimmer (B) is considered to have been exposed to COVID-19.
  - The swimmer (B), and any members of their immediate family who are also team members, should stay home for 14 days from the last instance of contact with the individual (A) REGARDLESS OF IF THEY (B) TEST NEGATIVE BEFORE THAT DATE.
  - The swimmer (B) should be encouraged, but not required, to get tested for COVID-19.
  - If, after 14 days they (B) have not developed any symptoms, they (B) may return to the water without having to receive a negative test.
  - If the swimmer (B) tests positive for COVID-19, the same protocols should contact tracing should be followed for them and any swimmers (C) with whom they interacted with while infectious.
- If a swimmer (X) was in **close contact** with any individual (Y) who is KNOWN or SUSPECTED to have been exposed to COVID-19 (e.g., the individual's parent tested positive) during the period in which the initially exposed individual would have been contagious/actively infected:
  - The swimmer (X) should not be allowed to return to practice until they (X) or the exposed individual (Y) can test negative for COVID-19.
  - Other swimmers (Z) who were in close contact with this swimmer (X) should be notified, but should not be prohibited from attending practices unless the swimmer (X) OR the initially exposed individual (Y) tests positive.
  - If the initially exposed individual (Y) tests positive for COVID-19, the appropriate guidelines for the swimmer (X) and associated contract tracing for close contact should be undertaken.
- If a swimmer (B) was in **brief contact** with any infected individual (A) (being in contact greater than six feet apart AND for less than 10 mins, regardless of if masks were worn, such as being notified that you were at a doctor's appointment while someone tested positive in the building) during the duration defined above:
  - The swimmer (B) should not be allowed to return to practice until after they (B) test negative for COVID-19.
  - Individuals (C) with whom the swimmer (B) was in **brief contact** with after their last instance of initial exposure should be notified but should not be limited from practice nor required to get tested for COVID-19 unless the swimmer (B) tests positive for COVID-19.
  - Individuals (C) with whom the swimmer (B) was in **close contact** with after their (B) last instance of initial exposure should be asked not to return to practice until they (C) OR the swimmer (B) test negative for COVID-19.
- **Practices should be designed such that there are no instances of close OR brief contact. Sharing a lane while still being six feet apart when not actively swimming (i.e., opposite ends of the pool) does not inherently constitute contact unless other contact occurred.**

#### Return to Practice:

- For an individual who tested positive for COVID-19 but never experienced symptoms:
  - After 10 days have passed since the date of their first positive COVID-19 test, per CDC guidelines the individual may end their home isolation, OR
  - After they have tested negative for COVID-19 in two separate tests at least 24 hours apart, per CDC guidelines the individual may end their home isolation.
    - The CDC recommends 2 negative tests at least 24 hours apart, but testing capacity may be limited in your area.
  - A swimmer should not return to the water if any members of their immediate family who have tested positive have not yet met this guideline.
- For an individual who tested positive for COVID-19 and experienced symptoms:

- After 3 days have passed since recovery (no fever without fever-reducing medications and improvement in respiratory conditions) AND 10 days have passed since the onset of symptoms AND the individual has tested negative for COVID-19, they may return to the water.
  - The CDC recommends 2 negative tests at least 24 hours apart, but testing capacity may be limited in your area.
- A swimmer should not return to the water if any members of their immediate family who have tested positive have not yet met this guideline.
- **If a swimmer cannot receive a COVID-19 test either due to limited testing capacities or personal financial limitations, testing requirements may be waived provided that the time guidelines have been fully met. (Teams and facilities can also extend these time requirements for swimmers unable to receive COVID-19 tests.)**

Disclaimer: These policies are recommendations; clubs are encouraged but not required to enact them. ALL actions should be in accordance with local, state, and federal guidelines as well (particularly with recommendations made by the CDC and the FL Department of Health **AT MINIMUM**; these recommended policies are intended to be as or more restrictive than these established guidelines). Clubs should be aware that USA Swimming insurance will likely not apply if local, state, or federal guidelines are not followed. Florida Swimming holds no liability for any member contracting or being exposed to COVID-19, nor any quarantines, self-isolations, or damages therein.

## Sample Letter to Team – Positive Test

To: All families

Date:

We have been notified that a person tested positive on (date) and is now self-isolating. We have notified the proper health, facility, and local, state and federal authorities.

Practice is cancelled until further notice as to allow us to adequately clean the facility. We will utilize recommended contact tracing strategies to ensure the safety of our membership, and individuals with whom the infected swimmer had contact with have been notified of their exposure and next steps. Please take this time to review our team's Positive Test Protocol and your responsibilities as members of our team during the COVID-19 pandemic. As always, if you have had contact with an infected individual as defined by our protocol or by the CDC, please immediately notify our staff so that the necessary steps may be taken. We are letting you know of this incident so you may contact your family physician and follow their advice. If you have questions about COVID-19 or your situation please talk with your doctor and look at the CDC website.

The team is here to support everyone during this difficult time.

Sincerely,

## Sample Letter to Team – Strengthening Policies

To: All families

Date:

Due to the ongoing COVID-19 pandemic, our team, in conjunction with Florida Swimming, has developed guidelines as to how to respond to the possible occurrence of an athlete on our team testing positive for the virus. Attached, you will find those guidelines, which we will follow if an athlete does test positive for COVID-19 to ensure that our environment is safe and limits the potential spread of coronavirus.

During this time, we all must be taking additional steps to ensure not just our own personal safety, but the safety of those around us and their families. Even as some restrictions are being lifted, we must be taking care to ensure that we can continue practicing safely and healthily. Much of this responsibility falls to our swimmers. The following are team policies that will be in place until further notice:

- Athletes are required to continue following all social distancing and safety guidelines currently in place during practice.
- Athletes are encouraged to socially distance outside of practice, and to refrain from interacting in groups or going to crowded areas/events.
- Athletes **MUST** inform the club staff if:
  - o They travel to a hotspot
  - o Believe that they have been exposed to COVID-19, or
  - o Have exhibited any symptoms of illness related to COVID-19.
- If an athlete or a member of their immediate family tests positive for COVID-19, they **MUST** inform the coaching staff of **ALL AND ANY** individuals on the team with who they have come in contact with pursuant to the team Positive Test Protocol.
- If an individual has confirmed or suspected exposure to COVID-19, they **MUST** follow the directions of the coaching staff completely.
- These team policies are in place to keep us and our families **SAFE**, and to ensure that we can continue practicing. Violations will be enforced accordingly.

Thank you for doing your part to help us keep you and our community safe during COVID-19. We all have to do our part to make our state's reopening safe and healthy, and our policies exist to limit the possibility of COVID-19 spreading through our team if exposure occurs. Please reach out to your coach with any questions or concerns.