1. Should a Coach or Swimmer test positive or otherwise is diagnosed with COVID-19, the following measures will be required:

1. A minimum of 14 days of self-quarantine from the positive test result
2. Plus 72 hours after the 14-day self-quarantine with no symptoms
3. A negative viral test (usually a nasal swab test) and a doctor’s note stating the negative result.
   * 1. If a second negative viral test for the virus is recommended by your healthcare provider, that test would also need to be negative prior to returning to the pool
4. The facility that the coach or swimmer has trained or worked with in the last 48 hours will not have practice for a minimum of 24 hours for sanitation purposes.
5. The family of the swimmer who has trained in the same lane or adjacent lanes to the swimmer will be notified (moving forward from this date, ALL swimmers will have an assigned lane in which they will swim for every practice).
6. The swimmer or coach’s name will remain confidential per legal requirements
7. The Antibody Test will not be used for returning to the pool – Click [here](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/testing.html) for information on the differences in Covid-19 Testing
   * 1. Reminder:
        1. A viral test tells you if you have a current infection
        2. An antibody test tells you if you had a previous infection or may still be infected.
8. Should a swimmer or coach have close contact (within six feet) for a prolonged period of time (15 minutes or more) with someone who has been diagnosed with COVID-19 or is presumed to be COVID-19 positive, the following measures will be required:
9. A minimum of 72 hours of self-quarantine with no symptoms; a negative viral test (usually a nasal swab test) and a doctor’s note
   * 1. If a second negative nasal swab test for the virus is recommended by your health care provider, that test would also need to be negative prior to returning to the pool and a doctor’s note

OR a minimum of 14 days of self-quarantine, no symptoms 72 hours after the 14-day quarantine, a negative viral test and a doctor’s note stating the negative result.

* + 1. No additional close contact with the infected individual

Click [here](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/testing.html) for a link to the CDC’s page on Testing for Covid-19

Click [here](https://www.cdc.gov/coronavirus/2019-ncov/php/public-health-recommendations.html) for a link to the CDC’s page on Public Health Guidelines for Community – Related Exposure