



SwimAtlanta Members,

Please see below information related to procedures and precautions SwimAtlanta asks everyone take before attending practice.

Health Check, Precautions and Exposure to COVID-19

Effective July 1st, 2020

HEALTH CHECK

Each day before you attend practice, perform a Health Check on yourself:

1. Ask yourself, "Do I have a fever, cough, breathing difficulties/shortness of breath?" If you have any of these symptoms, you should not go to swim practice and notify your family members, doctor, and coach.
2. Take your temperature. If you have a temperature of **100.4F or higher**, you should not go to practice and notify your family members, doctor, and coach of your temperature.

PRECAUTIONS

When at practice, use precautions to protect yourself and others from COVID-19:

1. Social Distancing is the best way to prevent the spread of COVID-19. **Maintain at least 6 feet of separation between yourself and others.**
 - a. The virus that causes COVID-19 is still circulating in our state and people are still contracting the illness. You Social Distancing from others will allow you to continue to practice in the event of a teammate or pool user testing positive. Failure to stay 6 feet away from others could result in you not being able to practice for 14 days.

SWIM ATLANTA

EXPOSURE TO A PERSON WITH COVID-19

If you have been exposed to someone confirmed to have COVID-19, notify us. Swimmers will need written physician's release and/or to be tested and confirmed negative before being allowed back to practice.

How do you know if you were exposed?

In general, you need to be in close contact with a sick person to get infected. Close contact includes:

- Living in the same household as a sick person with COVID-19
- Being within 6 feet of a sick person with COVID-19 for about 15 minutes
- Being in direct contact with secretions from a sick person with COVID-19 (e.g., being coughed on, kissing, sharing utensils, sharing water bottles, etc.)

SwimAtlanta's number one goal is the safety of our team members and ask everyone to do their part to achieve this!

Wishing everyone good health!

-SwimAtlanta