

Covid-19 Virus Mitigation, Team Notifications, and Fees Reductions  
Amendment to current 2021-2022 policy  
Updated 6/23/2021

This is an amendment to our 2021-2022 Spokane Waves Fees document. We recognize that financial solvency is important in maintaining the structure and future of our team. The following policy has been developed to address our dues structure for those athletes who will need to isolate/quarantine from team practices at any point due to COVID-19.

Should a swimmer decide to cease training during the duration of the COVID-19 outbreak, per our current Spokane Waves Fee Policy, they will be required to provide a written notice by email (no texting) to:

- the Head Coach ([Coachmuncie@yahoo.com](mailto:Coachmuncie@yahoo.com)),
- Team Treasurer ([Treasurer@spokanewaves.org](mailto:Treasurer@spokanewaves.org)) and
- Team Admin/registrar ([admin@spokanewaves.org](mailto:admin@spokanewaves.org)).

In cases of long-duration training cessation, the swimmer will be required to pay 50% of dues based on his/her training group through the duration of training absence or until we have a training site available. Any meet fees that have already accrued for meets that did not get cancelled as well as the annual Swim-a-thon minimum payment will still be billed as per our current fees policy. When the swimmer is able to resume training, the swimmer shall NOT be subject to the additional charge of the registration fee. This waiver of the registration fee for resuming practice will be in effect until August 1, 2022.

Those swimmers who choose to continue training will be billed at their usual monthly rate, based on their training group.

Those families who experience a significant income loss should contact the Head Coach for evaluation of monthly dues regarding payment plans or qualification for the scholarship program.

### **Covid Mitigation, Notifications, and Fee Reductions for short duration training isolation/quarantine**

SWAT is following best practices according to the Spokane Regional Health District and local school district guidelines for the mitigation of Covid exposure to the team and impact to the practice locations. Working together as a team to maintain the health and safety of our swim families requires good communication in order to keep all of our swimmers practicing safely during this Covid pandemic. Please review the following information regarding potential exposure situations, what to do if you are experiencing symptoms, who to notify, fee credits that will be issued, and steps to return to practice.

1. **Isolation** is what you do if you have COVID-19 symptoms, or have tested positive. Isolation means you stay home and away from others (including household members) for the recommended period of time to avoid spreading illness.
2. **Quarantine** is what you do if you have been exposed to COVID-19. Quarantine means you stay home and away from others for the recommended period of time in case you are infected and are contagious. Quarantine becomes isolation if you later test positive for COVID-19 or develop symptoms.
3. **Fully Vaccinated** status occurs 2 weeks after the final dose of vaccine is received (2 weeks after the 2nd dose of Pfizer or Moderna, 2 weeks after the 1st dose of Johnson & Johnson).

Coaches and Swimmers are asked to quarantine for 10 days from the date of last exposure **if they are not fully vaccinated** for the following situations:

- They have been told by local health officials/school district/ or SWAT Coaches that they have been exposed to COVID-19.
- Are not sick but believe they have had close contact with someone with COVID-19.
- Please stay away from public places and refrain from attending swim practice/competitions (please ask your Coach to provide dryland activities during your period out of the water).
- For those exposed to a positive case within their own household, the quarantine window is 20 days.
- If you have been exposed but are fully vaccinated and do not have symptoms you do not need to quarantine or isolate and may return to practice and team events.

Situation	Notifications	Fees reductions
If your swimmer is asked to quarantine from in-person school due to potential exposure, please also quarantine from practice.	<a href="#">Coach</a> , <a href="#">Team Admin</a>	If your swimmer misses at least 2 weeks of practice, monthly dues will be credited back by 50% for the month.
If your swimmer is asked to quarantine from practice if someone in their practice group tests positive due to potential exposure	<a href="#">Coach</a> , <a href="#">Team Admin</a>	If your swimmer misses at least 2 weeks of practice, monthly dues will be credited back by 50% for the month.
If your swimmer or someone in your immediate household is experiencing covid-related symptoms (see flow chart)	<a href="#">Coach</a> , <a href="#">Team Admin</a>	If your swimmer misses at least 2 weeks of practice, monthly dues will be credited back by 50% for the month.
In situations in which your swimmer could be at higher risk to Covid exposure in a setting in which social distancing and masking protocols are not required/adhered to, in order to quarantine and not expose practice groups. (i.e travel to a location/event in which less stringent covid prevention protocols are followed).	<a href="#">Coach</a> , <a href="#">Team Admin</a>	If your swimmer misses at least 2 weeks of practice, monthly dues will be credited back by 50% for the month.
If your swimmer is registered to swim in a time trial/meet and finds they are experiencing potential Covid-related symptoms immediately prior to event	<a href="#">Coach</a> , <a href="#">Team Admin</a> , <a href="#">Volunteer Coordinator</a>	Meet fees and volunteer fees will not be charged.

**Return to Swim Practice/Competition post suspected Covid symptoms:**

A Coach or swimmer who has signs or symptoms of COVID-19 has three options for when they can return to swim practice/competition:

- Stay home and isolate for 10 days AND your symptoms are improving AND you're fever free for 24 hours (without fever reducing medications)

**OR**

You can return sooner than 10 days if:

- You get a COVID-19 PCR/molecular test (antigen COVID-19 test is not acceptable) and have a negative result AND symptoms are improving AND you're fever free for 24 hours without taking fever reducing medications
  - **Note:** a negative antigen test must be confirmed with a lab-based PCR test; please ask your healthcare provider.

**OR**

- You have a note from a healthcare provider with a different diagnosis (example: seasonal allergies) that allows you to return sooner than 10 days AND symptoms are improving AND you're fever free for 24 hours without taking fever reducing medicines.

- If your child has only one class B symptom and that symptom resolves within 24 hours, they can return to practice after that symptom has resolved without testing or healthcare provider evaluation.

**If you decide to have your child evaluated by a healthcare provider:**

- Contact your child’s doctor or healthcare system to arrange for COVID-19 PCR/molecular testing for your child. A test can take 1-4 days to get a result, so try to have your child evaluated and tested as soon as possible.
- **Your child must remain in isolation while awaiting test results.**
- If you do not have a healthcare provider, you can find current testing options and locations here: <https://srhd.org/covid-19-drive-through-screening-clinic>. Be sure to confirm the testing site you choose is offering the COVID-19 PCR diagnostic test and not the rapid antigen test.
- **If your child tests negative:**
  - Contact your child’s coach and team admin to notify them of your child’s results. Provide an electronic copy of your child’s test results as an attachment to this e-mail. Follow all instructions about returning to practice.
  - If an electronic copy is not available, please send an e-mail to your child’s coach and team admin informing them of the negative result and provide the hard copy to the coach upon return to practice.
  - Even with the negative test result, your child will still need to be fever free for 24 hours without taking fever reducing medications AND show improvement in their symptoms.
- **If your child tests positive:**
  - Continue to keep your child at home until at least 10 days after the date of symptom onset.
  - Notify your child’s coach and team admin of your child’s positive status.
  - All household members should quarantine themselves at home until they receive more specific instructions from public health

Please follow all guidance from health care providers and schools, as well as reference the following documents to determine when to isolate or quarantine and to determine the appropriate time for your athlete to return to practice and team events:

When to Test, Quarantine, and Isolate: <https://srhd.org/media/documents/Testing-Quarantine-Isolation-Guidance.pdf>

If one swimmer tests positive in one of our training sessions, SWAT will notify the training facility, and all other swimmers and coaches who are not fully vaccinated and were present during that training period will need to self-quarantine for 10 days, to prevent asymptomatic spread, or until a negative test is documented and verified.

Should a resurgence of COVID-19 require our team as a whole to suspend training at any time, the SWAT Board of Directors will convene to determine an appropriate amount by which to reduce dues to the membership, with goals being to maintain financial solvency for the team while still providing a fair value for the training that is able to be provided.

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Swimmer Signature

\_\_\_\_\_  
Date



# COVID-19 GUIDANCE – WHEN TO TEST, QUARANTINE, AND ISOLATE

### COVID-19 SYMPTOMS

#### Class A

- Fever (≥100.4°F) or chills
- Cough
- Shortness of breath or difficulty breathing
- New loss of taste or smell

#### Class B

- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea
- Muscle or body aches
- Headache
- Fatigue

### EXPOSURE

Contact with someone COVID-19 positive for longer than 15 minutes with less than six feet of distance or close contact with secretions (like sharing a cup or being coughed on).

### ISOLATION

Separating people with confirmed COVID-19 or those with symptoms from those who are not infected and those awaiting test results.

### QUARANTINE

Separating people who have been exposed (and may develop COVID-19) from those who have not been exposed and those who have not been infected.

## HAVE YOU BEEN EXPOSED TO SOMEONE WITH COVID-19?



### DO YOU HAVE?

- Any class A symptom of any duration, or
- 2 or more class B symptoms of any duration, or
- 1 or more class B symptoms lasting more than 24 hours



### ISOLATE, DON'T GO TO WORK/SCHOOL, GET TESTED

### WEAR A MASK, STAY 6 FEET APART, WASH YOUR HANDS AND STAY HOME AS MUCH AS POSSIBLE

If you choose not to get tested



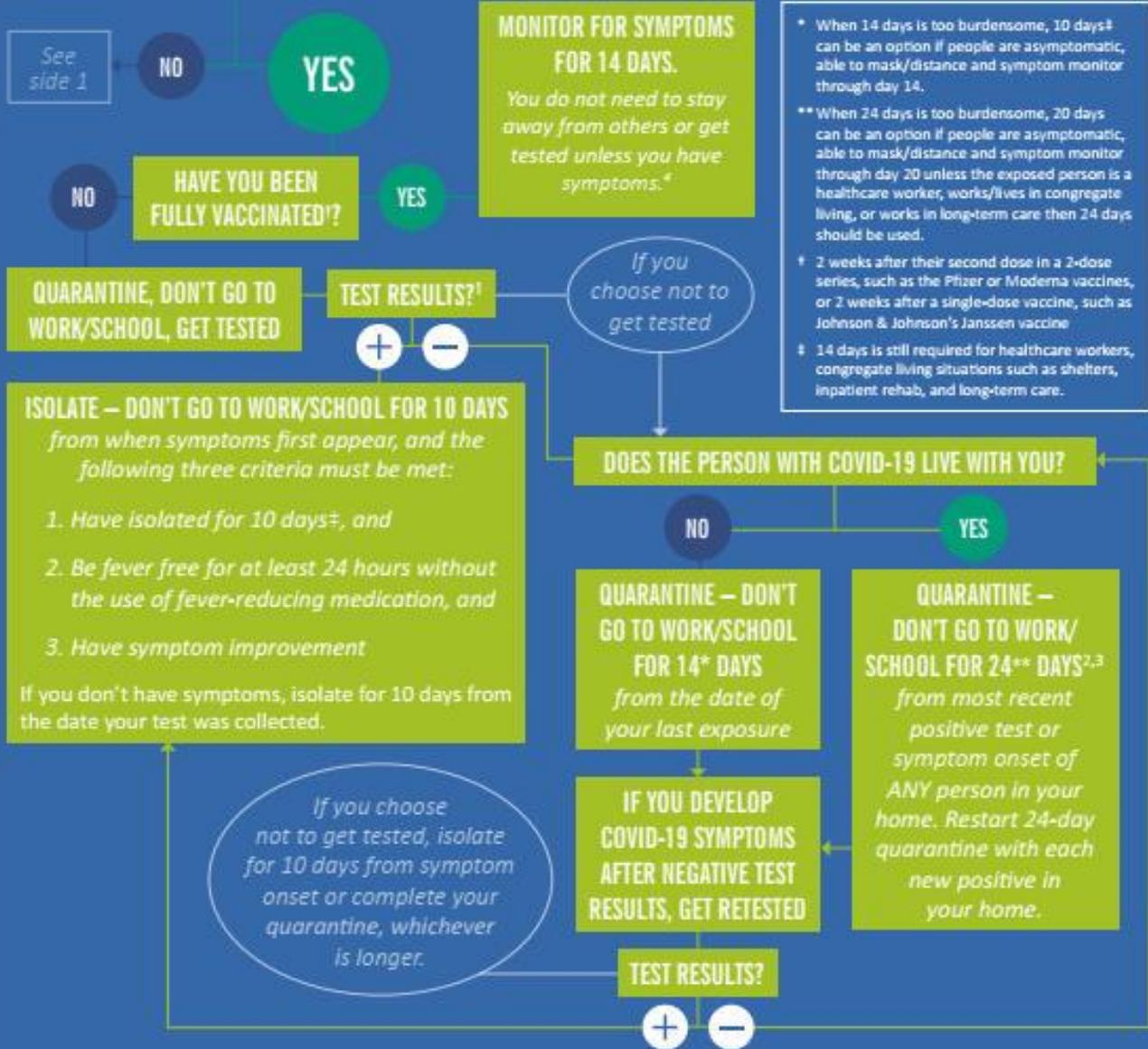
### ISOLATE – DON'T GO TO WORK/SCHOOL FOR 10 DAYS

*from when symptoms first appear, and the following criteria must be met:*

- Have isolated for 10 days, and
- Be fever free for at least 24 hours without the use of fever reducing medication, and
- Have symptom improvement



# HAVE YOU BEEN EXPOSED TO SOMEONE WITH COVID-19?



\* When 14 days is too burdensome, 10 days<sup>‡</sup> can be an option if people are asymptomatic, able to mask/distance and symptom monitor through day 14.

\*\* When 24 days is too burdensome, 20 days can be an option if people are asymptomatic, able to mask/distance and symptom monitor through day 20 unless the exposed person is a healthcare worker, works/lives in congregate living, or works in long-term care then 24 days should be used.

‡ 2 weeks after their second dose in a 2-dose series, such as the Pfizer or Moderna vaccines, or 2 weeks after a single-dose vaccine, such as Johnson & Johnson's Janssen vaccine

‡ 14 days is still required for healthcare workers, congregate living situations such as shelters, inpatient rehab, and long-term care.

1. If you're an essential worker and have been exposed, tested negative and are asymptomatic, you may go to work/school under some circumstances. However, outside of work/school you still need to quarantine. To find out if this applies to you, call the Washington State Department of Health at 800.525.0127.
2. If the person(s) who tested positive are able to isolate in a separate room at all times, you may reduce your quarantine to 10-14 days from your last exposure to the person(s) with COVID-19. If an additional household member becomes symptomatic or tests positive for COVID-19, they should isolate. If you have had exposure to this individual, the 10-14-day quarantine will start over.
3. If you have a COVID-19 positive household member and you test negative while quarantining, you may get retested 5-7 days after your first negative test. This can reduce your quarantine time if you test positive. If positive, isolate for 10 days from the date of your positive test. If negative, continue your 20-24-day quarantine. Your quarantine time is the 10 days of your COVID-19 positive household member plus your 10-14-day quarantine period, equaling a total of 20-24 days.
4. However, if you live in a group setting (like a correctional or detention facility or group home) and are around someone who has COVID-19, you should still stay away from others for 14 days and get tested, even if you don't have symptoms.