

SWAT Covid Policy 1/20/22 update

Summary of Revisions 1/20/22

- 1) Quarantine period after a positive COVID test or close contact exposure for those applicable is reduced from 14 days to 10 days, returning on the 11th day if symptoms are improving and the swimmer is fever-free 24 hours without fever reducing medications.
- 2) Previous procedure scenarios defining different exposure conditions were removed and replaced with the "decision trees" from DOH for guidance. As DOH updates their decision trees, SWAT will update as well and align with DOH.
- 3) Additional adoption of the requirement for SWAT members to be Up-to-date with vaccinations (to clarify what it considered fully vaccinated) in order to follow the "YES" flow of the tree included in the document per CDC and DOH guidance.
- 4) SWAT will now accept At-Home Covid tests due to difficult to find appointments for tests right now, and as PCR tests are taking so long to result. This gives SWAT members all of the testing options available to choose from. Requirements defined regarding how to submit proof of at home test results.
- 4) Removal of differentiation between A and B symptoms in order to align with CDC. If you are symptomatic, stay home and get tested.
- 5) Introduction of the webform for SWAT families to fill out if their athlete is symptomatic, tests positive, or if they have a household positive. This will enable a consistent reporting method for timely notification of all required parties and expedite any needed close contact notifications. It can be found on the front page of our website.

https://docs.google.com/forms/d/e/1FAIpQLSf_FzF_USZyX6f_5CpO8ui7ldNdh4_inOHopgrfb4LO5Qpfcg/viewform

- 6) A reduction in days of quarantine for the swimmers that are not vaccinated or up to date (or recovered from Covid within the last 90 days) when there is a household positive close contact.
- 7) A change in the requirements for up-to date and asymptomatic swimmers that have a household positive contact to provide proof of negative tests on day 5 and day 10 in order to continue swimming.
- 8) A change in the requirements for Training Group cessations: If 3 or more swimmers in one training group test positive for covid in a 10-day period, SWAT will still pull the training group from practice, but will allow those members who are Up-to-date and asymptomatic to return the next day with proof of vaccination and then require proof of a negative test on day 5 (day 5 AND 6 if using antigen tests). Addition of Coach-implemented mitigation measures for practice sets when SWAT is experiencing an elevated occurrence of positive cases.
- 9) For team travel, if PCR results are not returned within 72 hours (which is happening now) we will test those athletes who have not received their results yet at the time of departure with a rapid antigen test (like we did for the last travel meet when this happened. If, however, the antigen shows negative and the PCR shows positive, the PCR will supersede the antigen and all members in that travel group will fall subject to "Tree 2".

Purpose: The purpose of this document is to lay out policies and procedures for the Spokane Waves Aquatic Team in the event of COVID-19 symptoms, exposure, and diagnosis. The goal is to balance

the health and safety of the team with the ability to maintain training through the course of the pandemic.

Definitions:

Member: For the purpose of this document, member refers to any swimmer, coach, family member, or any patron visiting one of our pools for a SWAT practice, meet, or event.

Masking: Masking has been an important mitigation strategy since the beginning of the COVID-19 Pandemic. Swimmers are unable to mask while swimming for safety reasons. For any guidance that states those **exposed** to COVID-19 must remain masked at all times, we will assume that to also include “except when actively swimming” as swimming is considered a low-contact sport ([WA DOH Sports and Fitness Guidance during COVID-19](#)). Any guidance stating those **diagnosed** with COVID-19 **or symptomatic and choosing not to test** must remain masked at all times will be followed as written.

Close Contact: You have been within 6 feet of someone with COVID-19 for a cumulative of 15 minutes or more over a 24 hour period of time. ([WA DOH “What to do if you were potentially exposed to someone with COVID-19”](#))

Household Contact: A person who lives in the same house/living quarters as a person who tests positive for COVID-19.

Unvaccinated Individual: Any member who **IS NOT** 2 weeks post second dose in a 2-dose series (Pfizer or Moderna) or 2 weeks post a single dose vaccine (Johnson & Johnson).

Fully Vaccinated Individual: Any member who **IS** 2 weeks post second dose in a 2-dose series (Pfizer or Moderna) or 2 weeks after a single dose vaccine (Johnson & Johnson).

Up-to-date: Any member who has received all recommended COVID-19 vaccines, including any booster dose(s) when eligible. Members who have had a confirmed COVID-19 infection <90 days prior to exposure will also fall into this category for the purposes of this document. **SWAT will be looking for members to be Up-to-date rather than fully vaccinated to be able to continue to participate in SWAT activities if exposed to COVID-19.** ([CDC “When are you Up-To-Date”](#))

Test: One PCR or molecular test OR two antigen tests, taken at least 24 hours but not more than 48 hours apart from each other. A positive antigen test can be negated with a negative PCR molecular test if taken within 48 hours of the antigen test. Source: [SRHD K-12 School testing procedures & FAQs](#)

At-Home Test: At-Home tests can be accepted if community, lab, or school-based testing is unavailable or unfeasible in the time frame. If using an At-Home test, you must carefully follow all package instructions and document full name, date of birth and test date on the test card in pen/permanent ink, and take a picture of it to send to admin@spokanewaves.org. If using an at home test strip rather than a card, document the same information on a piece of paper next to the strip and take a picture of it. Remember to **Easily report your positive at-home test result to the DOH:** People who purchase over-the-counter test kits and receive a positive result should call the state COVID-19 hotline, 1-800-525-0127 then press # (press 7 for Spanish), as soon as they receive results. The hotline is available Monday from 6 a.m. to 10 p.m., and Tuesday to Sunday (and observed holidays) 6 a.m. to 6 p.m. Language assistance is available.(WA DOH website)

Infectious period: The infectious period of someone with COVID-19 starts two days before the onset of symptoms or is estimated as two days before the positive test collection date if someone with COVID-

19 is asymptomatic. ("Supplemental Considerations to Mitigate Covid-19 Transmission in K-12 Schools, WA DOH 1/7/2022")

Symptom: Symptoms are defined below:

- Fever >100.4 or Chills
- Shortness of breath or difficulty breathing
- Muscle or Body Aches
- New loss of taste or smell
- Congestion or runny nose
- Nausea, Vomiting, or Diarrhea
- Headache
- Fatigue
- Sore throat
- Cough

Source: [CDC "Symptoms of COVID-19"](#)

Please follow the following symptom tree from Washington State Department of Health if you have symptoms or have been exposed:

[COVID-19 Symptom Decision Trees](#)

ALL members, regardless of vaccination status:

If a member **tests positive** for COVID-19: Member must quarantine away from SWAT practice and events for **10 days** from symptom onset, or 10 days from positive test if asymptomatic, returning on the 11th day. Members must also be fever free for 24 hours without fever reducing medication AND symptoms must be improving. This is stricter than school guidelines, however we must maintain the 10-day period because our swimmers do not wear masks while in the pool.

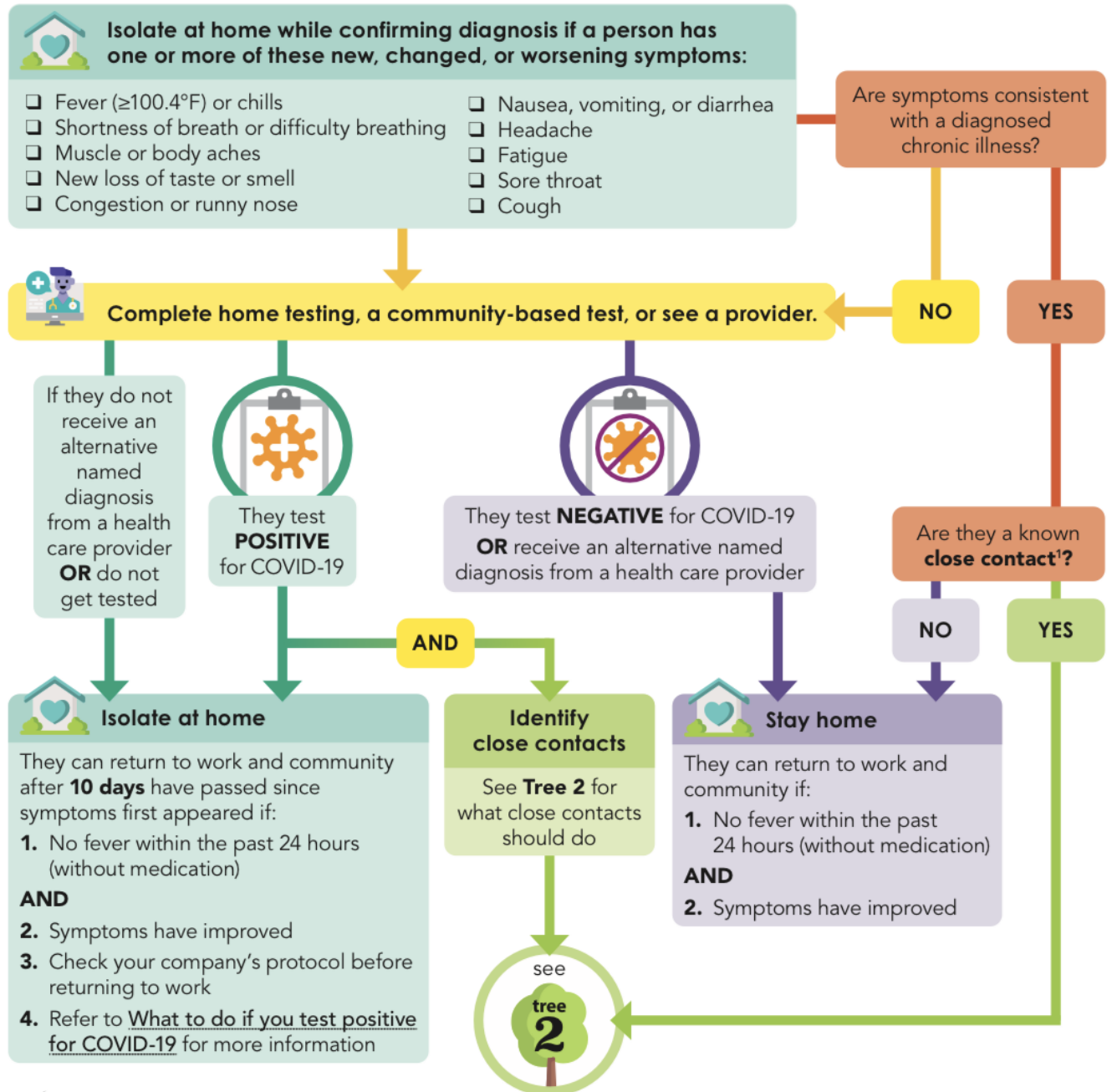
Parents of members who test positive are required to notify admin@spokanewaves.org and the group Coach immediately upon receipt of test results. This enables the recommended exclusion of the swimmer for the duration of the isolation period, contact tracing for any potential contacts during practice for lane mates based on the date of test results or exposure within 48 hours before the positive swimmer became symptomatic. Please [fill out the this webform](#) to report positive or exposed members.

Fully Vaccinated vs. Up-To-Date members: As CDC recommendations have changed to take into consideration booster doses when determining quarantine and isolation periods, please know that SWAT will also be asking for members to be Up-To-Date if exposed in order to continue participating in SWAT activities and not have to quarantine or isolate from the team. [\(CDC: "Quarantine and Isolation; When to Stay Home\)](#)

What to do if a Person is Symptomatic



These recommendations are for non-health care settings not including schools. For K-12 schools information, see the [Symptom Decision Tree and Contact Tracing Checklist for K-12 Schools](#).



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 Deaf or hard of hearing customers, please call 711 (Washington Relay)
 or email civil.rights@doh.wa.gov.

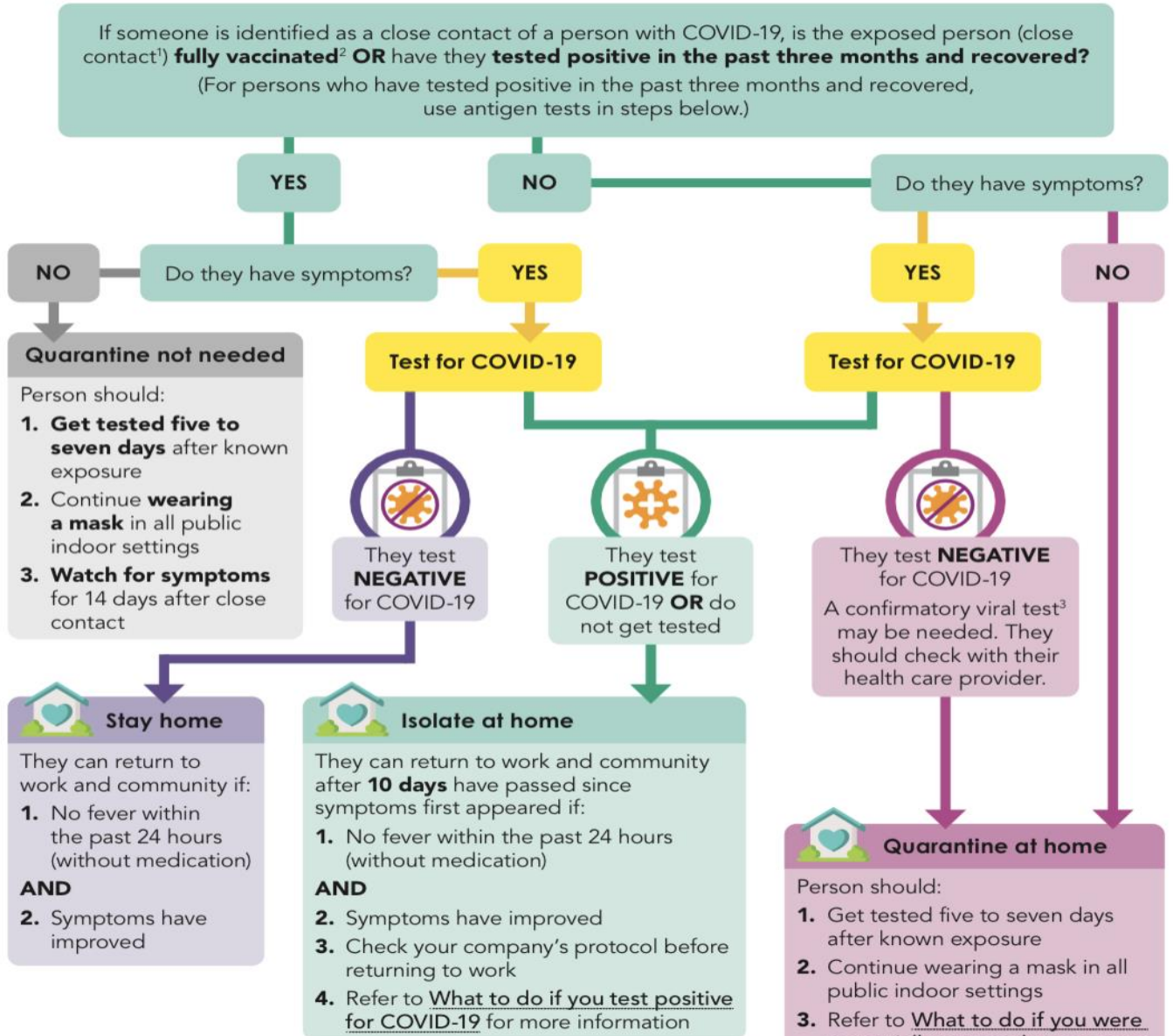
¹ **Close contact:** Someone who was within 6 feet of a COVID-19 case(s) for a total of 15 minutes or more within 24 hours during the case's contagious period. Please see the COVID-19 Contact Tracing Guide for additional information. The definition of a close contact may vary in some situations. The local health department makes the ultimate determination of a close contact during its investigation, but may delegate this decision if appropriate.

For the purposes of this document, we will be using Up-To-Date instead of Fully

Identify and Care for Close Contacts



These recommendations are for non-health care settings not including schools. For K-12 schools information, see the [Symptom Decision Tree and Contact Tracing Checklist for K-12 Schools](#).



² A person is **fully vaccinated** against COVID-19 when they've had two doses of the Moderna or Pfizer vaccine or one dose of the Johnson & Johnson vaccine and at least two weeks have passed since the last dose. COVID-19 vaccines must be authorized for emergency use, licensed, or otherwise approved by the FDA; or listed for emergency use or otherwise approved by the World Health Organization.

³ Confirmatory viral test may be a NAAT or an additional antigen test.

Click this link for additional information on [What to do if you were potentially exposed to someone with COVID-19](#)

Clarification for Household Contacts:

Unvaccinated OR Fully Vaccinated but NOT Up-To-Date Members:

Household contact, no symptoms in member: Member must quarantine at home for 10 days from the last household **exposure** to positive COVID Test or suspected COVID symptoms. Member must then test on day 10 (will be a test on day 10 & 11, 24 hours apart if choosing rapid antigen tests), and may return to SWAT activities on day 11 **with** proof of negative test. Calendar for quarantine **resets** for each new positive household contact.

Household contact, symptoms in member: Member must quarantine for 10 days from his/her own symptom onset or positive test, returning to SWAT activities on day 11 of that quarantine as long as member has had no fever within the past 24 hours without using fever-reducing medication AND member symptoms have significantly improved. (["WA DOH "What to do if you were potentially exposed to someone with COVID-19"](#))

Up-To-Date Members

Household contact, no symptoms in member: Member may return to SWAT activities with proof of vaccination or proof of a positive COVID test <90 days prior and with the understanding that they will need to provide proof of a negative test on days 5 and 10 and repeat for every new household positive. If a member begins to show signs of symptoms, refer to "Household contact, symptoms in member" for guidance. ("WA DOH What to do if you were exposed")

Household contact, symptoms in member: Get tested and isolate at home while awaiting results. If not testing, member must quarantine for 10 days from his/her own symptom onset. If positive, stay home for 10 days from symptom onset, returning on day 11 as long as you have had no fever within the past 24 hours without using fever reducing medication and your symptoms have significantly improved. If negative, provide proof of vaccination with negative test results, and you may return when you have had no fever within the past 24 hours without using fever-reducing medication and your symptoms have significantly improved. ("[WA DOH Identify and Care for Close Contacts](#)").

Questions and Team Notifications

If you have questions about this policy, please contact our team administrator at admin@spokanewaves.org.

When you need to notify the team regarding COVID-19 symptoms, exposure, or diagnosis please [fill out this web form](#) and inform your group coach. You will need the following information:

- Swimmer name
- Date your swimmer last attended practice
- Date of symptom onset or positive test
- Date of household positive, household symptom onset or close contact exposure
- Whether vaccinated or unvaccinated (please send a photo of vaccine card if applicable);
- Whether asymptomatic
- Photo of any test results

[Click here for locations in the Spokane region conducting COVID testing.](#)

If you have further questions concerning COVID-19 or COVID testing, please consult your healthcare provider.

SWAT COVID-19 Mitigation Measures:

- 1) Face coverings must be worn at all times inside all indoor SWAT facilities by all members, unless actively swimming, regardless of vaccination status.
- 2) All members will maintain 6 feet of social distance when not in the water.
- 3) **If you are experiencing symptoms of any kind get tested and stay home until** fever free for 24 hours without fever reducing medication and symptoms are improving. Please notify your group Coach and [Fill out this web form](#). Follow guidelines above, based on vaccination status, for returning to SWAT activities.
- 4) If your school or other organization identifies you as a person who needs to be quarantined due to close contact, you are also quarantined from swim practice. Please notify your group Coach and [Fill out this web form](#). Follow guidelines listed above as to when to return to practice.
- 5) All SWAT training sites will follow the same procedures pertaining to COVID exposures, contacts, and positive test results.
- 6) Locker rooms will not be utilized for changing or showering purposes unless absolutely necessary. Swimmers ask for permission from their coach or parent representative to use the locker rooms for these purposes. Athletes should show up to practice ready to swim, and return home in their swim attire, unless absolutely unable to do so.
- 7) SWAT will assign lanes to swimmers in each group.
- 8) If 1 swimmer in a lane tests positive for COVID-19 and has attended practice within 48 hours of symptom onset, the members of that lane will be subject to Tree 2 of the symptom tree above.
- 9) If 3 or more swimmers in a training group (ie: Whitworth Bronze, EWU Gold) test positive for COVID-19 over the course of 10 days and have attended practice within 48 hours of the positive COVID test or symptom onset a group reset will be done. Swimmers who are Up-to-date and asymptomatic may continue to come to practice after providing proof of vaccination and must provide proof of negative test on day 5 after the reset, and should monitor for symptoms for 14 days. Swimmers who are NOT Up-to-date AND choose not to provide vaccination records or get tested will be quarantined from SWAT activities for 10 days. (Must be up-to date to be eligible to return and test). If at any time during that period a member begins to experience symptoms, the member will be subject to Tree 1 recommendations listed above. When a group is reset for this reason, coaches will implement increased social distancing measures to minimize close contact during SWAT activities. These mitigation measures may include but are not limited to canceling dryland activities, minimizing time “on the wall” during sets, and implementing contingency plans for practice schedules and lane limits.
- 10) Swimmers who are quarantined from training for one site or group may NOT train with another site or group for the duration of the quarantine period.

11) If 2 or more training groups are within the 10-day practice cancellation period during a scheduled home swim meet, that scheduled home swim meet will be cancelled.

12) Team Travel:

- Coaches, chaperones, and athletes (any member) participating in team travel must provide a negative COVID test, regardless of vaccination status, prior to commencing travel. This test must be taken no more than 72 hours prior to travel. 1 negative PCR molecular test or 2 negative antigen tests, taken at least 24 hours apart, will be accepted for this purpose. At-Home tests can be used for this purpose.
- In the event the PCR test results are not available at the time of departure, those without results will have a rapid antigen test just prior to departure with tests provided by the team. If a PCR test returns a positive result after the athlete has departed with the team, that test will supersede the antigen negative test and all persons in the traveling group will follow Tree 2 listed above.
- *If the sanction for the meet being attended lists different testing requirements than those that are listed here, athletes will need to test sufficiently to meet the requirements of this document AND the meet sanction.*
- Face coverings must be worn indoors and on public transportation during team travel at all times. This includes while traveling on team vans.
 - Exceptions include while actively swimming and when inside individual assigned hotel rooms.
- If a member of a SWAT travelling team begins to experience symptoms during a team travel meet, the following measures will be taken:
 - Additional hotel rooms will be reserved as needed for quarantine.
 - That member will be tested as soon as able.
 - All members of the travel group will be considered close contacts, and subject to the guidelines, based on vaccination and symptom status listed above.
 - Return travel plans will be determined based on the situation.

Steps to take if symptomatic or confirmed positive:

1) Email your [coach](#) AND [Fill out this webform with](#) the following information:

- Swimmer name
- Date last attended practice
- Date of symptom onset or positive test
- Date of household positive, household symptom onset or close contact exposure
- Whether vaccinated or unvaccinated (please send a photo of vaccine card if applicable);
- Whether asymptomatic
- Photo of any test results

2) Follow the guidelines listed above