Tri City Channel Cats

Covid-19 Standard Operating Procedure (updated 9/2021)

Athlete/Family Protocol

Criteria that must be met by athlete and anyone residing in their household in order to be eligible to attend practice:

- **Cannot have had contact with anyone who has tested positive for COVID-19 in the last 14 days.**
- **Cannot have had a temperature over 100.4 degrees, a cough or difficulty breathing, sore throat in the last 14 days.**
- Any athlete or staff member experiencing any symptoms of a fever, recent cough, unusual fatigue, abnormal headache (not migraine) or has had any exposure to someone who has any symptoms should remain at home and seek testing/medical treatment.
- If any athlete or staff member has a fever or symptoms of illnesses, they may not attend practice until 14 days after the fever or symptoms has ceased.

Positive Test Procedure For Anyone Who Has Been Around a Person with COVID-19

- Should someone test positive for COVID-19 within the program or family member, the following measures will take place:
- Anyone who has had close contact with someone with COVID-19 should quarantine for 14 days **after their last exposure** to that person, except if they meet the following conditions:
- Someone who has been fully vaccinated and shows no symptoms of COVID-19 does not need to quarantine. However, fully vaccinated close contacts should:
- Wear a mask indoors in public for 14 days following exposure or until a negative test result.
- Get tested 3-5 days after close contact with someone with suspected or confirmed COVID-19.
- Get tested and isolate immediately if experiencing COVID-19 symptoms.
- Someone who tested positive for COVID-19 with a viral test within the previous 90 days **and** has subsequently recovered **and** remains without COVID-19 symptoms does not need to quarantine. However, close contacts with prior COVID-19 infection in the previous 90 days should:
- Wear a mask indoors in public for 14 days after exposure.
- Monitor for COVID-19 symptoms and isolate immediately if symptoms develop.

- Consult with a healthcare professional for testing recommendations if new symptoms develop.
- The infected individual should let the coaches know immediately.
- All further practices for the positive athlete (and family members if not vaccinated) will be suspended

Should we determine anyone is consistently not adhering to Covid-19 guidelines, they or their family's participation in Tri City Channel Cat activities will be suspended.

https://www.doh.wa.gov/Emergencies/Coronavirus
https://www.usaswimming.org/utility/community-quaratine-resources

Travel can increase your chance of **spreading and getting** COVID-19. Postponing travel and **staying home is the best way to protect yourself and others from COVID-19.** You and your travel companions (including children) may feel well and not have any symptoms, **but you can still spread COVID-19 to family, friends, and community after travel.**

*If you have a **known exposure** to COVID-19 you should delay travel, quarantine yourself from other people, get tested, and monitor your health*. Check your state or local health department for information about local quarantine requirements.

Don't travel if you are sick or test positive for COVID-19. Don't travel with someone who is sick.

Please remember to be safe and if you have any questions, please reach out to a coach. Thank you.

DISCLOSURE: WA State govt can change the COVID-19 Phases to go back to any phase at any time. Practices can change or be suspended due to any unforeseen circumstances at any time.