



Velocity Swimming Self-Administered Health Screen Protocols

Please answer the following Health Screen questions each day before you come to practice.

1. Have you been in close contact with a confirmed case of COVID-19?
2. Are you experiencing a cough, shortness of breath, or sore throat?
3. Have you had a sudden loss of taste or smell?
4. Have you had a fever in the last 48 hours?
5. Have you had vomiting or diarrhea in the last 24 hours?

The most concerning threat to an organized sports team is rapid spread within the group. Effective containment depends on early symptom identification, removal from practice (isolation), and strict guidelines regarding return to practice.

This form is for your family's personal use. You do not need to bring this form to practice.

If you had any of the **following symptoms in the past 24 hours**, please remain at home and do not attend practice.

Please be mindful that some of the warning signs listed below are some and not all. In addition, it is difficult to differentiate between the symptoms experienced with seasonal allergies, or other common health issues. Be prudent in your self-evaluation. If symptoms develop and persist please, **contact your Primary Care Physician with questions or concerns. When in doubt, STAY HOME.**

If you are not feeling well in any manner, STAY HOME.

- Unexplained rash
- Diarrhea
- Vomiting
- Persistent Cough
- Shortness of breath/difficulty breathing
- Fever over 100.4 degrees F
- Chills
- Muscle pain or body aches
- Sore throat
- New loss of taste or smell

If you have a personal thermometer at home, **conduct a temperature check each day before coming to practice.** If your temperature exceeds 100.4 degrees F, STAY HOME and do not attend practice.

ISOLATION AND QUARANTINE FOR COVID-19 Per Washington State Dept of Health and CDC Guidelines

Isolation and quarantine are key strategies to reduce the spread of COVID-19. If you test positive, have symptoms, or are identified as a close contact of someone who has COVID-19, public health will ask you to isolate and quarantine as appropriate.

Definition of terms for Isolation and Quarantine:

What is Quarantine?

Quarantine describes when someone who has been exposed to COVID-19 stays home and away from others for the recommended period of time in case they were infected and are contagious. Quarantine becomes isolation if the person later tests positive for COVID-19 or develops symptoms.

How long does Quarantine last?

Quarantine lasts for 14 days after a person's last contact with a person who has COVID-19.

What is Isolation?

Isolation describes when someone who has COVID-19 symptoms, or has tested positive, stays home and away from others (including household members) to avoid spreading their illness.

How long does Isolation last?

If you have confirmed or suspected COVID-19 and **have symptoms**, you can end home isolation when:

1. It has been at least 24 hours with no fever without using fever-reducing medication AND
2. Your symptoms have improved, AND
3. At least 10 days since symptoms first appeared.

If you have tested positive for COVID-19, but you **have not had any symptoms**, you can end home isolation when:

1. At least 10 days have passed since the date of your first positive COVID-19 test, AND
2. You have no subsequent illness.

If you have been exposed to OR, have been in close contact to/with someone with COVID-19: What counts as **Close Contact**? You were within 6 feet of someone who has COVID-19 for a total of 15

minutes or more. (See additional at www.cdc.gov)

1. You can leave quarantine 14 days after your last contact with a person who has COVID-19, as long as you don't develop symptoms.

** If you have any questions or concerns, contact your health care provider and follow ALL Federal, State and County Health guidelines and recommendations. **

Testing and results must be reported to the Velocity coaching staff to monitor contacts and early signs of transmission within the team or groups.

If you have any questions or concerns, please contact the Velocity COVID Coordinator and Executive Board Vice President, Mr. Travis Willms at: VicePresident@velocity-swimming.com

This plan and procedure document may be updated as needed when the guidelines are changed by the county, state and federal agencies.

Sources:

Washington State Dept of Health: <https://doh.wa.gov>

Centers for Disease Control and Prevention: <https://www.cdc.gov/coronavirus/2019>

Chelan Douglas County Health District: <https://cdhd.wa.gov/covid-19/>

USA Swimming: Facility RE-OPENING Messaging and Planning: <https://usaswimming.org>