

HSC COVID-19 Safety Policies and Procedures

The COVID-19 recommendations are constantly evolving especially with the changing trends in positive cases and variants and therefore we may adjust/alter this document to reflect what is most current.

Note that our ability to practice depends on everyone's (swimmers, parents, and coaching staff) cooperation and adherence to safety protocols. Our coaching staff reserves the right to discontinue practices at any time should they feel safety expectations are not being met.

Please see below for the safety precautions we will be taking.

DEFINITIONS

The day of exposure to someone who is COVID-positive is considered day zero. Day 1 starts on the day after the exposure has taken place. The term "family member" assumes it is a person in the same household as the swimmer.

PERSONAL CONDUCT

To minimize the risk of transmission and help promote safety, the following personal conduct is expected at practices and meets:

- No person-to-person physical contact
- No horseplay in and out of the water
- Sneeze or cough into a tissue or upper sleeve/arm area

We also expect everyone to behave in a COVID-safe manner while not at HSC practices or meets.

ILLNESS, SUSPICION OF COVID-19, EXPOSURE TO COVID-19

- If a swimmer has been identified as a close contact with someone who has tested positive for COVID-19 (at swim, school, or any other activity), then that swimmer should NOT attend practice for 10 days after the last exposure date regardless of if they are unvaccinated, vaccinated or boosted. They can resume practices after 10 days as long as they have not developed any symptoms.*
- If a member in a swimmer's household tests positive for COVID-19, the following steps should be followed:
 - the swimmer should isolate from that household member until the COVID-positive family member is no longer infective (i.e., 10 days after the family

member has received their positive test result if they are asymptomatic or 10 days after the start of the family member's symptoms as long as the swimmer has been isolated from that person the entire time)

- the swimmer must not attend HSC practice for 10 days after the last exposure date; they can resume practices after 10 days as long as they have not developed any symptoms.*
- If the swimmer does not isolate from the COVID-positive household member, then their 10 day clock* will start when their COVID-positive family member is no longer infective (i.e., 10 days after the family member's original positive COVID-19 test result if they are asymptomatic or 10 days after the start of symptoms) assuming symptoms have not developed AND no one else in the household tests positive.
- If a swimmer tests positive for COVID-19, or has symptoms consistent with COVID-19, then they cannot return to practice until:
 - at least 10 days have passed *since the positive test or symptoms first appeared*
AND
 - at least 24 hours have passed *since last fever* without the use of fever-reducing medications
AND
 - symptoms (e.g., cough, shortness of breath) have improved
- If a swimmer tests positive for COVID-19 and is asymptomatic, they can return to practice 10 days after their positive test.**
- If the swimmer or a family member has a pending COVID-19 test as a result of a close contact exposure or because of COVID symptoms, they are not permitted to attend practice until the test result comes back negative. If the test result comes back positive, then the swimmer's return date will be based on the procedures above.

*Swimmers identified as close contacts have the option to quarantine for 10 days from the date of last exposure and return to swim without testing OR they can return earlier if they take test no earlier than 5 days after the date of last exposure as long as symptoms have not developed. While a PCR test is preferred, we will also accept a rapid molecular or rapid antigen test as long as the test is performed by a healthcare provider and not using an at home test. A copy of the negative test result is required for your swimmer to be cleared to practice prior to 10 days.

HSC is permitting asymptomatic COVID-positive swimmers to return to practice after 5 days in **some cases, only if the swimmer can be properly segregated. This is at the Head Coach's discretion.

POSITIVE TEST PROCEDURE

- Please tell us if your swimmer or anyone in your household has tested positive – this information will be kept confidential between the Head Coach and Board President.
- We will notify you if someone in your swimmer’s practice group has tested positive for COVID-19 and also if your swimmer has been identified as a close contact (note: we will NOT reveal the name of that individual).

We realize that some of this information is complicated and erring on the side of caution but know that we are trying to establish the best policies to keep every member of HSC safe. We reserve the right to change these policies and make decisions outside of these policies based on current COVID-19 guidance. If you have any questions or concerns about any of this information, please reach out to any Coach or Board member.

I acknowledge that I have read and understood the above statements for my swimmer(s):

Swimmer name(s)

Parent’s Signature

Date