**NU WAVE SWIM CLUB: Updated January, 14, 2021**

**(UNO and Lakeside sites)**

Exposure/Quarantine Guidelines

We are following CDC guidelines in regards to exposure to COVID-19 and quarantine for any coaches or swimmers. Coaches are responsible for ensuring that any staff members or swimmers on their team stay home and complete the proper quarantine if they have close contact with a known or suspected positive case of COVID-19.

From the CDC: What counts as [close contact](https://www.cdc.gov/coronavirus/2019-ncov/php/contact-tracing/contact-tracing-plan/appendix.html#contact)?

* You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more
* You provided care at home to someone who is sick with COVID-19
* You had direct physical contact with the person (hugged or kissed them)
* You shared eating or drinking utensils
* They sneezed, coughed, or somehow got respiratory droplets on you

If someone is exposed to COVID-19 and does NOT develop symptoms, the following options are allowed to reduce quarantine from 14 days:

* After day 10 without testing
* After day 7 after receiving a negative test result (test must occur on day 5 or later). The head coach or team representative is responsible for collecting the negative test result as proof.