

## COVID-19: Contact Protocols

We are taking every precaution to protect our swimmers while they are inside our facility and we encourage you to practice social distancing and other COVID-safe practices outside of our facility. In light of that, we want to share what the process is if you have been exposed or if someone in your household tests positive, and our protocols in the event someone who has been in the facility tests positive for COVID-19.

### Questions to ask each day before coming to practice:

- Do you have a temperature of 100.4 or higher?\*
- Do you have a sore throat, shortness of breath, or a persistent pain or pressure in the chest?\*
- Do you have a new onset of cough, fatigue, or headache, especially with a fever?\*
- Do you have diarrhea, vomiting, or abdominal pain?\*

**\*\*If you have experienced any of the above mentioned symptoms, you should stay home and contact your healthcare provider.**

- Have you or someone in your household been diagnosed with COVID-19 in the past 14 days?
- Have you been in close contact with anyone who tested positive for COVID-19 in the past 14 days?
- Have you traveled outside of the country or to a state currently listed on the NJ Travel Advisory List in the past 14 days?

### What to do if you feel you have been exposed to someone who tested positive for COVID-19 or if you have been to a place on the Travel Advisory list...

- Determine if you have had Close Contact by following the NJDOH guidance:  
[https://nj.gov/health/cd/documents/topics/NCOV/COVID19\\_Guidance%20 Contacts\\_Case.pdf](https://nj.gov/health/cd/documents/topics/NCOV/COVID19_Guidance%20Contacts_Case.pdf)
- We recommend getting tested if you have had close contact or if you have traveled to an area currently listed on the Travel Advisory list within the last 14 day.
- You may not return to practice until you have done one of the following:(a) received a negative test and a doctor's note certifying fitness for duty to return (urgent care letters, email from doctor's office, etc., will also suffice); (b) received 2 negative tests; or (c) you have quarantined for 14 days since your last contact with the individual who tested positive or returned from your trip. **\*\*\*If you traveled, you must wait 5 days after your return before getting tested.**
- Notify your coach that you will not be at practice.
- If you have been exposed, contact your health care provider, and follow the current recommendations from the CDC which state that anyone who has been in close contact with a person with COVID-19:
  - Stay home for 14 days after the last date of exposure, and maintain social distance (at least 6 feet from others)
  - Self monitor for symptoms (check temperature twice per day, and watch for fever, cough, shortness of breath, or other COVID-19 symptoms);
  - Avoid contact with people at higher risk for severe illness from COVID-19; and
  - Follow CDC guidance if symptoms develop. That guidance is available here: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

### What to do if you have tested positive...

- Notify one of the following NL Aquatics/SJAC staff members (all personal information will be kept private)
  - Kristen Holcroft (Business Admin/HR)  
609-705-1136  
[kholcroft@nlaquatics.com](mailto:kholcroft@nlaquatics.com)
  - Peter Holcroft (Director of Swimming)  
609-744-6316  
[pholcroft@nlaquatics.com](mailto:pholcroft@nlaquatics.com)
  - Tim Holcroft (Lesson Director)  
610-721-1523  
[tholcroft@nlaquatics.com](mailto:tholcroft@nlaquatics.com)

- Contact your doctor and follow the CDC guidelines ... <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>
- If you tested positive and had symptoms, you must wait at least 10 days after your symptoms first appeared and 24 hours with no fever (or fever reducing medicines).
- If you tested positive and had NO symptoms, you must wait at least 10 days since your positive viral test.
- You may return to swim ONLY with a note from your doctor stating fitness for duty to return.

#### **NL Aquatics/SJAC Protocols if someone who has been at our facility tests positive...**

- **Interview:** Once we are notified of a positive test, we will interview the person who tested positive to determine if they were in close contact with anyone else within our facility.
  - **“Close contact”** is currently defined by the CDC as 6 feet or less for 15 minutes or more and by the NJDOH as 10 minutes or more, or have come in direct contact with the secretions of an infected person (i.e. you were coughed/sneezed on, kissing, sharing utensils, etc) however, at this time we are choosing to err on the side of caution and will use 5 minutes of sustained contact as our base.
- **Close Contact Notification:** Security footage will also be used in determining who has been in close contact and those people will be immediately notified of the contact and recommended they contact their physician. If you are determined to have been in close contact, you must also get a negative test result and a note from a physician (Urgent Care, etc.) certifying fitness for duty, get 2 negative tests, or quarantine for 14 days to return to practices.
- **24 hour closure to disinfect:** Per CDC and NJDOH recommendations, if we are notified of a positive test, we will reach out to the team/lessons/membership to notify of the closure and do a deep clean of the facility. Please keep in mind that the Lesson Pool and the Competition Pool are 2 separate facilities with separate HVAC systems, filtration systems, entrances and exits.

**Please remember that for the safety and privacy of all of our members, we are limited in the amount of detail that we can share, however, we will be diligent in directly notifying anyone who we believe has been in close contact of a person who tests positive.**