

Greater Philadelphia Aquatic Club
Indoor Training at GCIT
Protocols for Potential COVID infection, Positive COVID tests, Exposure to
COVID, and Travel

Scenarios of a COVID-19 Positive Test

1. A member of an athlete's immediate household tests positive for COVID-19:

a. The athlete must quarantine for 14 days, isolating themselves from the members of their household to the best of their ability.

2. An athlete is exposed to COVID-19 from someone outside of their household (an individual with a confirmed COVID infection):

a. The athlete must quarantine for 14 days since the last contact with the infected individual OR

b. The athlete must get tested after 5 days from the exposure and provide their coach with documentation showing a negative test result.

3. An athlete tests positive for COVID-19:

a. GCIT's daily sanitization procedures will be followed. The school will evaluate if further sterilization measures are necessary on a case by case basis.

b. The Head Coach will email all active members to let them know a member tested positive for COVID-19. Following a thorough sanitization, practices will resume. Names will not be used, only the fact that a positive test has occurred.

c. The Head Coach will alert the GCIT Aquatics Coordinator of the positive test.

d. The training group that the positive athlete is in will not have to pause their practices with one positive test. If a training group has more than one swimmer test positive within a 10-day period, group practices will be immediately stopped, and all members of that group will have two options:

i. These athletes can choose to quarantine for 14 days and then return to practice OR they can get tested for COVID-19 following 5 days from exposure and provide their coach with the documentation showing a negative test.

e. An athlete or staff member who tests positive will be permitted to return to the facility or any team activities once all "Return to Activity" requirements set forth by the CDC are satisfied to AND the athlete/staff member receives a written release to return to activity from their primary care physician.

Any athlete or staff member who experiences COVID symptoms must remain away from the facility and team activities. If the individual is tested for COVID-19, they must remain away from the facility, team activities, and team members until results are obtained. Anyone who experiences COVID-19 symptoms with a fever of 100.4 or greater and does not get tested for COVID-19 must remain away from the facility, team activities, and team members until they are symptom free, the fever is gone for three days without medication, AND ten days have passed since the onset of symptoms.

Travel Policy (These protocols must be followed by all swimmers, staff, and volunteers)

1. All families who plan to travel must detail those plans in writing to their coach prior to the trip.
2. If the travel is to a location on the State of New Jersey's recommended quarantine list, or the athlete/staff member travels by plane to any location, the athlete/staff member will not be able to return to practice immediately. There are two options to resume training:
 - i. The athlete must quarantine for 14 days upon return.
 - ii. The athlete gets tested for COVID-19, 5 days after their return home and can provide negative test results to their coach.