

Type of Contact	Swimmer is Unvaccinated	Swimmer is Vaccinated
Identified as a close contact outside of the home	Swimmer must remain away from the team and all team activities for five days and get tested a minimum of five days after exposure. The swimmer shall remain away from the team until test results are received. If the swimmer tests negative and is asymptomatic, they may return to team activities. If the swimmer tests positive or is experiencing any symptoms, they would follow the protocols for a positive test.	The swimmer is not required to stay away from team activities unless they are symptomatic. If they begin to experience symptoms, they should immediately follow the protocol for “Swimmer has COVID-19 Symptoms”.
Member of swimmer’s residence has tested positive for COVID-19	<ol style="list-style-type: none"> 1) Immediately isolate away from the household member who tested positive. 2) Remain away from the team and team activities for 10 days from the last contact with that household member. 3) The clock restarts each time the swimmer is in contact with the household member who tested positive until the positive individual is no longer contagious. 4) If the swimmer experiences symptoms or test positive, switch to those protocols. 	The swimmer does not have to miss any team activities if they do not experience any symptoms. If they do begin to experience any symptoms, they should immediately follow the protocols for “Swimmer has COVID-19 Symptoms”.
Swimmer has COVID-19 symptoms	The swimmer should remain away from the team and team activities until they can be tested and receive their test results. If they are positive, they would follow those protocols.	The swimmer should remain away from the team and team activities until they can be tested and receive their test results. If they are positive, they would follow those protocols.
Swimmer has tested positive for COVID-19	The swimmer will stay away from the team and all team activities for 10 days after the onset of symptoms or their positive test, whichever occurred first.	The swimmer will stay away from the team and all team activities for 10 days after the onset of symptoms or their positive test, whichever occurred first.

QUARANTINE TIMELINE: The first day you are exposed/experience symptoms/test positive is DAY ZERO of your quarantine period. So, if you are exposed/experience symptoms/test positive on a MONDAY, five days

would be SATURDAY, seven days would be the following MONDAY, and ten days would be the following THURSDAY.