

**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, completely isolating themselves from the members of their household. The quarantine can end after 14 days provided they have not experienced any COVID-19 symptoms.
- b. The 14-day clock RESTARTS each time the athlete has any contact with the infected individual.

**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 quarantine for seven full days and then on the eighth day since exposure they can have a COVID test done. If the test comes back negative they can return to practice but must provide proof of a negative COVID test AND a letter/note from their PRIMARY CARE PHYSICIAN releasing them to return to practice.

**3. An athlete tests positive for COVID-19:**

- a. Alert Matt Sprang immediately via email.
- b. GCIT's daily sanitization procedures will be followed. The school will evaluate if further sterilization measures are necessary on a case-by-case basis.
- c. 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.
- d. The Head Coach will alert the GCIT Aquatics Coordinator of the positive test.
- e. 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:
- f. These athletes can choose to quarantine for 14 days and then return to practice OR they can get tested for COVID-19 following seven days of quarantine (the test cannot occur until the eighth day from their last exposure) and provide their coach with the documentation showing a negative test AND a letter/note from their PRIMARY CARE PHYSICIAN releasing them to return to practice.
- 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 ANY COVID-19 symptoms 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. Upon their return home, they athlete must quarantine for seven days. Beginning on the eighth day, the athlete can get tested for COVID-19. The athlete may return to practices upon providing proof of a negative COVID-19 test (with date of test provided) AND a written release to return from their PRIMARY CARE PHYSICIAN.