

Greater Philadelphia Aquatic Club Protocols for Potential COVID infection, Positive COVID tests, Exposure to COVID, and Travel During the COVID-19 Pandemic

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.
- b. The 14-day clock must restart with each exposure to the infected household member.
- c. A "test out" is not possible in these situations due to the close nature of the contact. The only option is the 14-day waiting period.

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 a minimum of five full days, get tested after 5-day period has ended, and provide their coach with documentation showing a negative test result. The athlete cannot participate in any team activities (practices, meets, or other activity) until the 14-day symptom free period s has lapsed or negative test results are received from a test performed at least five days after the last exposure.

3. A fully vaccinated athlete or coach is exposed to COVID-19 as a close contact but has not tested positive for the virus.

- a. Any fully vaccinated swimmer or coach is not required to quarantine if they are made aware they are a close contact to a positive case.
- b. If a fully vaccinated swimmer or coach tests positive for COVID-19, they must follow the protocols outlined in step 4 below.

4. An athlete tests positive for COVID-19:

- a. We will alert the facility the swimmer trains out of and they will handle all sanitization as per their protocols.
- b. The Head Coach will email all active members to let them know a member tested positive for COVID-19. Names will not be used, only the fact that a positive test has occurred.
- c. 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 multiple 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 last 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.*