

## COVID-19 FACTS

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness.

Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list does not include all possible symptoms. [CDC](#) will continue to update this list as we learn more about COVID-19.

## SST Policies

- SST will follow guidelines set by the district.
- **Screening**
  - All participants should continue to self monitor their health. If they are feeling unwell or have a fever they should not attend practice.
- **Testing and Results**
  - Any athletes with symptoms of COVID-19 should contact their primary care physician
  - Positive test results
    - Follow the guidance from your primary care physician and/or local health department
    - Report back to the head coach
    - Report potential team contacts back to head coach

- **Masks**
  - Since more than one group will be in the pool at a time, there will almost always be younger swimmers who do not yet have the option to get vaccinated. **We will be requiring masks while indoors, (unless actively swimming). (PLEASE Bring a ziplock bag to keep your mask in during practice)**
  - Land sessions may be run outside, when weather permits. Masks will not be required outside.
  - At the coaches discretion, masks may be optional for indoor land sessions if the group is only 7th grade and up **IF** transmission is low or moderate.
- Swimmers should arrive in their suits (whenever possible) ready to swim.
- If possible we encourage swimmers to leave in their suits. Locker rooms will be open, if needed, swimmers should change quickly (10 Min).
- Swimmers must bring their own water bottle and equipment.
- When possible swimmers will have assigned lanes to help limit quarenting in the event of an COVID exposure.
- We are asking parents to only enter the building briefly when dropping off or picking up swimmers. Or if they have other team business with the staff. The exception to this will be parents of Mini-rays swimmers who are younger, have shorter practices and may need help before, during, and after practice.

These policies are subject to change at any time based on guidance from our governing bodies. We will keep you informed about any changes via email.