**Returning to Swim**

Any individual showing symptoms consistent with COVID-19 for any duration of time, that cannot be readily explained by a previously-known health issue, will be removed from practice and should contact their healthcare provider. The HCP's job is to determine if COVID-19 can be ruled out without testing.

* If the HCP rules COVID out, no testing is needed and the individual can return to the pool.
* If HCP determines symptom presentation is consistent with COVID-19 and/or recommends COVID testing the individual is automatically quarantined for a minimum of 10 days, regardless of test results or symptom relief.
  + If the individual tests positive for COVID-19, the MDH is automatically notified and will determine and complete appropriate contact tracking. The individual must remain quarantined for a minimum of 10 days from symptom onset or until symptoms subside and fever-free for 72 hours, whichever is longer. \*Please note COVID-19 testing carries a high rate of false negative results. Testing validity is optimized if the test is conducted 5-7 days after the onset of symptoms.
  + If the individual tests negative and symptoms are improving or absent after 10 days from symptom onset and athlete has been fever-free for a minimum of 72 hours, athlete may return to play.
* Due to the incubation period of COVID-19, any household member or other person who has been in close contact (within 6' without protective equipment for a minimum of 15' duration) with an individual with symptoms consistent with COVID-19 or who has tested positive for COVID-19 as outlined above should self-quarantine for a minimum of 14 days from point of contact.
* Please note the aforementioned guidelines have been clarified by the MDH’s team that provides interpretation assistance of MDH guiding documents. For additional guidance on returning to the pool, please reference *Returning to the Facility after Illness* as published by the MDH.