

MAC Swimmer Illness Policy
Friday, November 20th, 2020



The MAC policy for sick swimmers moving forward is as follows:

To avoid confusion, inform your group coach anytime your swimmer will miss practice, no matter what the reason.

- **Swimmers must not come to practice if they are sick.**
- Communicate with your group coach anytime your swimmer is sick.
- **Swimmers with a fever over 100.4, persistent cough, or shortness of breath must get a COVID test** and forward the results to Coach Chris and your group coach before returning to practice.
- If a swimmer is not feeling well one day (stomachache, headache, etc...), misses practice, and is feeling fine the next day, they do not need a COVID test to return to practice. Communicate with your group coach and they may return as long as they did not have a fever over 100.4, a persistent cough or shortness of breath, and no symptoms persisted for more than 24 hours.
- **If the symptoms persist for more than 24 hours, the swimmer must get a COVID test** and forward the negative results to Coach Chris and your group coach in order to return to practice.
- **MAC will only accept the PCR COVID test** for swimmers to return to practice. NO RAPID RESPONSE TESTS.

The definition of 'Close Contact' was updated by the CDC. The 15 minutes of interaction does not have to be continuous. 'Close Contact' can be a combined 15 minutes of shorter interactions over a 24-hour period. [Here is a link to the official CDC Definition.](#)