

Hello,

As everyone heads back, we are excited to be able to swim and continue in our season. However, it does appear we are headed for a number of interruptions. We hope these are minimized, staggered and overall do little to affect the day to day for Storm and its operations.

First, we would like to review guidelines of our club with everyone and hopefully over guidance for everyone moving forward.

- A reminder that mask wearing at all pools is required. Please remind your swimmer to do this. The coaches will as well.
- If your swimmer is sick they should not attend practice. Stay home. If they test negative and symptoms start resolving they may return, but otherwise please stay at home.
- Regarding exposure or a positive test, we expect everyone to follow the most up to date CDC guidelines
 - If you test positive stay home for 5 days. After 5 days, if no symptoms or symptoms are resolving swimmers can return. We ask that symptoms be nearly non-existent as swimmers obviously need to be maskless to practice which does go against the guidelines somewhat.
 - Please e-mail us if your swimmer tests positive AND from that positive test they had been at a practice within the previous 48 hours. This way we can send an e-mail to families to let them know and they can take the actions they need to take.
 - If exposed and vaccinated, your swimmer should be tested 5 days from exposure. They can practice before day 5 and then if negative they can continue to practice but should do their best to distance themselves as much as possible for a few more days. If any symptoms come about at any point they need to stay at home.
 - If exposed and unvaccinated, they should not come to practice for 5 days and test on the 5th day. If negative and no symptoms, they can return to practice.
 - If your swimmer gets COVID-19 and after isolating is ready to return, future exposure's don't require any action until outside 90 days of them having COVID-19.

Second, a note that the Storm staff is not immune to illness. Like all other businesses, we will take a hit at some point throughout the Winter. Please be patient as we perhaps need to navigate altered schedules, have fewer coaches on deck than we would desire, combine groups or cancel workouts. With four pools, we'll hopefully be able to never have to cancel but there may be times where we need to cancel a certain PL or LV group and let you know your only option will be the other site. We'll always do our best to give you as much notice as possible.

We won't be asking a multitude of questions of anyone. We ask that you communicate to us so we can communicate to people who need it.

Again, we just wanted to touch base on Storm's health and safety protocols, a heads up there could be some alterations to practices in the near future and that if you have questions to please reach out.

Thank you for your time and stay safe and healthy everyone!

The South Metro Storm Swim Club Staff