



**SWIMMAC WELLNESS, COVID,
AND COMMUNICABLE DISEASE
GUIDELINES AND REQUIREMENTS
Updated: As of 8-26-22**

- Participation in any SwimMAC programming is optional. Parents and swimmers should determine what is in the best interest of their family's health and safety before participating in any programming. MAC respects the decision of any family or swimmer that elects not to participate out of health concerns.
- Health and safety are MAC's top priorities.
- Intentionally and flagrantly not following MAC's Wellness and COVID/Communicable Illness policies can result in removal from program/practice/competition and/or extended suspension and/or expulsion from the club.

The below guidelines, policies and procedures will remain in place until further notice. As guidance and regulations are altered, MAC will review its policies and procedures and update as required.

**Protocols for Swimmers or Staff with COVID or Other Communicable Illness (COLD/FLU)
Symptoms**

- *Swimmers or Staff may not attend practice/work if they:*
 - **Symptoms:** If a swimmer or staff feels ill, have a temperature above 100.00°F *(needs to be 24 hours with normal temperature before returning, without the use of fever reducing agents) has a persistent cough, excessive nasal drainage, vomiting, diarrhea, or other communicable illness symptoms. **All symptoms must be gone for 24 hours without use of medicine before returning to SwimMAC.**

Protocols for Swimmers or Staff with Close Contact with COVID (no matter vaccination status):

- Wears a high-quality mask for 10 days and get tested on Day 5
- Watch for symptoms
- If develop symptoms isolate immediately, get tested, and stay at home until you know the results.

Protocols for Swimmers or Staff with a Positive COVID Test

- *Swimmers or Staff may not attend practice/work if they:*
 - If a **swimmer or staff tests positive for COVID-19** they **MUST** remain home:
 - 5 days from the start of your symptoms or the date of test if you don't have symptoms.
 - If you have no symptoms the entire time, after day 5 you may return
 - If you had symptoms, you may return when you are fever-free for 24 hours (without the use of fever-reducing medication). Your symptoms are improving.
 - If you still have fever or your symptoms have not improved, continue to isolate until they improve.
 - Regardless of when you end isolation, wear a mask until at least day 11.

- ***Removal of Mask***

- After you have ended isolation, when you are feeling better (no fever without the use of fever-reducing medications and symptoms improving),

- Wear your mask through day 10

OR

- If you have access to antigen tests, you should consider using them. With two sequential negative tests 48 hours apart, you may remove your mask sooner than day 10.

Note: if your antigen test results are positive, you may still be infectious. You should continue wearing a mask and wait at least 48 hours before taking another test. Continue taking antigen tests at least 48 hrs apart until you have two sequential negative results. This may mean you need to continue wearing a mask and testing beyond day 10.

*After you have ended isolation, if you COVID symptoms recur or worsen, restart your isolation at day 0.

Protocols for ALL Swimmers and Staff Before Program/Practice:

- Any swimmer or staff experiencing any symptoms of any communicable illness (or exposure to someone who has any symptoms) will remain at home and seek medical treatment, as needed. Please connect with your coach to get additional information on when it is safe to return to swimming.

Protocols for Swimmers and Staff Onsite at a SwimMAC Operated Facility:

- Swimmers will not enter a MAC programmed facility until **5 minutes** before their scheduled program.
- Swimmers will exit the pool and the facility in a timely fashion.
- Parents are permitted to enter the facility with their swimmer. Parents must always remain in the designated area and observe parent policies.
- MAC will ensure the facility is being cleaned to the CDC standards.
- **Masks will be optional for swimmers and staff. It is recommended that if you are 2 years old or older and are not up to date with your COVID-19 vaccines, wear a mask indoors in public.**
 - a. **Exclusion: Davidson College. Any swimmer or staff who attends practices at Davidson College is still required to wear a mask. This is a Davidson College regulation.**

Protocols for ALL Swimmers and Staff Traveling Internationally:

- Swimmers and staff who travel internationally must get a PCR Covid test within 3-5 days of returning from travel.
- Swimmers and staff need to self-monitor for symptoms of Covid or any other communicable illness and remain home from practice if symptoms develop (refer to Covid and Other Communicable Illness Protocols on page 1).