

COVID-19 Positive Test and Close Contact Procedures

In accordance with national, state, and local guidelines, LAC has established the following procedures in the event a swimmer, coach, or other staff member test positive or are deemed 'close contact' for COVID-19.

Watch for Symptoms

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. We encourage all families to remain vigilant. The following are some of the common symptoms associated to COVID-19, including the Delta variant:

- *Fever or chills*
- *Cough*
- *Shortness of breath or difficulty breathing*
- *Fatigue*
- *Muscle or body aches*
- *Headache*
- *New loss of taste or smell*
- *Cold or Flu-like symptoms (sore throat, congestion or runny nose)*
- *Nausea, vomiting or diarrhea*

This list does not include all possible symptoms. Source: CDC website: [Symptoms of Coronavirus](#).

Terms and Definitions:

Self-Quarantine	<p>The separation of a person or group of people reasonably believed to have been exposed to or tested positive for COVID-19.</p> <p><u>Duration</u></p> <p><i>Positive Test:</i></p> <ul style="list-style-type: none">• Quarantine can end after Day 10 without testing if no symptoms have been reported during daily monitoring. Daily monitoring should continue for 14 days. <p><i>Close Contact:</i></p> <ul style="list-style-type: none">• Quarantine for 7 days if you have been in close contact, unless you have been fully vaccinated. People who are fully vaccinated do NOT need to quarantine after contact with someone who had COVID-19 unless they have symptoms.
Close Contact	<p>Someone who was within 6 feet of an infected person for a total of 15 minutes or more starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to positive test).</p> <p>* Individual exposures added together over a 24-hour period (e.g., three 5-minute exposures for a total of 15 minutes).</p>

Sources:

Center for Disease Control website: [CDC Glossary of Terms](#)

Centers for Disease Control (CDC) Website: [When to Quarantine?](#)

POSITIVE COVID-19 TEST

Should a Coach or swimmer test positive for COVID-19, the following steps must be taken:

1. **Notify LAC IMMEDIATELY via phone: Candice Saffle (817) 821-3994**
2. Complete the [Self-Reporting Questionnaire](#). In the notes, please share the following when you contact us (LAC will never share personal medical information):
 - a. Date of onset for symptoms
 - c. Identify any close contact with LAC swimmers or coaches 48 hours prior to testing positive. (close contact is defined as 15 in the presence of any person who tested positive). If yes, we will need to conduct an interview with you and your swimmer to understand if anyone reaches the criteria of 'close contact'.
 - d. Best time to contact you and your swimmer for an interview.

REQUIRED: In order to resume activities at LAC, BOTH of the following conditions are required prior to being permitted to resume activities with the team:

1. Self-quarantine for **10 days** from the date of a positive test and may return on Day 11.
2. Be fever free for 48 hours prior to returning to LAC.

CLOSE CONTACT WITH A PERSON WHO TESTED POSITIVE FOR COVID-19

Should a Coach or swimmer have close contact (i.e. classmate, friend or family at party or event, friend from sleepover or carpool, co-worker, etc.) for a prolonged period of time (15+minutes) with someone who has been diagnosed with COVID-19 or is presumed to be COVID-19 positive, the following measures are required:

1. **Notify LAC IMMEDIATELY via email : candice.saffle@swimlac.org**
2. Complete the Self-Reporting Questionnaire ([CLICK HERE](#))

REQUIRED:

1. Swimmers who are not fully vaccinated OR not previously diagnosed with COVID-19:

In order to resume activities at LAC, EITHER of the following conditions are required prior to being permitted to resume activities with the team:

1. Quarantine can end after Day 10 without testing AND if no symptoms have been reported during daily monitoring.
2. Quarantine can end after Day 7 with proof of a negative test and if no symptoms were reported during daily monitoring.
3. The negative test must be within 48 hours before the time of planned quarantine discontinuation. Quarantine cannot be discontinued earlier than after Day
4. Notification and documentation of Negative Test must be sent to Candice Saffle (candice.saffle@swimlac.org). To avoid delays in returning to LAC, please do not send any information to LAC coaching staff.

2. Swimmers who have been in recent close contact with someone who has COVID-19 may not need to quarantine:

In order to resume activities at LAC after reporting close contact, EITHER of the following conditions are necessary to resume activities with the team:

1. Swimmers who have been fully vaccinated
2. People who were previously diagnosed with COVID-19 within the last three months

NOTE: Self-monitoring for symptoms through day 14 is strongly encouraged in all scenarios.