

COVID-19 Positive Test and Close Contact Procedures

In accordance with national, state, and local guidelines, LAC has established the following 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:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19. Source: CDC website: [Symptoms of Coronavirus](#). You can also download a visual document that includes many of these symptoms. ([CLICK HERE](#))

Terms and Definitions:

Self-Quarantine ⁽¹⁾⁽³⁾	<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 can end after Day 7 with proof of a negative test and if no symptoms were reported during daily monitoring. The negative test must be within 48 hours before the time of planned quarantine discontinuation. Quarantine cannot be discontinued earlier than after Day 7.
Close Contact ⁽²⁾⁽³⁾	<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:

⁽¹⁾⁽²⁾ Center for Disease Control website: [CDC Glossary of Terms](#)

⁽³⁾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 (682) 465-1998**
2. If possible, please share the following when you contact us:
 - a. Date of onset for symptoms
 - b. Date of positive test
 - 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.
3. LAC will never share personal medical information
4. Avoid further contact with any LAC swimmers or coaches during quarantine

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 **14 days** from the date of a positive test and may return on Day 15.
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 at candice.saffle@swimlac.org related to ANY close contact. (LAC and non-LAC)
2. Complete the LAC COVID Questionnaire as soon as possible ([CLICK HERE](#))

REQUIRED:

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. The negative test must be within 48 hours before the time of planned quarantine discontinuation. Quarantine cannot be discontinued earlier than after Day 7.
3. 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.

NOTE: In both cases symptom monitoring should continue through Day 14.

Resources:

[The Center for Disease Control \(CDC\)](#)

[Texas Department of State Health Services](#)

[Tarrant County Public Health Department](#)

[Denton County Public Health](#)