

Orinda Aquatics COVID-19 Policy Update 1/19/2022

Covid-19 continues to be a critical health and safety issue, and the Omicron variant is far more transmissible than the former variants. Please remember that this situation is fluid, and the guidance will change as scientists learn more about the virus. In addition, we will continue to follow local and state health department guidance, in line with the CDC recommendations.

There are indications that this latest surge is reaching its peak, but the transmission level is still incredibly high, so we urge everyone to take all precautions to stay well. The excellent news is Covid-19 is not transmissible in an appropriately disinfected pool. However, locker rooms are quite a high risk, so please come and go in your suit or wear a mask at all times unless you are in the shower.

Most transmission is still occurring indoors at social gatherings. Please be mindful of your choices off the deck to help keep our team safe. Swimmers should lead by example and encourage a culture of compliance.

- Masks are **REQUIRED** while indoors for all swimmers, regardless of vaccination status. This includes locker rooms and offices on the pool deck.
- Masks are optional but recommended for all participants and spectators while outdoors when they cannot easily maintain adequate distance from others. This is particularly important for unvaccinated participants. Masks should not be worn while swimming.
- The common cold or new allergy symptoms cannot be distinguished from Covid-19 without testing.
- Rapid antigen or home tests are now acceptable and are the recommended test to use to end isolation or quarantine.
- People with the following symptoms may have Covid-19: sore throat, runny nose, headache, body aches, fatigue, fever or chills, cough, shortness of breath, loss of taste or smell, nausea, vomiting, or diarrhea.

Consistent with Contra Costa County guidance OA will follow the recommendations below:

COVID-19 Symptoms not explained by another source

- 1) Stay at home until you have tested negative for Covid-19 or consulted with a health care provider
- 2) If you tested negative but continue to have fever or symptoms that are not improving, consult your health care provider and/or re-test for Covid-19

COVID-19 Positive, regardless of vaccination status:

- 3) Isolate (stay at home away from others) for 5 days
- 4) If asymptomatic or symptoms are improving, including no fever for 24 hours (w/o fever reducing medicines), you may test on or after day 5 to end isolation
- 5) If you test negative, you may end isolation but continue wearing a mask indoors for an additional 5 days

COVID-19 Exposure, Unvaccinated or booster eligible, but have not received it:

- 1) Quarantine (stay at home and monitor for signs of illness) for 5 days
- 2) Test on or after day 5 to end quarantine
- 3) People unable to get tested during quarantine or isolation should remain at home for up to 10 days

COVID-19 Exposure, Fully vaccinated including booster if eligible:

- 1) No quarantine necessary
- 2) Should get tested 5 days after exposure to be safe

**Over-the-counter antigen tests can be used to end isolation and quarantine