



## Orinda Aquatics Covid-19 Policy

Covid-19 continues to be a critical health and safety issue. The new variants are much more transmissible than the initial virus, so we are taking all necessary precautions to keep our swimmers and their families safe as we actively monitor the changing milieu of the pandemic. We will continue to follow local and state health department guidance, in line with CDC recommendations.

- Any swimmers experiencing new symptoms not explained by another source may not attend an OA event, practice, or swim meet until they have consulted with a health care provider or tested negative for Covid-19. Symptoms include congestion, runny nose, sore throat, headache, body aches, fever or chills, cough, shortness of breath, loss of taste or smell, nausea, or vomiting.
- Even if they tested negative for Covid-19, any symptomatic swimmer should not attend OA practice, meets, or events until their symptoms are improving and they are without fever for 24 hours without the use of fever-reducing medications.
- Home or self-tests are not accepted.
- 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.
- Any swimmer that tests positive for Covid-19 must notify the coaching staff immediately. OA will follow all county guidelines for isolation and quarantine based on vaccination status and health department recommendations. We further recommend that their health care provider clear the swimmer before returning to the pool.
- Any swimmer who is close to someone with Covid-19 and is asymptomatic must provide documentation of vaccination or quarantine as directed by county orders.
- If your swimmer is a close contact of someone with Covid-19 and the contact also has symptoms, they must quarantine for 10 days and test negative before participating in any OA practice or activity.
- Any swimmer traveling with the team must provide proof of Covid-19 vaccination, and a negative Covid-19 test within 48-hours of the trip may be required.