

MAST COVID-19 Return to Swim
December 21, 2020

As you have seen from communications, MAST has been monitoring COVID-19 and adjusting practices to try to minimize the spread. These guidelines were developed to help guide differing situations for potential and confirmed cases of COVID-19. As always, we are following both National CDC, local health department and Ohio Swimming guidelines and will adjust these as necessary.

Your best resources remain the CDC:

National:

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html>

Ohio: <https://coronavirus.ohio.gov/static/docs/covid-19-guidance-quarantine.pdf>

What do I do if I have tested positive for COVID-19 or have been in close contact with someone who has?

In the event of a positive COVID-19 test or close contact with a positive COVID-19 test result, please contact Coach Monty with date of positive test or contact with the positive person, date of last MAST contact and date of positive test (if applicable).

How long do I need to quarantine if I tested positive?

You must follow these rules even if you are not showing any symptoms.

You can be around others when:

- 10 days since positive COVID test and
- 24 hours with no fever without the use of fever-reducing medications and
- Other symptoms of COVID-19 are improving*

*Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation

How long do I need to quarantine if I had contact with someone who tested positive?

Anyone who has had close contact with someone with COVID-19 should stay home for 14 days after their last exposure to that person.

Local public health authorities determine and establish the quarantine options for their jurisdictions. CDC currently recommends a quarantine period of 14 days. However, based on local circumstances and resources, the following options to shorten quarantine are acceptable alternatives.

Quarantine can end after Day 10 without testing and if no symptoms have been reported during daily monitoring.

When diagnostic testing resources are sufficient and available then quarantine can end after Day 7 if a diagnostic specimen tests negative and if no symptoms were reported during daily monitoring. The specimen may be collected and tested within 48 hours before the time of planned quarantine discontinuation (e.g., in anticipation of testing delays), but quarantine cannot be discontinued earlier than after Day 7.

You can reduce the 14 day quarantine period if you have a negative COVID-19 test result from a sample collected on day 5 or later after last exposure and stay at home for at least 7 days.

What do I need to do to return to swim practice?

- Ensure you have followed all CDC guidelines for quarantine
- Contact Coach Monty at least one day prior to wanting to return with:
 - a. Your name
 - b. Child's name
 - c. Date of positive test or contact with positive person
 - d. Copy of negative test results (if applicable)
 - e. For positive test results, a letter from your child's physician stating it is safe for them to return to physical activity
 - f. Date of desired return
- Receive confirmation from Coach Monty that you can return to swim on desired date
- Swim Fast. Have Fun.

While we are doing our best to ensure the safety and health of our MAST swimmers, we are relying on all our MAST community to assist us. You can help us by:

- Speaking to your child about the importance of maintaining 6 feet of distance, wearing masks, washing hands and covering any coughs or sneezes with a tissue or sleeve
- Keeping your child home if you they are showing any symptoms

If you were not in close contact with someone who tested positive (school contact tracing should have notified you to quarantine), you did not have any symptoms, and you were only held from practice because practices were cancelled then you may return to practice without documentation of a doctor's note.