

AMERICAN ENERGY SWIM CLUB

ILLNESSES AND COVID-19 PROTOCOL

ILLNESSES IN GENERAL

In general, individuals (i.e., swimmers and coaches) who feel ill and/or have a temperature over 100.0°F may not come to swim until they are both fever and symptom-free for at least 24-hours without medicine. (Individuals who are identified at swim with a fever over 100.0°F will be isolated and sent home immediately.)

WHEN TO TEST FOR COVID-19

AESC encourages individuals to check with their doctor to determine if they should be tested for COVID-19.

TESTING FOR COVID-19

When a decision is made that a swimmer or coach is going to be tested for COVID-19, please notify the head coach via email or phone *as soon as possible* and be prepared to provide a list of other swimmers and/or coaches that the individual being tested may have been in close contact¹ with during the previous two days at swim. The identity of an individual that is being tested (or has been tested) for COVID-19 will not be disclosed at any point unless mandated by the Oklahoma Department of Health. Furthermore, those individuals identified as close contacts will not be notified unless the test results come back **positive**.

When a swimmer or a coach gets tested for COVID-19, due to:

- (a) **Possible exposure**, but is fever and symptom-free, they may not attend swim until they:
 - (1) receive **negative** test results; or
 - (2) have stayed home for at least fourteen (14) days after the most recent date of exposure.
- (b) **Possible COVID-19 symptoms**, they may not attend swim until they:
 - (1) receive **negative** test results; and
 - (2) are fever and symptom-free for at least twenty-four (24) hours without fever-reducing medicine.

POSITIVE COVID-19 TEST RESULTS

When a swimmer or a coach tests **positive** for COVID-19, they are required to notify the head coach as soon as possible. The coach will immediately notify the previously identified close contacts of their potential exposure to COVID-19 **without** identifying the individual who tested **positive**. Those notified that they were a close contact should (1) discuss with their doctor if they should be tested for COVID-19, and (2) self-monitor for COVID-19 symptoms for the next fourteen (14) days.

Swimmers or coaches who have tested **positive** for COVID-19 may not attend swim until they meet one (1) of the following situations as outlined by the CDC:

- (a) It has been at least ten (10) days since testing **positive** and the individual has been symptom-free for the full ten (10) days; **OR**
- (b) It has been at least ten (10) days since symptoms first appeared **AND** the symptoms are improving **AND** the individual has been fever-free for at least twenty-four (24) without the use of fever-reducing medication; **OR**
- (c) The individual has received **negative** test results for two (2) consecutive tests at least twenty-four (24) hours apart; **OR**
- (d) The individual has a release from a physician stating the individual may return to swim.

¹ **Close contact** means swimming in the same lane during practice or talking up close without a mask for more than ten (10) minutes.