SMAC Covid Policy Sept 4, 2021

Swimming

The SMAC Board and Coaching Staff are focused on the safety of our athletes, our families, and our greater community as our main concern and priority. We have taken that position from the outset of this horrible pandemic and helped lead the greater USA Swimming member clubs in prioritizing the public health.

We have a well-considered plan based on the Washington Department of Health Sports and fitness guidance as well as input from several local school district plans and local physicians.

Understanding procedures are put in place for your safety by local governments and the CDC is critical for a successful restart.  All participating members (Swimmers, Coaches & Parents) are **expected** to adhere to these guidelines.

**Screening your athlete**

Parents are the first line of safety. If your swimmer is exhibiting any symptoms or has been potentially exposed to someone with Covid, keep them home. Covid 19 symptoms include:

* 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

All SMAC coaches have been fully vaccinated.

Mask Use:

**Indoors**

* Are required for all for coaches, spectators and athletes when not in the water.
* Swimmers are not required to wear masks while swimming.

**Outdoors**

Masks are required:

* By unvaccinated athletes when not training.
* All coaches when they are not able to maintain a 6 foot physical distance from athletes (during some instruction).
* For all spectators who are in proximity of any athlete.

Masks are not required:

* By coaches when maintaining a 6 foot distance from others.
* For Athletes during outdoor dryland training.
* For Athletes not maintaining 6 feet of distance

Physical distancing will be used in situations when unvaccinated persons are not using face coverings.

**Parents at Practice**

Parents are permitted at some facilities at practice. Parents must adhere to all SMAC and facility guidelines while at practice and/or meet facilities. Outdoor facilities that allow for parents at practice have enough space for appropriate social distancing. Indoor facilities (Evergreen in particular) may not have the capacity for all parents on deck.

* Parents should not attend practice if you show symptoms of Covid 19
* Are not fully vaccinated and have been in close contact (within six feet for 15 cumulative minutes over a 24-hour period) with someone who has tested positive for COVID-19 with an antigen or molecular test in the past 14 days
* Has tested positive for COVID-19 in the past 10 days or are awaiting results of a COVID-19 test due to possible exposure or symptoms and not from routine asymptomatic COVID-19 screening or surveillance testing
* Has been told by a public health or medical professional to self-monitor, self-isolate, or self-quarantine because of concerns about COVID-19infection in the past 14 days.

Your coach can better help you understand your pools procedures and guidelines.

**Responding to Cases or Suspected Cases of Covid 19**

If an athlete has symptoms of Covid 19 they should isolate and immediately be tested for Covid 19. In the case of a positive test, the athlete or parents of the athletes should immediately notify their coach. An athlete who has a confirmed Covid 19 case should isolate until 10 days since symptoms have ended and a negative test.

Close contact with a Case of Covid 19

When an athlete/s participates in close contact at a practice or meet with someone who is found to have been contagious with Covid 19, those athletes determined to be in close contact will be required to quarantine:

* 14 days symptom free with no test or
* 7 days symptom free with a negative test after day 5

Close contact is defined as athletes within 6 feet for more than 15 minutes. In the pool this will be athletes in the same and possibly adjacent lanes at the same end of the pool. Our coaches will track and, in many cases, will assign lanes to ensure contact tracing.

In the case of a positive test, SMAC will work with facilities to ensure that all physical spaces used by those athletes are disinfected.