

# Valley Aquatics Pre-Practice Health Assessment

## Health Assessments

Parents are expected to provide daily health assessments at home and prior to leaving to go to the pool.

By sending a swimmer to practice, parents are confirming that they have provided the necessary health assessments and have cleared their child to swim.

Coaches will monitor swimmers throughout their time at practice and may provide additional assessments by asking swimmers some or all of the following questions:

- Have you been in close contact with a confirmed case of COVID-19?
- Are you experiencing a cough, shortness of breath, or sore throat?
- Have you had a fever in the last 48 hours?
- Have you had a loss of taste or smell?
- Have you had vomiting or diarrhea in the last 48 hours?

If a swimmer answers “yes” to any of these questions, they will be sent home.

If a swimmer complains or shows signs of COVID-like symptoms during practice, they will be sent home.

Should a swimmer be sent home for any of these reasons, Aquatic Center staff will be immediately notified and allowed to disinfect all “high-touch” surfaces.

## **A swimmer who had signs of suspected or confirmed COVID-19 can return to practice when:**

- At least three days (72 hours) have passed since recovery – defined as no fever without the use of medications and improvement in respiratory signs like cough and shortness of breath; **AND**
- At least 10 days have passed since signs first showed up. **OR**
- It has been at least three days (72 hours) since recovery **AND** a health care provider has certified that the swimmer does not have suspected or confirmed COVID-19.

## **In the event there is a confirmed COVID-19 case by a Team Member**

In the event a VAST member that has attended a recent practice tests positive for COVID-19, coaches will review to determine if any lapses in social distancing may have taken place involving the contracted swimmer. For all potential lapses, coaches will notify parents of swimmers who have high potential exposure risk. Parents contacted are encouraged to closely monitor and have their at-risk swimmer checked by a health care provider, and to self-quarantine if concern is warranted and as advised.