

# All Star Aquatics COVID-19 Policy and Procedure<sup>1</sup>

## WAIVER, VACCINATION, AND COVID TESTING REQUIREMENTS

A COVID-19 waiver MUST be on file before a swimmer participates in any ASA activity. Such waiver was electronically signed when the swimmer was registered and may be required upon each new registration.

All coaches shall be fully vaccinated and remain up to date with their COVID-19 vaccines while employed by ASA, unless a medical exemption has been provided. Swim officials and volunteer parents associated with ASA shall be fully vaccinated and remain up to date with their COVID-19 vaccines while representing ASA.

All swimmers who are age-eligible for COVID-19 vaccinations that have received full approval from the FDA must be fully vaccinated and remain up to date with their COVID-19 vaccines to participate in any ASA activity, unless proof of a medical exemption is provided. Proof of vaccination or medical exemption must be provided to the ASA executive director prior to the first practice.

As swimmers age up into such age-eligible groups or as the FDA provides full approval to additional age groups, those swimmers must start the vaccination process within 14 days of becoming eligible for COVID-19 vaccinations, or boosters, that have received full FDA approval and complete the vaccination process in compliance with medical guidelines.<sup>2</sup>

All swimmers who are age-eligible for COVID-19 vaccinations that have not yet been granted full approval from the FDA (i.e., COVID-19 vaccinations authorized for emergency use) are strongly encouraged to obtain the vaccinations/boosters consistent with current medical guidelines.

**RISING STARS:** The Rising Stars swim group is led by ASA swim staff, with significant hands-on instruction from senior ASA swimmers. The direct involvement of senior ASA swimmers as instructors is unique to this swim group. To protect the health and safety of these senior ASA swimmers, ASA requires that all swimmers in the Rising Stars group be vaccinated, and remain up to date with vaccinations, consistent with current medical guidelines (i.e., COVID-19 vaccination authorized for emergency use).

## TEAM EVENTS AT STONE RIDGE

Swimmers shall follow all facility guidelines established by the Stone Ridge School and any guidelines indicated by the ASA coaches.

Should COVID-19 conditions worsen, ASA reserves the right to mandate masking and/or require routine COVID testing for periods of time.

Parents, spectators, or other third parties may be permitted in the Stone Ridge pool at the discretion of the swimmer's head coach, if Stone Ridge policies and local public health directives are not compromised.

## POLICIES FOR NON-STONE RIDGE ACTIVITIES

Where ASA swimmers and coaches are representing the club at facilities and pools other than Stone Ridge, swimmers and coaches shall comply with the protocols and procedures of the host venue.

To ensure the health and safety of the ASA community, all swimmers, coaches, and their families are strongly encouraged to follow all federal, state, and local guidelines when they are away from the pool.

## COVID SYMPTOMS, EXPOSURE, AND POSITIVE TEST RESULTS

**Symptoms:** Regardless of vaccination status or prior infection, the CDC recommends that anyone with symptoms of COVID-19 should get tested and follow the advice of their healthcare provider. If a swimmer or coach experiences symptoms of COVID-19<sup>3</sup>, then the coach or swimmer may not (i) attend practice, meet, or any other ASA event and (ii) may not return until 24 hours after the symptoms have ceased and they have obtained a negative COVID-19 rapid antigen test result.

**Close Contact:** If a swimmer or coach has been in close contact with anyone who has tested positive for COVID-19, the swimmer or coach must follow then-current federal<sup>4</sup>, state, and local guidelines with respect to quarantine and testing requirements. Management will depend, in part, on symptomatology and vaccination status. The swimmer or coach should ultimately follow the advice of their healthcare provider.

**Positive Test Result:** If a swimmer or coach tests positive for COVID-19, the coach or swimmer must follow then-current federal<sup>4</sup>, state, and local guidelines with respect to quarantine and testing requirements. The swimmer or coach should ultimately follow the advice of their healthcare provider.

## NOTIFICATIONS

**Notice to ASA:** If a swimmer or coach tests positive for COVID-19, an email notification must be sent to [asa.swimming@gmail.com](mailto:asa.swimming@gmail.com) immediately upon learning of the positive test results.

**Notice to ASA Families:** If a swimmer or coach tests positive for COVID-19:

To the extent feasible and practicable, ASA families with swimmers in the same practice group as the infected swimmer or coach will be notified via email to inform them that another swimmer or coach has

tested positive for COVID-19 and the last date the swimmer or coach was at practice.

To protect the privacy of the individual affected, ASA will not intentionally or directly identify the swimmer or coach who tested positive.

## COMPLIANCE REQUIREMENTS

To the extent that any swimmer, coach, or family engages in an activity that is inconsistent with federal, state, and local guidelines and ASA believes that such activity could increase the risk to other swimmers or coaches, ASA reserves the right to take steps necessary to protect other swimmers or coaches.

If a swimmer, coach, or their family/ASA visitor fails to comply with the terms of this Policy, the swimmer and their family may be subject to suspension or expulsion from ASA and a coach may be subject to suspension or termination of employment.

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1. This Policy and Procedure is based upon procedures and protocols from USA Swimming and Potomac Valley Swimming (“PVS”) and guidelines issued by the CDC, the State of Maryland, and Montgomery County. This Policy and Procedure adheres strictly to the current operational requirements of the Stone Ridge School, and ASA guidelines will be modified as necessary to meet any future requirements of the Stone Ridge School. This Policy and Procedure may be amended at any time and a revised version will be posted on the ASA website with a new effective date. Any time-sensitive guidance or requirements provided to swimmers, coaches, and/or families from ASA coaches, the ASA Executive Director, or the ASA Board of Directors, whether by email, text, or otherwise, shall be deemed incorporated by reference as a requirement of this Policy and Procedure until such time as this Policy and Procedure may be updated to include said guidance or requirement.
  2. COVID-19 Vaccine Boosters, <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/booster-shot.html>
  3. Symptoms of COVID-19, <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
  4. Quarantine and Isolation, <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>