



COVID Exposure Procedure for Unvaccinated Athletes

Unvaccinated TIBU swimmers and staff who have been exposed to COVID-19 must quarantine for 10 days. Swimmers and staff who are fully vaccinated (two weeks past their last dose) are exempt from quarantine unless they develop COVID symptoms or test positive for COVID-19. Quarantine reduces COVID-19 transmission by separating those who have been exposed to the virus from the swim team environment. The CDC recommends that fully vaccinated individuals get tested three to five days following direct exposure to COVID-19.

Quarantine can end after Day 10 if NO symptoms have been reported during daily monitoring; OR

- Quarantine can end after Day 7 if a PCR test (collected on Day 5 or later) tests negative and if NO symptoms have been reported during daily monitoring. The test may be obtained within 48 hours before the time of planned quarantine discontinuation, but quarantine cannot be discontinued earlier than after Day 7.

Fully vaccinated persons who have come into close contact with someone with COVID-19 should be tested 3-5 days following the date of their last exposure.