



## **ALMADEN DOLPHINS COVID-19 PROTOCOL**

We strongly encourage swimmers and coaches to limit participation to one team and refrain from participating with more than one team over the same period of time. This protocol is based on guidance as of March 22, 2021 and can change at any time.

### **Record Keeping**

Almaden Dolphins (AD) shall maintain records of personnel and participants assigned to each group, any changes to those assignments, and the dates of such changes.

The AD shall maintain daily attendance records for personnel and swimmers.

The AD shall track and document incidents of possible exposure.

All records required to be maintained by this Directive shall be kept for a minimum of 1 month to allow the Santa Clara County Public Health Department to conduct case investigation and contact tracing in the event that a COVID-19 case or close contact is identified in connection with the Almaden Dolphins.

### **Face Coverings**

All Adult personnel shall wear a face covering at all times while at the pool. If any personnel are unable to wear a face covering for medical reasons, they shall not be allowed to have direct contact with children/youth.

All adults picking up or dropping off children/youth must wear face coverings.

Face coverings shall not be required for (1) children under 2 years of age; (2) anyone who has trouble breathing or is unconscious, incapacitated, or otherwise unable to remove the covering without assistance; (3) children/youth with special needs who are unable to tolerate a face covering; (4) any other individuals who a healthcare professional has advised should not wear a face covering because they have a medical condition that would make wearing a face covering dangerous; (5) anyone during the time that they are eating, drinking, or

communication by or with someone who is hearing impaired; (7) when children/youth are actively exercising outdoors or in the pool provided that they remain at least six feet distance from others at all times; and (8) when engaged in activities during which wearing a face covering may pose a danger. In addition, children/youth may remove their face covering for a short period of time if they are having trouble wearing their face covering.

## **Physical Distancing**

Parents or other individuals dropping off or picking up older swimmers by car are encouraged to remain in their vehicles to the extent possible. If in-person drop off or pickup is necessary, only a single individual should drop off or pick up the player.

Within their cohorts we strongly encourage the following:

Swimmers should maintain at least six feet of distance from other children/youth at all times, and personnel shall maintain at least six feet of distance from children/youth at all times to the extent possible.

Almaden Dolphins shall assign stable areas for players, to place their swim gear, if practicable and to the extent feasible, to ensure that close contacts within stable teams are minimized and easily identifiable.

## **Limitations on Visitors:**

Almaden Dolphins shall only allow necessary visitors and limit the number of players who come into contact with them.

Visitors must wash their hands or use hand sanitizer upon arrival and wear a face covering for the entire duration of the time that they are present at the pool.

## **Hygiene, Cleaning, and Other Measures**

Almaden Dolphins shall minimize Coaches and swimmers contact with high-touch surfaces (e.g., propping open gates) to the extent feasible.

At least daily, and more frequently if feasible, clean and disinfect frequently touched hard surfaces (e.g. entrance gates, bathrooms)

Almaden Dolphins shall teach and reinforce proper handwashing technique; avoiding contact with one's eyes, nose, and mouth; and covering coughs and sneezes.

The Almaden Dolphins shall make available adequate supplies to support healthy hygiene behaviors, including face coverings, and hand sanitizer (with at least 60 percent ethyl alcohol) for Coaches and swimmers.

Coaches shall ensure swimmers wash their hands or use hand sanitizer upon arrival, after using the restroom, after coughing or sneezing. These routines should be conducted with appropriate distancing between swimmers.

## **Health Screenings**

Almaden Dolphins may require daily COVID-19 symptom screening for all Coaches and swimmers, on-site and/or prior to arrival. Figure 1, below, provides a recommended health screening.

Any swimmers or staff exhibiting symptoms should immediately be required to wear a face covering (if not wearing one already) and wait in an isolation area until they can be transported home or to a healthcare facility, as soon as practicable. For serious illness, call 9-1-1 without delay.

## **COVID-19 Testing, Reporting, and Response**

### **Symptomatic Individuals (Not Close Contacts to a Case)**

Dolphins shall require swimmers and staff to get tested as soon as possible after they develop one or more COVID-19 symptoms.

### **Return to Almaden Dolphins:**

Individuals who test negative for COVID-19 and are not close contacts of confirmed COVID-19 cases should remain at home until at least 24 hours after resolution of fever (if any) and improvement in other symptoms.

Documentation of the negative test result must be provided to the Parent Coordinators. In lieu of a negative test result, Teams may allow symptomatic swimmers and staff who are not close contacts of a confirmed COVID-19 case to return to play with a medical note by a physician that provides alternative explanation for symptoms and reason for not ordering COVID-19 testing.

### **Close Contacts of a Confirmed COVID-19 Case**

A close contact is defined as someone who was within six feet of a person infected with COVID-19 for at least 15 minutes at any time beginning two days before the infected person had symptoms or tested positive. Close contacts include people who had 15 minutes of continuous contact with the infected person, as well as people who had repeated short-duration interactions with the infected person.

All swimmers and staff who had close contact with a COVID-19 positive person OR who are members of a stable group with the COVID-19 positive person must be sent home and instructed to quarantine at home for at least 10 days after their last exposure to the positive case and monitor symptoms for 14 days.

For stable groups in which (a) all activities are conducted outdoors and (b) all individuals wear face coverings and are distanced 6 feet apart or more at all times, Almaden Dolphins may provide quarantine instructions only to those individuals who meet the definition of a close contact to the case, rather than the entire cohort.

For confirmed COVID-19 cases, household close contacts must isolate until 10 days after the case completes their isolation period. This may be 24 days or more.

Testing: A close contact without symptoms should get tested around day 7 of their quarantine period. A close contact who has or who develops symptoms should be tested immediately. If the test is done before 7 days, then they should get tested again towards the end of their 10 day quarantine period. If the close contact tests positive prior to the completion of their quarantine period, they must follow the requirements for positive cases below.

#### **Return to Almaden Dolphins:**

A close contact must remain in quarantine for 10 days from their last exposure to the COVID-19 case, regardless of whether they receive a negative test result.

A close contact who quarantines for 10 days after their last exposure to the COVID-19 case is not required to provide a medical note or negative test result to return to the team.

#### **Individuals Who Test Positive for COVID-19 (Confirmed COVID-19 Cases)**

Almaden Dolphins shall require parents/guardians and personnel to immediately report to Almaden Dolphin Coordinators if a swimmer or member of coaching staff test positive for COVID-19 OR if one of their household members or non-household close contacts test positive for COVID-19.

Any Almaden Dolphin swimmer or Coach who learns they have tested positive for COVID-19 while at practice should be required to immediately go home or wait in an isolation area until they can be transported home or to a healthcare facility, as soon as practicable.

Almaden Dolphin administrators must notify the County of Santa Clara Public Health Department within 4 hours of learning of any positive COVID-19 case via the Education Reporting Portal at [sccgov.org/childcare](https://sccgov.org/childcare).

Areas used by any COVID-19 positive person during their infectious period must be immediately closed off. (The infectious period is defined as 48 hours prior to onset of

symptoms until 10 days after symptom onset, or if asymptomatic, from 48 hours before the date on which the positive test was collected until 10 days after.) Such areas may not be reopened until they have been ventilated, cleaned and disinfected. To reduce risk of exposure, ventilate area and/or wait 24 hours before you clean and disinfect. If it is not possible to wait 24 hours, wait as long as practicable. Ensure a safe and correct application of disinfectants using personal protective equipment and ventilation.

Almaden Dolphin Parent Coordinators must notify affected families and personnel of any positive COVID-19 case in the team while maintaining confidentiality as required by state and federal laws.

Almaden Dolphins must identify and notify all close contacts to a confirmed COVID-19 case within the team. All swimmers and staff who had close contact with a COVID-19 positive person OR who are members of a stable group with the COVID-19 positive person must be sent home and instructed to quarantine at home for at least 10 and monitor symptoms for 14 days after their last exposure to the positive case.

**Return to Almaden Dolphins:**

Symptomatic individuals who test positive for COVID-19 may return if it has been at least 10 days since their symptom onset AND at least 24 hours have passed since their last fever without the use of fever-reducing medications AND their other symptoms have improved.

Asymptomatic individuals who test positive for COVID-19 may return 10 days after their positive test result was collected.

Individuals who test positive for COVID-19 and have completed their isolation, as set forth above, shall not be required to provide a medical note or a negative test prior to returning to their team.

No actions need to be taken for persons who have not had close contact with a confirmed COVID-19 case, and instead have had close contact with a person who was in close contact with a confirmed COVID-19 case.

Almaden Dolphins shall follow the steps outlined in Table 1 in response to confirmed or suspected COVID-19 cases and close contacts and the steps outlined in Table 2 in response to negative test results from suspected COVID-19 cases and close contacts.

**Figure 1. Recommended Health Screening for Swimmers and Staff**

Ask these questions. A person who answers “Yes” to any one of these questions must not be allowed to participate.

1. Within the last 10 days have you been diagnosed with COVID-19 or had a test confirming you have the virus?
2. Within the past 14 days, have you had close contact with someone who has been in isolation for COVID-19 or had a test confirming they have the virus? Close contact is less than 6 feet for 15 minutes or more.
3. Have you had any one or more of these symptoms today or within the past 3 days?

Fever or chills  
 Cough  
 Shortness of breath/trouble breathing  
 Loss of taste or smell

4. Have you had any one or more of these symptoms today or within the past 3 days and that are new or not explained by another reason?

Fatigue  
 Muscle or body Aches  
 Headache  
 Sore Throat  
 Nausea, vomiting

**Table 1. Steps to Take in Response to Confirmed or Suspected COVID-19 Cases and Close Contacts**

Scenario	Immediate Actions	Communication
Scenario 1: A swimmer or coach either exhibits COVID-19 symptoms, answers “yes” to a health screening question, or has a temperature of 100.00 or above.	Swimmer/coach sent home  Swimmer or Coach is instructed to get tested  Parent Coordinators are notified  Team remains open	No Communication Needed
Scenario 2: A family member or someone in close contact with a Swimmer or Coach (outside the Almaden Dolphin community) tests positive for COVID-19.	Swimmer or Coach is sent home  Parent Coordinators are notified  Swimmer or Coach is instructed to get tested around	Letter to child/youth or personnel who has been in close contact with a COVID-19 case  AND

	<p>day 7 after the last exposure to COVID-19 case.</p> <p>Swimmer or Coach instructed to quarantine, even if they test negative, for a full 14 days after the date of last exposure to COVID-19 case.</p> <p>Team remains open.</p> <p>If Swimmer or coach test positive, see Scenario 3 below.</p>	<p>Letter to Cohort members</p>
<p>Scenario 3: A Swimmer or Coach tests positive for COVID-19.</p>	<p>Swimmer or Coach is sent home if not already quarantined.</p> <p>Almaden Dolphin Parent Coordinators are notified.</p> <p>Public Health Department is notified by Parent Coordinators.</p> <p>Swimmer or Coach is instructed to isolate for 10 days after symptom onset AND at least 24 hours after resolution of fever symptoms (If never symptomatic, isolate for 10 days after positive test.)</p> <p>Cohort based close contacts identified and instructed to test &amp; quarantine for 14 days  The entire Team must quarantine. However, if (a) all Almaden Dolphin activities are conducted outdoors and (b) all individuals wear face coverings and are distanced 6 feet apart or more at all times, only close contacts must quarantine.</p>	<p>Letter to child/youth or personnel who test positive for COVID-19</p> <p>AND</p> <p>Letter to cohort members</p>

**Swimmers, Families and Coaches should use the quarantine calculator to determine how long they need to quarantine:**  
<https://sbcovid19.com/quarantine-and-isolation-calculator/>

