



## Clemson Aquatic Team COVID-19 Policy

### When to stay home:

- If you are feeling sick in any way (including but not limited to feeling fatigued, nausea, sore throat, body aches, vomiting, diarrhea, headache, runny nose or congestion)
- If you are experiencing any of these three symptoms
  - New or worsening cough
  - Loss of taste or loss of smell
  - Shortness of breath or difficulty breathing
- A temperature of 100 degrees or greater

### If You Tested Positive (Isolation):

If you test positive for COVID-19, you need to isolate regardless of your vaccination status:

- Stay home and avoid in-person contact with others for at least 5 days
- If you have no symptoms after Day 5, you can end isolation but must wear a mask around others for 5 more days\*

### If You Were Exposed to Someone with COVID-19 (Quarantine):

- If you have received the vaccine doses you're eligible for, you do not have to quarantine. DHEC recommends you get tested on Day 5 and wear a mask around others for 10 days\*.
- If you are not vaccinated or you have completed your primary vaccination series and are booster eligible, but haven't gotten a booster, you need to quarantine for 5 days. We recommend you get tested on Day 5 and wear a mask around others for 5 more days\*\*.
- If you are not vaccinated and a family member or someone living in your residence tests positive for COVID-19, you must quarantine for 5 days after that family member's positive test. We recommend you get tested on Day 10 and wear a mask around others for 5 more days\*.
- If you develop symptoms, stay home and get tested.

If athletes have symptoms of COVID-19 but have not tested positive, they will be required to meet one of three DHEC criteria listed below before they can return to practice:

- See a physician and receive a medical excuse that states a medical reason other than COVID-19 for the symptoms; or
- Be tested for COVID-19 and receive a negative test. (If an athlete is already out of school for a positive test, the athlete must remain out of practice until the end of the 10-day isolation period); or
- Be excluded (stay out of practice) for 10 days

\*For CAT, this means wearing a mask on deck and behind lanes until practice starts then swimmers may take mask off and place in a waterproof container or Ziploc bag.

\*\*5 day quarantine always begins from *symptoms*. If no symptoms, 5 days starts from date test was *taken*. If symptoms develop *after* positive test, the clock resets.

Note: this policy closely follows the School District of Pickens County Policies, adapted for swim settings  
Updated: Jan 24, 2022

Expands on the 2021-2022 COVID-19 portion of the CAT membership agreement:



## **Clemson Aquatic Team COVID-19 Policy**

### **2021-2022 COVID RELATED WAIVER FOR ALL SWIMMERS (during the current pandemic)**

I certify that I and as the parent or legal guardian, my child or children, to the best of my knowledge, have not been exposed to a person(s) confirmed to be infected with COVID-19 virus or exhibiting symptoms of infection. If I have been exposed or have traveled outside of South Carolina, I have been symptom free for at least 14 days.

Additionally, I acknowledge that if I become ill or learn of any potential exposure, I shall cease all participation in all programming of CAT and inform the staff immediately so they may take steps to mitigate community spread and inform those possibly exposed.