

Y-SPARTAQUATICS SWIM CLUB

COVID Guidelines as of 09.19.21

If you **test positive**, you may return to team functions:

- When your symptoms are gone **AND**
- At least 10 days have passed since your illness onset **AND**
- You have had no fever for at least 24 hours and have not used fever-reducing medication during that time.

*If you had no symptoms but tested positive, you must isolate until 10 days have passed since your test specimen was collected.

If you are a **close contact** (within 6' for a total of 15 min or longer) of a person who has tested positive for COVID-19, you may return to team functions:

- 10 days after your last contact with a person who has COVID-19 **OR**
- After 7 days having received a negative test taken no sooner than 5 days following last exposure to the person who has COVID-19

*If you are fully vaccinated you do not have to take any action as a close contact as long as you do not develop symptoms.

In both cases, please contact your Group Coach or Head Coach Dan Mascolo to notify us of your child's quarantine and their last date of practice so that we can do our due diligence with regard to contact tracing and notifying the group in the event of a positive case.

In the case of a positive case we will send an email to that swimmer's group notifying the group of the positive case and the swimmer's last attended practice.

Visit the [CDC Website](#) for more information.



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