

Y-SPARTAQUATICS SWIM CLUB

COVID Guidelines as of 12.29.21

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

- When your symptoms are gone **AND**
- At least 5 days have passed since your illness onset **AND**
- 5 days of wearing a mask when around others and not in the water.

*If you had no symptoms but tested positive, you must isolate until 5 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, and **unvaccinated or are more than six months out from your second mRNA dose and not yet boosted**, you may return to team functions:

- 5 days after your last contact with a person who has COVID-19 AND
- Wear a mask for 5 days when around others not in the water.

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, and **are fully vaccinated and boosted**:

- You may continue to attend Team Activities
- Must wear a mask for 10 days after the exposure when not in the water.

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](https://www.cdc.gov) for more information.

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