



COVID-19 Practice Attendance Policy

The Board of Directors and Coaches of Prime Aquatics are working diligently to follow all mandates and guidelines established by Governor Lee of Tennessee, health officials, and the Centers for Disease Control (CDC). We must follow the guidance of the Centers for Disease Control (CDC) and USA Swimming to help mitigate the spread and impact of COVID-19 and to create the safest environment possible for swimmers and coaches. At all times, Prime Aquatics will follow the most current guidance from the CDC and/or the State of Tennessee in all team activities.

In order to allow the team to maintain in person swim practices, honesty and full disclosure are of utmost importance. This responsibility falls on each athlete, family and coach.

We have, therefore, established the following Code of Conduct applicable to all athletes and team employees:

Each swimmer and team employee agrees to the following:

1. I will seek to avoid unnecessary exposure to COVID-19. I will self-report any potential exposure to anyone with COVID-19 and understand that I may not be allowed to return to practice for a period of up to 24 days.
2. I will report any exposure to persons known to have tested positive for the Coronavirus and also anyone that has any of the symptoms per the new CDC guidelines even if undiagnosed and will not attend practice until clearance has been given.
3. I will report and not attend practice if I feel feverish, have respiratory symptoms such as cough, sneezing, shortness of breath, chills, repeated shaking, muscle pain, headache, sore throat, and new loss of taste or smell.
4. Anyone with a temperature of 100.4 or above will be asked to go home for their safety and the well-being of the team.

With the utmost regard for the safety and well-being of our athletes, we are following guidance set forth by the American Academy of Pediatrics and the American Medical Society for Sports Medicine regarding return to swimming after a COVID-19 infection. All athletes who have tested positive for COVID-19 must receive [clearance from a medical provider](#) prior to resuming activities with the team. Please review the information in the link provided for more information. All coaches and athletes who are confirmed or suspected positive for COVID-19 should follow [recommendations for release from isolation from the CDC](#) when considering a return to practice.

American Academy of Pediatrics - [COVID-19 Guidance: Return To Sports](#)

American Medical Society for Sports Medicine - [Cardiopulmonary Considerations for High School Student-Athletes During the COVID-19 Pandemic](#)

CDC - [Quarantine and Isolation](#)

****Coach Jenna Johnson will be the sole point of contact for swimmers/families to notify Prime Aquatics of possible exposure or positive case of COVID-19****

The following is provided as a resource to clarify Prime Aquatics protocols for handling various scenarios regarding COVID-19

Prime Aquatics COVID-19 Policy

Swimmers should be kept home from practice/meets for the following reasons:

Positive COVID-19 test or awaiting test results

Preponderance of COVID-19 symptoms

Close Contact with confirmed positive COVID-19 case

COVID-19 SYMPTOMS

- Fever (temp of 100.4 F or greater) or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore Throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Positive COVID-19 test or awaiting test results

- Notify Coach Jenna Johnson
- Isolate the child at home for 10 days from the onset of symptoms or 10 days from test if asymptomatic
- Must be symptom free for at least 24 hours and complete the 10 day isolation period before returning to swim if Covid test is positive
- Must check in with Coach Jenna before returning
- If Positive for COVID-19, must obtain clearance from healthcare provider before returning

Preponderance of COVID-19 symptoms

- Notify Coach Jenna Johnson
- Consult your healthcare provider
- Isolate the child at home for 10 days from the onset of symptoms
- The period of isolation can be reduced by doing one of the following:
 - Confirmation from healthcare provider of an alternate explanation for the symptoms; or
 - Child has documentation of a negative COVID-19 test (PCR or Antigen test) after the onset of symptoms with no fever and improvement of symptoms for 24 hours
- Must check in with Coach Jenna before returning

Close Contact with confirmed positive COVID-19 case

- Notify Coach Jenna Johnson
- Must check in with Coach Jenna before returning

***Close Non-Household Exposure with confirmed Covid-19 case ***

- Quarantine your child for 10 days from the last contact with a positive case
- If symptoms occur, contact your healthcare provider
- A negative COVID-19 test (PCR or Antigen test), administered on Day 5 or later of the quarantine, reduces the the 10 day quarantine to 7 days for asymptomatic individuals.

Close Household Exposure with confirmed Covid-19 case

- Must quarantine as long as exposed to positive case in the household and must quarantine another 7-14 days beyond last known date of exposure.
- Quarantine may not start until the exposed individual is separated from the positive case (different rooms, different bathrooms, different eating utensils).
- Day of exposure is Day 0. If exposed individual cannot separate from the positive case in the household, then he/she must quarantine for an additional 10 days + 7-14 days extra, or until there are no symptoms and the exposed individual tests negative (PCR or Antigen Test) on Day 5.
- Once exposed individual tests negative, they may break quarantine on Day 7.

When does quarantine end?

Once exposure is no longer occurring (either the case has completed their 10-day isolation period or the case and contact have separated within the home), then quarantine ends:

- 1) after Day 14 as recommended by the Tennessee Department of Health and the CDC.
- 2) after Day 10 (returning to regular activities on Day 11) without testing if the contact does NOT have symptoms.
- 3) after Day 7 (returning to regular activities on Day 8) if the contact does NOT have symptoms and if the exposed individual tests **NEGATIVE** on a PCR or Antigen Test (NOT a Rapid Test) **AFTER** Day 5.

***Swimmers who are fully vaccinated or who have had COVID-19 within the last 90 days are not subject to Close Contact quarantine protocols unless the individual becomes symptomatic**

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