

STANDARDIZED COVID RESPONSE

Updated 1/7/2022



The purpose of this policy addendum is to provide a clear and concise path to safely return to activity with SUNN Swimming following possible exposure to COVID-19, as well as to outline the steps necessary to notify affected families and employees in a timely manner. This addendum reflects the recommendations published by the [CDC](#) and the [Santa Clara County Public Health Department](#) with consideration of SUNN's circumstances. The addendum is subject to modification when there are new relevant data or updates to the recommendations by these public health institutions.

REMINDER of MEDICAL RELEASE and LIABILITY WAIVER

Please note that exposure to COVID-19 may result in significant illness, which falls under our **Medical Release and Liability Waiver** (available on our [Team Policies](#) page). Annually every SUNN swimmer has agreed to this medical release and liability waiver. Please review them at your earliest convenience.

EXPOSURE & CLOSE CONTACT

The CDC defines a close contact as “someone who was less than 6 feet away from an infected person (laboratory-confirmed or a clinical diagnosis) for a cumulative total of 15 minutes or more over a 24-hour period (for example, three individual 5-minute exposures for a total of 15 minutes).”¹

For SUNN purposes, our swim training groups operate as pods. Athletes are unmasked in the water and intermixing between lanes, often spending intervals between sets on the wall socializing. For this reason, and in an abundance of caution, SUNN considers any practice participant within the last contact date of the positive-testing athlete to be a close contact (within the same training group).

¹ <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>

Coaches who maintain 6 feet or greater distances from their athletes during practice or events are not considered close contacts.

INDIVIDUAL CLOSE CONTACT QUARANTINE PROTOCOL

If an athlete or employee is deemed a close contact (from any source), they must notify the **SUNN COVID-19 Response Team** immediately (see contact below). SUNN will quarantine that individual from the team for at least 5 days, after their last contact with the person who has COVID-19.

Quarantine can end after day 5 if symptoms are not present and a diagnostic specimen collected on day 5 or later tests negative. If not tested and the athlete remains asymptomatic, quarantine can end after day 10.

EXPOSED TRAINING GROUP QUARANTINE PROTOCOL

If an exposure occurs to a specific swim group, resulting in close contact (see section above), SUNN will suspend practice for the group for 5 days from the last contact date to the COVID positive athlete. However, individual athletes must be both asymptomatic and test negative on at least the 5th day from contact in order to return to practice. If not tested and the athlete remains asymptomatic, the athlete can resume practice after day 10.

COVID-POSITIVE ATHLETE OR EMPLOYEE PROTOCOL

Any athlete or employee that tests positive for COVID should self-isolate and not attend practice until they recover from their symptoms. Any athlete or employee who maintains a fever is not permitted to participate in any activity with the team.

The athlete or employee may return to SUNN activities if they are asymptomatic and tested negative at least 5 days after their positive test.

The athlete or employee may return to SUNN activities if they do not have a fever, have improving symptoms, and it has been at least 10 days after their positive test.

SYMPTOMATIC ATHLETE OR EMPLOYEE PROTOCOL

Any athlete or employee that has symptoms of COVID should self-isolate, get tested for COVID (antigen/PCR test is highly preferred), and not attend SUNN activities until they recover from their symptoms. Any athlete or employee who maintains a fever is not permitted to participate in any activities with the team.

The athlete or employee may return to practice if they become asymptomatic and tested negative at least 5 days after the start of their symptoms or the date of a positive test.

The athlete or employee may return to practice if they do not have a fever (at least for the last 48 hours), have improving symptoms, and it has been at least 10 days after the start of their symptoms or the date of a positive test.

NOTIFICATION TIMELINE

Parents, their athletes, and employees must notify the **SUNN COVID Response Team** as soon as possible when learning of a positive COVID test result, status as a close contact (see above), or symptomatic for COVID-19.

Once notified, SUNN's COVID Response Team will take immediate actions necessary to:

- Enact quarantine protocol
- Communicate the timeline and requirements to return to practice for training groups and individuals
- Inform athletes and employees of exposure and potential close contact status

CONFIDENTIALITY

SUNN's COVID Response Team will maintain confidentiality when an athlete or employee reports their COVID-19 status or exposure history.

SUNN COVID-19 RESPONSE TEAM

SUNN has created a **COVID-19 Response Team** to quickly address potential pandemic related situations that may occur. The group consists of members made up of coaches, staff, and BOD.

Club members may confidentially communicate any questions, concerns, or information about COVID-19 to SUNN's COVID-19 Response Team via:

Phone: 408-548-0110
Text: 408-548-0110
Email: covid@sunn.org

COVID SCENARIOS: WHAT SHOULD I DO NEXT?

The following table outlines possible scenarios with instructions on what to do next in order to return to SUNN activities when you tested positive for COVID, symptomatic for COVID, or had an exposure/close contact with a COVID positive person.

| Scenarios | What to do next | Requirement and Instructions to Return to SUNN activities |
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| <p>I tested positive for COVID-19</p> | <p>Isolate and notify the SUNN COVID Response Team immediately.</p> <p>Consult with your physician.</p> <p>Consider taking a COVID test (antigen/PCR test is highly preferred) at least 5 days after your positive test.</p> | <p>Criteria:</p> <ol style="list-style-type: none"> 1. I have no symptoms and I tested negative at least 5 days after my positive test. <p style="text-align: center;">-OR-</p> <ol style="list-style-type: none"> 2. I have not had a fever for 48 hours, with improving symptoms, and it has been 10 days after my positive test. <p>Instructions:</p> <p>Email a statement confirming the above to SUNN's COVID Response Team (covid@sunn.org) before returning to practice.</p> |
| <p>I have symptoms of COVID, such as sore throat, cough, fever, congestion, fatigue.</p> | <p>Isolate and notify the SUNN COVID Response Team immediately.</p> <p>Consider taking a COVID test (antigen/PCR test is highly preferred) immediately and at least 5 days after your initial test.</p> <p>Consult with your physician.</p> <p>If I test positive at any time, go to the positive COVID Scenario.</p> | <p>Criteria</p> <ol style="list-style-type: none"> 1. I no longer have any symptoms and tested negative at least 5 days after the start of my symptoms. <p style="text-align: center;">-OR-</p> <ol style="list-style-type: none"> 2. I have not had a fever for the last 48 hours. My symptoms are improving and it has been 10 days since the start of my symptoms. <p>Instructions:</p> <p>Email a statement confirming the above to SUNN's COVID Response Team (covid@sunn.org) before returning to practice.</p> |

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| <p>I had an exposure or is deemed to be a close contact to a COVID positive person.</p> | <p>Isolate and notify the SUNN COVID team immediately.</p> <p>Consider taking a COVID test (antigen/PCR test is highly preferred) at least 5 days after your last contact with the COVID positive person.</p> | <p>Criteria:</p> <ol style="list-style-type: none">1. I remained without symptoms and I tested negative at least 5 days after my last contact date with the COVID positive person. <p>-OR-</p> <ol style="list-style-type: none">2. I did not get tested, but I am without symptoms, and 10 days have passed from my last contact date with the COVID positive person. <p>Instructions:</p> <p>Email a statement confirming the above to SUNN's COVID Response Team (covid@sunn.org) before returning to practice.</p> |
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