



## **Quest Swimming: COVID-19 Operating Procedures**

**Effective September 1<sup>st</sup>, 2021**

### **PPE and Social Distancing Guidelines:**

All swimmers, staff, and guests who are not fully vaccinated are encouraged to wear face coverings and socially distance when on Quest Swimming property. This includes entering and exiting the facility, waiting on the sidewalk before and after practice, and any other time you're on the pool deck or in the buildings. Anyone who is fully vaccinated, and still chooses to wear a face covering and socially distance, has Quest Swimming's full support.

### **Per CDC guidelines, the definition of "fully vaccinated" is as follows:**

People are considered fully vaccinated for COVID-19 two weeks after they have received the second dose in a 2-dose series (Pfizer or Moderna) or 2 weeks after they have received a single dose vaccine (Johnson & Johnson). Unvaccinated people refer to individuals of all ages, including children, that may not have completed a vaccination series or received a single dose vaccine.

### **Quest Swimming Operational Procedures:**

- The entire facility will be cleaned daily
- Hand sanitizer will be available at both Deer Run and Evergreen
- Parents are asked to remain outside of the facility during practice time
- Coaches will keep attendance to be used if contact tracing is needed

*PLEASE DO NOT COME TO PRACTICE, MEETS OR ANY QUEST SWIMMING TEAM ACTIVITY IF YOU ARE EXHIBITING ANY OF THE FOLLOWING SYMPTOMS:*

- Fever of 100.4 or higher
- Shortness of breath or difficulty breathing
- Sore throat
- Recent cough, headache, or unusual fatigue
- Muscle ache not caused by exercise
- Loss of taste or smell
- Nausea, vomiting or diarrhea

### **Quarantine Requirements and Procedure:**

The CDC and VDH recommend that close contacts quarantine for 14 days after their last exposure, if possible. Individuals who have had CLOSE CONTACT with someone with COVID-19 may not participate in any Quest Swimming team activity (practice, meets, etc.) for a period of time:

1. Quarantine can end after DAY 10 without testing and if no symptoms have developed
2. Quarantine can end after DAY 7 if a test (PCR or antigen) performed on or after DAY 5 is negative and if no symptoms have developed.
3. Whether you are quarantined due to a positive COVID-19 test, or due to being a close contact, we ask that you provide a doctor's note upon return to Quest Swimming stating that you are cleared to resume normal athletic activity.

**Per CDC guidelines, the definition of “close contact” is as follows:**

Living with a person or providing care for a person with COVID-19, having exposure to the respiratory secretions of a person with COVID-19, or being within 6 feet of a person with COVID-19 for a cumulative time of 15 minutes over a 24-hour period.

Quarantine Exceptions:

- People who have tested positive for COVID-19 within the past 3 months and recovered do not have to quarantine or get tested again if they do not develop new symptoms.
- People who develop symptoms again within 3 months of their first bout of COVID-19 may need to be tested again if there is no other cause identified for their symptoms.
- People who have been in close contact with someone who has COVID-19 are not required to quarantine if they have been fully vaccinated against the disease and show no symptoms.

As a reminder, it is the PARENTS responsibility to assure that their swimmers are physically well and in compliance with protocols and procedures before participating in Quest Swimming team activities. All of us are dealing with an unprecedented health situation, and it is incumbent on ALL of us to do our part to mitigate the impact of the pandemic. At Quest Swimming, the health and safety of our swimmers, their families, and our staff are our primary focus, day in and day out. We ask for your assistance in protecting the members of the Quest Swimming community by using your best judgement and following all CDC and VDH guidelines.

Should you have any questions, please contact Chad Onken ([CoachChad@QuestSwimming.com](mailto:CoachChad@QuestSwimming.com)) or John Smithson ([CoachJohn@QuestSwimming.com](mailto:CoachJohn@QuestSwimming.com)).