

TIDE SWIMMING COVID-19 POLICY STATEMENT

Tide Swimming will comply with all published directives and guidelines issued by the CDC that define protocols for exposure to someone who has tested positive for COVID-19. The policies and procedures described below have been excerpted directly from current guidelines published by the CDC.

These policies pertain to all swimmers, coaches and TIDE staff members (hereinafter referred to as “TIDE members”). Family members of TIDE swimmers should consult their medical professional, public health authorities, and CDC guidelines for the proper protocols to follow.

If a TIDE member tests positive for COVID-19 then he/she should not attend any TIDE activities for 14 days and/or receipt of a follow up negative test result. The TIDE member should also be symptom-free for 24 hours before returning to practice.

If a TIDE member lives with someone who has tested positive for COVID-19 the TIDE member should not participate in any TIDE activities for 14 days.

If a TIDE member was in close contact with someone (e.g. a friend or parent) who had been potentially exposed to COVID-19 from a COVID - positive friend or coworker, AND THAT FRIEND OR PARENT DEVELOPS COVID-19 SYMPTOMS, the TIDE member should not participate in any TIDE activities for 14 days from the last close contact with the friend/parent who has developed symptoms.

Example: A swimmer’s parent is potentially exposed to COVID-19 in the workplace. The parent then develops COVID-19 symptoms. Once that occurs, the swimmer should not attend practice for 14 days from the last close contact with the parent.

The current [CDC guidance](#) for people exposed to people with known or suspected COVID-19 or possible COVID-19:

Person	Exposure to	Recommended Precautions for the Public
Individual who has had close contact (less than 6 feet)** for 15 minutes or longer***	<ul style="list-style-type: none"> ● Person with COVID-19 who has symptoms (in the period from 2 days before symptom onset until they meet criteria for discontinuing home isolation; can be laboratory-confirmed or a clinically compatible illness) ● Person who has tested positive for COVID-19 (laboratory confirmed) but has not had any symptoms (in the 2 days before the date of specimen collection until they meet criteria for discontinuing home isolation). <p>Note: This is irrespective of whether the person with COVID-19 or the contact was wearing a cloth face covering or whether the contact was wearing respiratory personal protective equipment (PPE)</p>	<ul style="list-style-type: none"> ● Stay home until 14 days after last exposure and maintain social distance (at least 6 feet) from others at all times ● Self-monitor for symptoms <ul style="list-style-type: none"> ○ Check temperature twice a day ○ Watch for fever*, cough, or shortness of breath, or other symptoms of COVID-19 ● Avoid contact with people at higher risk for severe illness from COVID-19 ● Follow CDC guidance if symptoms develop

*For the purpose of this guidance, fever is defined as subjective fever (feeling feverish) or a measured temperature of 100.4°F (38°C) or higher. Note that fever may be intermittent or may not be present in some people, such as those who

are elderly, immunocompromised, or taking certain fever-reducing medications (e.g., nonsteroidal anti-inflammatory drugs [NSAIDs]).

** Data to inform the definition of close contact are limited. Factors to consider when defining close contact include proximity, the duration of exposure (e.g., longer exposure time likely increases exposure risk), and whether the exposure was to a person with symptoms (e.g., coughing likely increases exposure risk). While research indicates cloth face coverings may help those who are infected from spreading the infection, there is less information regarding whether cloth face coverings offer any protection for a contact exposed to a symptomatic or asymptomatic patient. Therefore, the determination of close contact should be made irrespective of whether the person with COVID-19 or the contact was wearing a cloth face covering. Because the general public has not received training on proper selection and use of respiratory PPE, it cannot be certain whether respiratory PPE worn during contact with an individual with COVID-19 infection protected them from exposure. Therefore, as a conservative approach, the determination of close contact should generally be made irrespective of whether the contact was wearing respiratory PPE, which is recommended for health care personnel and other trained users, or a cloth face covering recommended for the general public.

***Data are insufficient to precisely define the duration of time that constitutes a prolonged exposure. Recommendations vary on the length of time of exposure, but 15 minutes of close exposure can be used as an operational definition. Brief interactions are less likely to result in transmission; however, symptoms and the type of interaction (e.g., did the infected person cough directly into the face of the exposed individual) remain important.