



Virginia Gators of Harrisonburg

COVID-19 Guidelines

(Revised as of 8/23/2021)



We expect our families to follow the guidelines of the facilities we are using for both practices and meets, realizing that facility protocols may differ and be more comprehensive than our current guidelines. Willful or intentional neglect of team policy will not be tolerated. **This is a fluid process and guidelines change quickly so we will send facility-specific guidelines by email as they are revised and post the most up-to-date information on our website.**

Guidelines for swimmers of the Virginia Gators of Harrisonburg

- Please refer to specific policies for our practice facilities that are distributed by email and posted on the website. Information for meet facilities will be distributed before each meet and posted under the relevant “Events” tab.
- ANY Gator swimmer or family member who attends practices INDOORS are required to wear masks unless swimming. Masks should be worn outdoors if children cannot remain at a suitable distance.

Temperatures will not be taken prior to pool entry, but we request that children do not attend practice if they have a fever (100.4 or above), are exhibiting symptoms of COVID, or have been exposed to COVID recently.

Additional Information

- **Positive for COVID:** Notify Coach Scot if you are positive for COVID. If you test positive for COVID you will need to isolate regardless of vaccination status. You may return to practice 10 days after symptom onset or date of the positive test (whichever is earlier) AS LONG AS you are fever free for 24 hours without fever-reducing medications AND symptoms have improved.
- **Positive Contact for COVID:** Quarantine guidelines differ depending on vaccination status. **If exposure is within your family unit, please let us know as your quarantine time may be different than what is listed below.**
 - A close contact is defined as being within 6 feet of a person (3 feet masked) who has COVID-19 for a total of 15 minutes or more over a 24-hour period, direct exposure to respiratory secretions (coughed/sneezed on, sharing utensils, kissing), or providing care for or living with someone with COVID-19. If close contact is ongoing (i.e. living in household with positive contact), please count most recent exposure/contact as exposure starting point.*
 - ⇒ Vaccinated swimmers: Fully vaccinated swimmers with a defined contact may return to practice after day 3 with a negative test result (test must occur on day 3 or later after most recent exposure/positive contact) or after day 10 without testing as long as swimmer remains symptom free.

- ⇒ Unvaccinated swimmers: Please quarantine if you have been in close contact with someone positive for COVID-19. Unvaccinated swimmers with a defined contact may return to practice after day 7 with a negative test result (test must occur on day 5 or later after most recent exposure/positive contact or after day 10 after exposure/contact without testing as long as swimmer remains symptom free.
- In the case of a swimmer testing positive for COVID-19, the swimmers in the same practice session will be notified, and any unvaccinated swimmer in that practice who meets the close contact definition above will be required to quarantine from practice/meets for 10 days without testing or 7 days with a negative test result completed 5 days or more from the date of exposure. Vaccinated swimmers who are close contacts must stay home from swimming until a negative test is received (tested on or after day 3 from time of exposure). As long as swimmer is symptom-free you can return to swimming after the negative test, or you can choose to return after day 10 without testing

PREPARING TO SWIM:

- PLEASE do not attend practice if you don't feel well – practice is not worth the risk to the entire team if there is even a possibility you might have COVID-19.
- Wash your hands with disinfectant soap and water or use a hand sanitizer.
- Bring a full water bottle to avoid touching a tap or water fountain handle.
- Wear your suit to practice.

ARRIVAL and CHECK-IN:

- Park in the designated parking area for your assigned pool.
- Please stage in an area outside the swimming pools (at Westover just outside the main pool entrance/by the open gate to the outdoor pool and at JMU to the left of Godwin as you approach from the parking lot under the pool scoreboard entrance)
- We ask that ALL swimmers stay at least 6 feet apart from others at all times while at the pool facility.

WHEN SWIMMING:

- Do not share food, drinks, towels, or any other equipment.
- No spitting in the pool or touching other swimmers at any time.
- A maximum of FOUR swimmers per lane are permitted at Westover and JMU facilities, per facility guidelines, but may increase/decrease as facility allows.
- Swimmers MUST follow these guidelines and the direction of the coach or they will not be permitted to practice.

SOURCE INFORMATION

- <https://www.vdh.virginia.gov/coronavirus/cloth-face-covers/#mask-requirements> (last updated June 28, 2021)
- <https://www.vdh.virginia.gov/coronavirus/coronavirus/travel-to-areas-with-widespread-ongoing-community-spread/>
- https://www.vdh.virginia.gov/content/uploads/sites/182/2020/04/Home-IsolationQuarantine-Release-Graphic_FINAL.pdf (last updated May 21, 2021)
- <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>
- <https://www.usaswimming.org/home/covid-news>
- [https://www.governor.virginia.gov/media/governorvirginiagov/executive-actions/EO-79-and-Order-of-Public-Health-Emergency-Ten-Ending-of-Commonsense-Public-Health-Restrictions-Due-to-Novel-Coronavirus-\(COVID-19\).pdf](https://www.governor.virginia.gov/media/governorvirginiagov/executive-actions/EO-79-and-Order-of-Public-Health-Emergency-Ten-Ending-of-Commonsense-Public-Health-Restrictions-Due-to-Novel-Coronavirus-(COVID-19).pdf)
- <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html>
- <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>