



Virginia Gators of Harrisonburg

COVID-19 Guidelines

(Revised as of 6/28/2021)



We expect our families to follow the guidelines of the facilities we are using for both practices and meets, realizing that facility guidelines may differ and be more comprehensive than our current guidelines. **This is a fluid process and guidelines change quickly. We will make every attempt to stay current with any important changes that may affect your swimmers.**

Guidelines for swimmers of the Virginia Gators of Harrisonburg

- Children ages 11/under are required to wear masks INDOORS, unless swimming. Masks should be worn outdoors if children cannot remain at a suitable distance.
- Children 12/older who are NOT vaccinated should continue to wear masks indoors or when social distancing is not possible, unless swimming.

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 the coach 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.
 - Vaccinated swimmers: If you are fully-vaccinated and asymptomatic you do not need to quarantine or test. If you develop symptoms and are a positive contact for COVID you will require quarantine unless you have received a negative test.
 - Unvaccinated swimmers: Please quarantine if you have been in close contact with someone positive for COVID-19. A close contact is defined as being within 6 feet of a person who has COVID-19 for a total of 15 min 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. Unvaccinated swimmers with a defined contact may return to practice after day 10 with a negative test result or after day 14 without testing as long as you remain symptom free. The test should be obtained 5 days or more after exposure.

- 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 14 days without testing or day 10 with a negative test result completed 5 days or more from the date of exposure. Vaccinated swimmers who are close contacts can continue swimming as long as they are symptom-free.

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 unvaccinated 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>