



## COVID-19 Policy & Operating Procedures

Effective November 22, 2021

### **Masking and Social Distancing**

NOVA recommends wearing a face covering when in a NOVA facility for those **aged 12 years and up**. We support any individual who chooses to do so. Masking is strongly encouraged for any person who is unvaccinated.

**Children aged 3 to 11 years old**, and their instructors and coaches, are required to wear a face covering until further notice. NOVA wants to allow sufficient time for children to be vaccinated, and for the vaccines to take effect, before making any changes for this age group. Exceptions to the masking requirement are: a) when swimmers are in the water or immediately going to/from the water; and b) for coaches on deck coaching (after their swimmers are in the water) with appropriate (six-foot) physical distancing.

Since physical distancing is effective at reducing COVID-19 transmission, all should continue with good social distancing practices whenever possible.

COVID-19 guidelines for swim meets will be outlined in each meet invitation.

NOVA's COVID policy will be reviewed and revised as changes in local conditions warrant.

### **Operational Procedures**

- Coaches and instructors will maintain daily attendance logs of swimmers under the age of 12 years old. These records will include lane use and will be kept for 30 days should contact tracing be necessary.
- The facility will be cleaned daily.
- Hand sanitizer dispensers will be placed at all entrances and exits of NOVA facilities.
- Masks will be required at the entrance for those who need one.

### **Screening Requirements for Entry**

- **Parents have the responsibility to assure that their swimmers are physically well and in compliance with screening protocols before participating in NOVA activities.**
- All individuals will self-assess their physical health before entering the facility, according to the mandatory screening questions that are displayed on the front door. Individuals may not enter the building if they are feeling sick, with symptoms to include:

- ✓ Indications of a fever or a fever of over 100.4 degrees
- ✓ Shortness of breath and difficulty breathing
- ✓ Sore throat
- ✓ Recent cough, headache, or unusual fatigue that cannot be attributed to a medically diagnosed condition (for example, allergies)
- ✓ Muscle ache not caused by exercise
- ✓ Loss of taste or smell, nausea, vomiting, or diarrhea

- If exposed, and/or if COVID-19 symptoms develop, individuals should self-isolate, monitor symptoms, get tested, and seek medical assistance if necessary.

**Quarantine Policy**

*Close contact is defined by the CDC as 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 with or without a mask. In addition, NOVA defines close contact in the lessons department as the lesson instructor and all swimmers in the same class.*

- **Fully vaccinated individuals** who have been in *close contact* with someone who has COVID-19 are not required to quarantine. However, they should be tested 3-5 days following the date of their exposure and must wear a mask in any NOVA facility for 14 days or until they receive a negative test result.

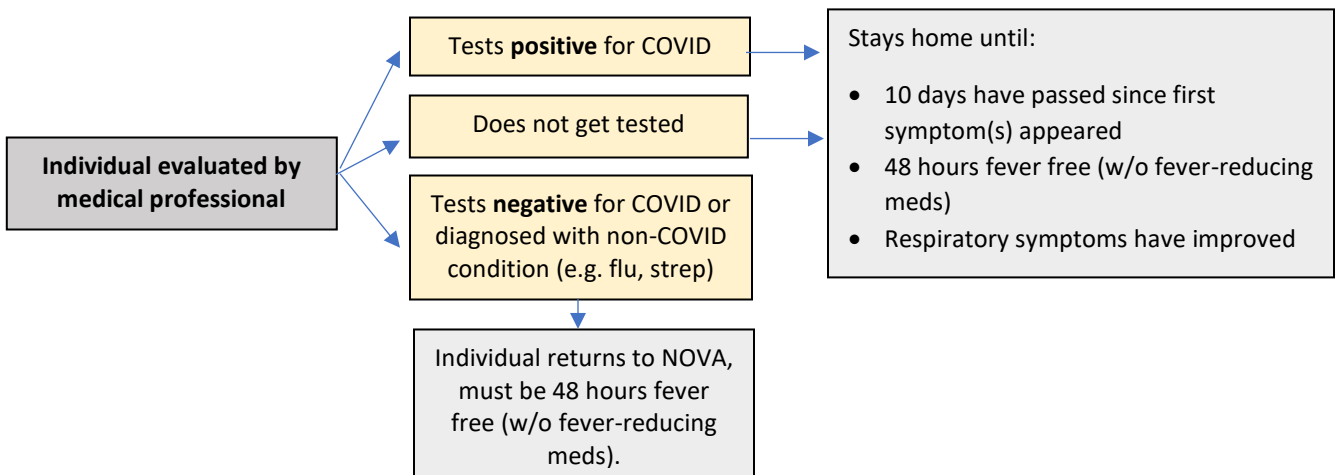
Individuals are considered fully vaccinated: 2 weeks after their second dose in a 2-dose series, such as the Pfizer or Moderna vaccines, or 2 weeks after a single-dose vaccine, such as Johnson & Johnson’s Janssen vaccine.

- **Unvaccinated individuals** who have been in *close contact* with someone who has tested positive should quarantine for 10-14 days after their last exposure.
  - 1) Quarantine can end after Day 10 without testing and if no symptoms have developed; or
  - 2) Quarantine can end after Day 7 if a viral test (e.g., PCR or antigen test) performed on or after Day 5 is negative and if no symptoms have developed.

Individuals who have tested positive for COVID-19 within the past 3 months and recovered do not have to quarantine and only need to get tested again if they develop symptoms again (within 3 months of their first bout of COVID-19) if there is no other cause identified for their symptoms

*For individuals who develop symptoms and/or who test positive, refer to the COVID-19 scenarios below.*

**Individual has COVID-19 symptoms or tests positive**



**Individual had close contact with someone who tested positive for COVID-19:**

Please advise Ann McGee, NOVA’s COVID Point of Contact, and follow the ‘Quarantine Policy,’ as outlined in this document.

### **Individual tests positive for COVID-19**

- Please advise Ann McGee and inform her of those people with which the afflicted swimmer had close contact.
- Individual should self-isolate at home, monitor symptoms, and seek medical attention if warranted.
- If symptom free, the individual who tested positive for COVID-19 may return to NOVA 10 days after the diagnosis.
- If symptomatic, the individual who tested positive may return to NOVA 10 days after symptom(s) first appeared, 48 hours since fever, and respiratory issues have improved.

### **NOVA Responsibilities**

- Speak with the affected individual, or guardian(s) thereof to confirm the diagnosis and identify the individuals at NOVA with whom the individual had close contact.
- Speak with the coaches/supervisor(s) of the affected individual to confirm that reliable contact tracing at NOVA can be achieved.
- For those under 12 years old, the coaches will provide information on attendance and lane assignments. This means that confirmation of attendance, and specific lane use for 48 hours leading up to the positive diagnosis, can be determined for each swimmer exposed to the person who tested positive. Those who swam in the same lane and starting end, and who are unvaccinated, will be asked to stay home from NOVA for at least 7-10 days since the last exposure to the person who tested positive
- Call all individuals who had close contact with the person who tested positive.
- Email all active members of the same practice group to advise that an individual has tested positive (will not identify the person).

**If any member of the NOVA community has a concern or question, please contact your coach or Ann McGee at [annmcgee@novaswim.org](mailto:annmcgee@novaswim.org).**