



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

- All swimmers, staff, and guests at NOVA, aged 5 years and older, who are not fully vaccinated, are encouraged to wear face coverings and socially distance when: entering and exiting the facility; waiting on the sidewalk/field before and after practice; on deck; and in the interior spaces. Anyone who is fully vaccinated, and still chooses to wear a face covering and socially distance, has NOVA's full support.

#### Definition of "fully vaccinated" (per CDC guidelines)

People are considered fully vaccinated for COVID-19 2 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 refers to individuals of all ages, including children, that have not completed a vaccination series or received a single-dose vaccine.

- Coaches and staff must wear face coverings when coaching or teaching lessons to swimmers under the age of twelve years old since these children are not eligible to be vaccinated. Coaches may remove face coverings when actively coaching, assuming others are 6 feet away from swimmers.

### **Operational Procedures**

- Coaches and instructors will maintain daily logs of swimmer attendance, including lane use and lane positions for each day, and will keep these records for 30 days. These swimmer logs will be used if contact tracing is needed.
- The facility will be cleaned daily.
- Hand sanitizer dispensers will be placed at all entrances and exits of the facility.
- Visitors may bring their own chairs and are required to sit in the designated seating areas.
- Each SwimNOVA lesson participant is limited to one guardian in the building.

### **Screening Requirements for Entry**

- 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 suspected of having COVID-19, individuals should self-isolate, monitor symptoms, and seek medical attention and possible testing. NOVA swimmers and employees who live with a family member who has a fever of over 100.4 degrees, or any symptoms of COVID-19, or had close contact with someone who tested positive, should self-isolate while at home, monitor symptoms, and seek medical attention if warranted.

### **Quarantine Requirements**

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 NOVA activities for a period of time. according to CDC and Virginia Department of Health (VDH) guidelines:

- 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.

*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. In addition, NOVA defines close contact as swimmers starting at the same end of the pool in the same lane. For the lessons program, close contact includes all swimmers in the same class.*

### **Quarantine Exceptions (per CDC guidelines)**

- People who have tested positive for COVID-19 within the past 3 months and recovered do not have to quarantine or get tested again as long as 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.

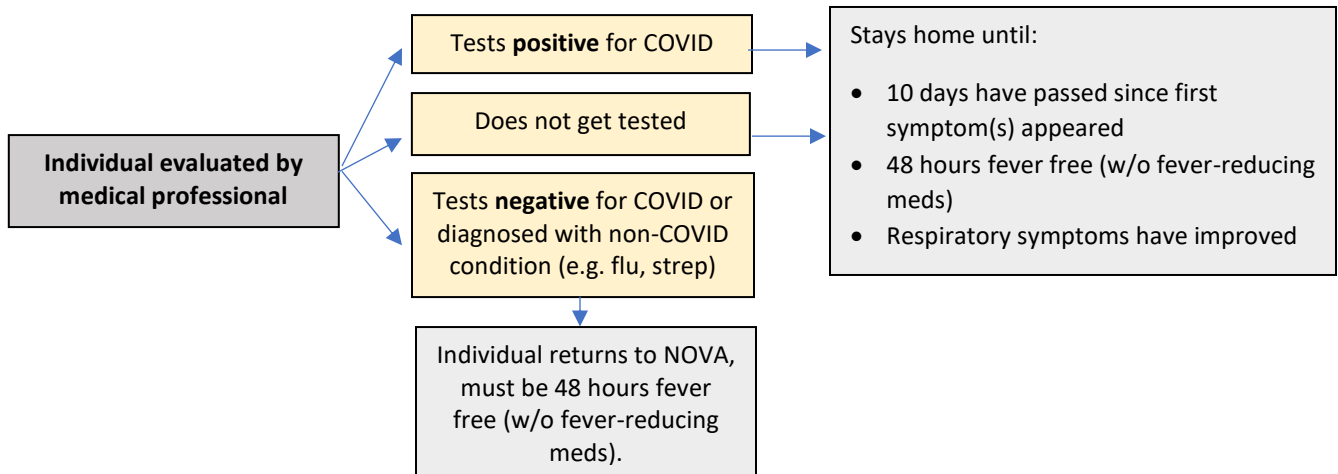
Parents have the responsibility to assure that their swimmers are physically well and in compliance with screening protocols before participating in NOVA activities.

All of us are dealing with an unprecedented public health situation, and it is incumbent on ALL of us to do our part to mitigate the impact of the pandemic. AT NOVA, the health and safety of our swimmers, their families, and our staff come first. We ask for your assistance in protecting the members of the NOVA community by using your best judgement and following the stated guidelines.

**If any member of the NOVA community has a concern or question, please contact NOVA's COVID-19 Point of Contact, Ann McGee at [annmcgee@novaswim.org](mailto:annmcgee@novaswim.org).**

**May 28, 2021**

**Individual has symptoms of COVID-19**



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

- Please advise Ann McGee, NOVA’s COVID Point of Contact.
- Individual should self-isolate at home and monitor symptoms. If symptoms develop, refer to Scenario 1.
- If symptoms do not develop, individual may return to NOVA 7-10 days after the last exposure to the person who tested positive, based on conditions set forth by the CDC and VDH. Please see ‘Quarantine Exceptions’ (page 2 of this document).

**Individual tests positive for COVID-19**

- Please advise Ann McGee, NOVA’s COVID Point of 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. This means that **confirmation** of attendance, and specific lane use/starting end for the 10 days leading up to the positive diagnosis, can be determined for each swimmer in the same pool at the same time as the affected individual.
  - If yes: those who swam in the same lane, and at the same starting end, will be asked to stay home from NOVA for at least 7-10 days since the last exposure to the person who tested positive.
  - If no: The Head Coach will determine which swimmers and coaches must stay home from NOVA based on input. Depending on the circumstances, and reliability of contact tracing, those impacted could involve the entire practice group or all swimmers in the same pool(s) at the same time.
- 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).