

## **Sharks Swim Club – Updated COVID-19 Policy**

These are difficult and stressful times. Our coaching staff and Board have implemented changes to practices to try to get as many swimmers back in the water as safely as we can.

We've all been cooped up indoors for a long time now, and our regular Summer plans have been disrupted, changed, or cancelled outright. As our society is starting to re-open, a lot of people are taking the opportunity to travel. However, this increase in travel along with the re-opening of businesses also comes with some increase in risk as we are potentially exposed to a lot more people and places. We encourage everyone to adhere to local, state and CDC guidelines to help minimize your risk and keep each other safe. CDC guidelines can be found here:

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

As you come back from travel and begin to expand your exposure even while at home, please be mindful of your health and the health and safety of others. If your household members don't feel well in any manner, please don't come to practice. Below is specific guidance, based on symptoms and potential for exposure:

1. If you have had any of the following symptoms in the past 24 hours, you **MUST** remain at home and do not return to practice until you are symptom-free for 72 hours. We would highly recommend, if possible, go to a testing facility to be assessed.
  - a. Fever of 100.4 or higher
  - b. Chills
  - c. Unexplained rash
  - d. Cough
  - e. Shortness of breath / difficulty breathing
  - f. Muscle pain or body aches
  - g. Sore throat
  - h. New loss of taste or smell
2. If you have tested positive for COVID-19 or otherwise been diagnosed with COVID-19 within the last 14 days, you **MUST** meet the following criteria before return to practice:
  - a. A minimum of 14 days of self-quarantine from the positive test
  - b. A subsequent negative test
  - c. 72 hours with no symptoms

Please note: Testing and results must be reported to the coaching staff to monitor contacts and early signs of transmission within the team or groups. Also, we are developing procedures in the event we have a swimmer or family member test positive.

3. If you have had close contact within the last 14-days with someone who has COVID-19 or who has any of the above symptoms and is presumed to have COVID-19, you **MUST** remove yourself from practice for 14 days. (Note: Close contact is defined as within 6 feet for more than 15 minutes by the CDC).
4. If you think you've been in a particularly risky situation for exposure, please **CONSIDER** removing yourself from practice for 14 days (or wait five days after presumed exposure and then obtain a negative test result) before you return to practice.

We would ask that you err on the side of caution to help keep your teammates and coaches safe, and if required, we will work with you on billing while you're out. If you have any questions, concerns or want to talk about specific cases or occurrences, please reach out to your coach.

Thanks for your ongoing support of Sharks Swim Club. The Coaches and the Board are working hard to get us through this difficult time. Your help and continued support is critical, and greatly appreciated.

Sharks Swim Club Board of Directors