

Revised: 2/15/2022

The following policies have been developed based on the current information available surrounding the prevention of spread of the COVID-19 virus. These policies are subject to change if new information becomes available.

POSITIVE TEST PROCEDURE – Required Actions if Individuals (swimmers or coaches) with Lab-Confirmed Cases Have Been in Practice

1. Should a Coach or swimmer test positive or otherwise be diagnosed with COVID-19, all of the following measures must be met prior to returning to pool:
 - a. A minimum of 10 full days of self-quarantine from the positive test
 - b. 72 hours with no symptoms
 - c. Antibody Test will not be used for returning to the pool – Click [here](#) for link to differences in Covid-19 Testing
 - i. Reminder:
 1. A viral test tells you if you have a current infection
 2. An antibody test tells you if you had a previous infection or may still be infected
2. Should any individual (Swimmers or Coaches) test positive or otherwise diagnose with COVID-19 the following measures will be taken in order to protect other team members:
 - a. The facility that the coach or swimmer has trained or worked with in the last 48 hours will not have practice for a minimum of 24 hours and additional cleaning will be required.
 - b. The family of swimmers who have trained in the same lane or adjacent lanes to the swimmer will be notified.
 - c. The groups that the coach has worked with in the last 48 hours will be notified
 - d. The swimmer or coaches name will remain confidential per legal requirements

PRESUMED POSITIVE PROCEDURE - Required Actions if Individuals (swimmers or coaches) with presumed exposure to COVID-19 Have Been in Practice

1. Should any individual (swimmers or coaches) have close contact (within six feet) for a prolonged period of time (15 minutes or more) with someone who has been diagnosed with COVID-19 or is presumed to be COVID-19 positive, the following measures will be required following last close contact with the infected individual:
 - a. A minimum of 5 full days of self-quarantine with no symptoms, followed by a lab-confirmed (PCR) negative viral nasal swab test
 - i. If a second negative nasal swab test for the virus is recommended by your health care provider, that test would also need to be negative prior to returning to the pool.

Or

 - b. A minimum of 10 full days of self-quarantine, no symptoms in the last 72 hours and a doctor's note.

The following quarantine exceptions apply:

 - c. Individuals who have tested positive for COVID-19 within the past 90 days and recovered do not have to quarantine or get tested again.

Note: For individuals living with someone who has been diagnosed with COVID-19, the date of last close contact is defined as 5 full days following that individual's positive test. If more than one individual has tested positive in a household, the date of last close contact is defined as 5 full days following the last COVID-19 diagnosis.

2. Any individual (swimmers or coaches) living with someone who experiences any of the symptoms of COVID-19, outlined below, whether they have a positive COVID-19 test or not, should self-isolate as outlined in the response following close contact (**PRESUMED POSITIVE PROCEDURE-1**). If they do not experience any COVID-19 symptoms, outlined below, during that period, they can return to the pool according to the criteria outlined above in response following close contact (**PRESUMED POSITIVE PROCEDURE-1**). If the individual experiences symptoms, they must self-isolate until all of the following criteria are met:
 - a. A minimum of 10 full days of self-quarantine from symptom onset
 - b. 72 hours with no symptoms
 - c. A lab-confirmed (PCR) negative viral nasal swab test, following symptom onset
 - i. If a second negative viral test for the virus is recommended by your healthcare provider, that test would also need to be negative prior to returning to the pool.
3. In the case of an individual (swimmers or coaches) who has symptoms that could be COVID-19, outlined below, and does not get evaluated by a medical professional or tested for COVID-19, the individual is assumed to have COVID-19, and the individual may not return to practice until.
 - a. A minimum of 10 full days of self-quarantine from symptom onset
 - b. 72 hours with no symptoms
4. In the case of an individual (swimmers or coaches) who has symptoms that could be COVID-19, outlined below, and wants to return to the pool before completing the above self-isolation period, the individual must obtain a medical professional's note clearing the individual for return based on an alternative diagnosis.

Click [here](#) for a link to the CDC's page on Testing for Covid-19

Click [here](#) for a link to the CDC's page on Public Health Guidance for Community – Related Exposure

Click [here](#) for a link to the Galveston County Health Department for local testing information

COVID Symptoms for Screening

- Cough
- Shortness of breath or difficulty breathing
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- Loss of taste or smell
- Diarrhea
- Feeling feverish or a measured temperature greater than or equal to 100.4 degrees Fahrenheit
- Known close contact with a person who is a lab-confirmed to have COVID-19

COVID Isolation Calculator

YOU HAVE TESTED POSITIVE WITH OR WITHOUT SYMPTOMS: ISOLATION CALCULATOR

You Tested on 2/8/2021. Day 1 begins the next day 2/9/2021

If you do not have symptoms, **your last full day of isolation is: 2/18/2021.**

Your return date is: 2/19/2021.

On this date, you may resume your usual activities, including attending practice, but should still take precautions to reduce your risk (i.e. social distancing, frequent handwashing, and wearing a mask when social distancing isn't possible).

YOU HAVE BEEN IDENTIFIED AS A CLOSE CONTACT: QUARANTINE CALCULATOR

You were last exposed on 2/8/2021. Day 1 begins the next day 2/9/2021

You can choose to quarantine the full 10 days, **your last full day of Quarantine is: 2/18/2021.**

If you did not develop symptoms, **your return date is: 2/19/2021**

OR

You were exposed on 2/8/2021. Day 1 begins the next day 2/9/2021

You can choose to have a PCR COVID-19 test 5 full days after exposure, **on or after 2/14/2021**

If you did not develop symptoms and the test is negative, **your return date is: 2/15/2021**

On this date, you may resume your usual activities, including attending practice.

YOU ARE LIVING WITH SOMEONE WHO HAS BEEN DIAGNOSED WITH COVID-19: QUARANTINE CALCULATOR

The last individual in your household tests positive 2/8/2021. Day 1 begins the next day 2/9/2021

You can choose to quarantine the full 15 days (5 days of continuous exposure followed by 10-day quarantine period), **your last full day of Quarantine is: 2/23/2021.**

If you did not develop symptoms, **your return date is: 2/24/2021**

OR

The last individual in your household tests positive 2/8/2021. Day 1 begins the next day 2/9/2021

You can choose to have a PCR COVID-19 test 5 full days after the last day of exposure (10 days following household member's positive test), **on or after 2/19/2021**

If you did not develop symptoms and the test is negative, **your return date is: 2/20/2021**

On this date, you may resume your usual activities, including attending practice.