

## Shadow Brook Sharks Swim Team – COVID Recommendations

COVID Guidance (excerpted from CDPH for K-12 schools):

Reference: <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/K-12-Guidance-2021-22-School-Year.aspx>

Recommendations for staying home when sick and getting tested:

- a. Follow the strategy for Staying Home when Sick and Getting Tested from the CDC.
- b. Get tested for COVID-19 when symptoms are consistent with COVID-19.
- c. Advise staff members and swimmers with symptoms of COVID-19 infection not to return for in-person swim team until they have met the following criteria:
  - i. At least 24 hours have passed since resolution of fever without the use of fever-reducing medications; AND
  - ii. Other symptoms are improving; AND
  - iii. They have a negative test for SARS-CoV-2, OR a healthcare provider has provided documentation that the symptoms are typical of their underlying chronic condition (e.g., allergies or asthma) OR a healthcare provider has confirmed an alternative named diagnosis (e.g., Streptococcal pharyngitis, Coxsackie virus), OR at least 10 days have passed since symptom onset.
  - iv. If the swimmer or staff member tests positive for SARS-CoV-2, follow the guidance for isolation guidance.

Isolation Guidance:

Reference: <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Guidance-on-Isolation-and-Quarantine-for-COVID-19-Contact-Tracing.aspx>

Everyone who is infected with COVID-19, regardless of vaccination status, previous infection or lack of symptoms, follow the recommendations listed in Table 1 (Isolation) of the CDPH Guidance on Isolation and Quarantine for the General Public.

Those identified as Close Contacts should follow the guidance in Table 2 (Close Contacts): Someone sharing the same indoor airspace, e.g., home, clinic waiting room, airplane etc., for a cumulative total of 15 minutes or more over a 24-hour period (for example, three individual 5-minute exposures for a total of 15 minutes) during an infected person's (laboratory-confirmed or a clinical diagnosis) infectious period.

## Table 1: Persons Who Should Isolate

Persons Who Test Positive for COVID-19	Recommended Actions
<p>Everyone, regardless of vaccination status, previous infection or lack of symptoms.</p>	<ul style="list-style-type: none"> <li>• <a href="#">Stay home</a> (PDF) for at least 5 days after start of symptoms (or after date of first positive test if no symptoms).</li> <li>• Isolation can end after day 5 if symptoms are not present or are resolving <b>and</b> a diagnostic specimen* collected on Day 5 or later tests negative.</li> <li>• If unable to test, choosing not to test, or testing positive on Day 5 (or later), isolation can end after Day 10 if fever-free for 24 hours without the use of fever-reducing medications.</li> <li>• If fever is present, isolation should be continued until 24 hours after fever resolves.</li> <li>• If symptoms, other than fever, are not resolving, continue to isolate until symptoms are resolving or until after Day 10.</li> <li>• Per CDPH masking guidance, infected persons should wear a well-fitting mask around others for a total of 10 days, especially in indoor settings (see masking section below for additional information).</li> </ul> <p>*Antigen test preferred.</p>

**Table 2: Close Contacts - General Public  
(No Quarantine)**

Asymptomatic Persons Who are Exposed to Someone with COVID-19 (No Quarantine)	Recommended Actions
<p>Everyone, regardless of vaccination status.</p> <p>Persons infected within the prior 90 days do not need to be tested, quarantined, or excluded from work unless symptoms develop.</p>	<ul style="list-style-type: none"> <li>• Test within 3-5 days after last exposure.</li> <li>• Per CDPH masking guidance, close contacts should wear a well-fitting mask around others for a total of 10 days, especially in indoor settings and when near those at higher risk for severe COVID-19 disease (see masking section below for additional information).</li> <li>• Strongly encouraged to get vaccinated or boosted.</li> <li>• If symptoms develop, test and stay home (see earlier section on symptomatic persons), AND</li> <li>• If test result is positive, follow isolation recommendations above (Table 1).</li> </ul>

**COVID ADVISORY NOTIFICATION**

The Swim Team Parent Representatives will notify the Swim Team Participants via email communications should they be notified that a swim team participant or staff member has tested positive for COVID-19.

Shadow Brook Swim Team is following all recommended guidelines. Given the nature of our training, being outdoors, and in chlorinated conditions, we would likely not classify other participants to be close contacts, unless specifically noted. In the event of a COVID ADVISORY NOTIFICATION, please monitor your participants symptoms and please keep them home if any symptoms arise.