

COVID-19 SAFETY PLAN

According to the [CDC](#), COVID-19 transmission is not likely through contact with properly disinfected water. Excel Swim Club will follow DOH's [guidance](#) regarding prevention and exposure protocol.

Physical Distancing

- Physical distancing practices will be maintained to the greatest extent possible during swim practice by coaches and swimmers
- Signs will be posted reminding swimmers about distancing requirements

Personal Protective Equipment

- All coaches will wear face coverings/masks when indoors and whenever social distancing cannot be maintained
- Swimmers must wear masks at all times when they are NOT engaged in water activities (i.e., entering and exiting the facility, in the lobby, etc.)
 - Exceptions will be made for athletes with conditions that prohibit them from wearing a mask pending medical documentation
- Personal Protective Equipment for Excel employees will be provided by Excel Swim Club

Hand Washing and Hand Sanitizing

- Handwashing stations will be available for coaches and swimmers in the locker rooms
- Hand sanitizing stations and signs will be available at entry/exit gate and on the pool deck

Screening

All coaches will use an online form to complete screening questions prior to the start of their shift
Screening questions include:

- Have you had a temperature of 100.4 or above in the past 48 hours? (All staff must take their temperature prior to coming to work to ensure that it is less than 100.4 degrees F)
- Have you been in close contact with a confirmed case of COVID-19?
- Are you experiencing a cough, shortness of breath, or sore throat?
- Are you experiencing any fever, chills, muscle pain or headaches?
- Have you had a recent loss of taste or smell?
- Have you had vomiting or diarrhea in the last 24 hours?
- Have you had a positive test for COVID-19 in the past 10 days?
- Are you quarantining or self-monitoring due to exposure or concerns about COVID-19 infection?

Athlete / Family Protocol

All families and swimmers must provide a signed waiver in order to participate. Waivers can be found on the team website and will be available during registration

Parents/Guardians are required to screen swimmers prior to arrival at the pool for every swim practice by ensuring that the swimmer's temperature is taken on the day of the swim practice and that the swimmer

- Does not have a temperature of 100.4 degrees F or higher
- Has not been in close contact with a confirmed case of COVID-19 in the past 14 days
- Has not been experiencing any of the following symptoms:
 - Cough, shortness of breath, or sore throat
 - Fever, chills, muscle pain or headaches
 - Fever in the last 48 hours
 - Loss of taste or smell
 - Vomiting or diarrhea in the last 24 hours

ARRIVAL

- Swimmers will be asked to confirm that the screening above has been completed
- Swimmers must arrive in their swimwear and will not be allowed to shower or change at the facility
- Swimmers should plan to bring a full water bottle to avoid touching water fountains/faucets
- Swimmers will wear masks and physical distancing of 6' are required while waiting to enter
 - Parents/guardians will drop off swimmers at the pool
 - Only swimmers and coaches are permitted in the facility and on the pool deck
 - Parents/guardians are not allowed to wait in the lobby during practice
 - Parents/guardians who choose to wait during practice must remain in their vehicle in the upper parking lot
 - Locker room and/or restroom use will be limited to emergencies only
- Swimmers will be allowed to leave their bags in the lobby only during inclement weather; otherwise, they should be left on the pool deck
- Swimmers are encouraged to bring as little as possible (i.e., mask, towel, goggles, cap, footwear)

DEPARTURE

- At the conclusion of the swim practice, swimmers will collect their belongings from the pool deck or lobby, put on their mask and exit the facility through the lobby door
 - Parents/guardians will pick up swimmers outside the facility

Exposure Response Procedure**Positive for COVID-19**

If a person tests positive for COVID-19, they can return to workout once the following conditions have been met:

- 10 days since symptom onset, or since positive test specimen collection date if no symptoms are present (up to 20 days for those for those who are severely ill or severely immunocompromised), AND
- 24 hours after fever resolves without use of fever-reducing medications, AND
- Symptoms have improved

This isolation guidance applies regardless of vaccination status.

If a coach or swimmer becomes ill, that individual or an Excel representative must inform anyone who had close contact with the individual while that person was ill. An Excel representative will also provide a copy of the **COVID-19 Fact Sheet for Families**.

Close Contact

- Generally, a close contact is someone who was within six feet of a person with COVID-19 for at least 15 cumulative minutes over a 24-hour period during the period of time when the person with COVID-19 was infectious.
- The infectious period of someone with COVID-19 starts two days before the onset of symptoms or is estimated as two days before the positive test collection date if someone with COVID-19 is asymptomatic.
- This definition applies regardless of whether the case or contact was wearing a mask.

1. Exposure of Vaccinated Individual

- **Close contacts who are fully vaccinated and do not have symptoms do not need to quarantine** but should be tested 3-5 days following a known exposure to someone with suspected or confirmed COVID-19 and wear a mask in all public indoor spaces for 14 days or until they receive a negative test result.
- They should isolate and follow appropriate guidance if they test positive.
- If they develop symptoms consistent with COVID-19, they should isolate themselves from others and be tested for COVID-19.

2. Exposure of Unvaccinated Individual

- Quarantine should last for 14 days after the last close contact with the COVID-19 positive person.
 - Monitor for symptoms during this time, and if any COVID-19 symptoms develop during the 14 days, get tested.

- If 14 days is not possible, quarantine can last for 10 days after the last close contact, without additional testing required.
 - However, if any COVID-19 symptoms develop during the 10 days, remain in quarantine the full 14 days and get tested.
 - Continue monitoring for symptoms until day 14.
- Quarantine can end after 7 full days beginning after the last close contact if no symptoms have developed and after receiving a negative test result.
 - The test should occur no sooner than 48 hours (2 days) before ending quarantine.
 - Continue monitoring for symptoms until day 14.

3. Exposure of Individual with Symptoms of COVID-19

- Should isolate (regardless of vaccination) until:
 - 10 days since symptom onset, or since positive test specimen collection date if no symptoms are present,
AND
 - 24 hours after fever resolves without use of fever-reducing medications,
AND
 - Symptoms have improved

If a coach or swimmer exhibits symptoms upon arrival or while at the facility, an Excel representative will:

- Immediately separate the individual from others
- Maintain a minimum of six feet physical separation from the individual whenever possible
- Provide needed support wearing a face covering at all times.
- Ask the individual to wear a face covering to prevent possible spread of illness
- Call the individual's emergency contact(s) immediately to pick up the individual
- Complete an Incident Report

All individuals should seek emergency medical care immediately if the following CDC published emergency warning signs for COVID-19 are exhibited:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

Incident Reporting

- All instances of coach and swimmer illness will be documented using an Incident Report
- The report will be shared with facility management within 24 hours
- Incident reports may be reported to Public Health

Public Health Notification:

A representative of Excel Swim Club will notify Public Health in the event of:

- A confirmed positive case
- A group of swimmers and/or coaches (i.e., a cluster) have a suspected or confirmed COVID-19 infection
- A coach and/or swimmer becomes severely ill with suspected or confirmed COVID-19 infection or an undiagnosed respiratory illness requiring hospitalization

To notify Public Health, call the King County Novel Coronavirus Call Center: 206-477-3977