



LAC Health and Wellness Policy

In the interest of promoting a healthy environment for our athletes and coaches, please follow the guidelines below with regard to swimmer illness. The Board of Directors and coaching staff request that parents adhere to the guidelines when deciding whether to send an athlete to practice. The swim practice environment places athletes with contagious illness in very close contact with their teammates. Athletes who are ill not only harm themselves in terms of recovery time, but cause illness to spread among the team. Please be courteous and respectful to the other swimmers and coaches by keeping your swimmer at home until they are fully recovered from illness. Athletes who are at the pool and are clearly ill will be asked to call a parent to pick them up and will not be permitted to practice that day.

- A swimmer should not be in the water if they have a fever, sore throat, upper respiratory cough, diarrhea, or thick mucous discharge.
- If your swimmer is sick enough not to go to school, they should not come to practice.
- Please wait a *full 24 hours once symptoms have subsided* to return to practice if a swimmer has had:
 - Fever
 - Strep Throat (24 hours after antibiotics)
 - Pink Eye (24 hours after antibiotics)
 - Vomiting
 - Diarrhea
- Influenza is highly contagious among swimmers training together. Please do not send your athlete to practice with an active cough, even if there is no fever. Influenza remains contagious for up to 5 days after a fever has resolved, and can be easily spread by coughing, sneezing, and mucous discharge.
- Mononucleosis is a serious and contagious virus that should be carefully monitored by a doctor. If a diagnosis is made, please contact your coach immediately. *A doctor's note will be required that a swimmer is no longer contagious before an athlete may return to practice.*
- For illness requiring absence of 3 or more weeks, please refer to the LAC Extended Absence Policy
- If a coach sees an outbreak of a contagious illness in a practice group common to more than a few swimmers (i.e. flu, strep throat), the coach will circulate an email to that practice group alerting parents to monitor their swimmer for symptoms as a precaution.

The health and wellness of a swimmer is ultimately a parent's responsibility. Lakeside Aquatic Club and its coaching staff assume no liability should further health issues occur as a result of an athlete swimming while sick.