

# COVID-19 Positive Test and Close Contact Procedures

In accordance with national, state, and local guidelines, LAC has established the following procedures in the event a swimmer, coach, or other staff member test positive or are deemed 'close contact' for COVID-19.

## Watch for Symptoms

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. We encourage all families to remain vigilant. The following are some of the common symptoms associated to COVID-19, including the Delta and Omicron variants:

- *Fever or chills*
- *Cough*
- *Shortness of breath or difficulty breathing*
- *Fatigue*
- *Muscle or body aches*
- *Headache*
- *New loss of taste or smell*
- *Cold or Flu-like symptoms (sore throat, congestion or runny nose)*
- *Nausea, vomiting or diarrhea*

This list does not include all possible symptoms. Source: CDC website: [Symptoms of Coronavirus](#).

## Terms and Definitions:

<b>Self-Quarantine</b>	The separation of a person or group of people reasonably believed to have been exposed to or tested positive for COVID-19.
<b>Close Contact</b>	Someone who was within 6 feet of an infected person for a total of 15 minutes or more starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to positive test).  * Individual exposures added together over a 24-hour period (e.g., three 5-minute exposures for a total of 15 minutes).

## Sources:

Center for Disease Control website: [CDC Glossary of Terms](#)

Centers for Disease Control (CDC) Website: [When to Quarantine?](#)

## POSITIVE COVID-19 TEST

Should a Coach or swimmer test positive for COVID-19, the following steps must be taken:

1. Notify LAC via phone: Michelle Johnson (682) 465 - 1998
2. Complete the [Self-Reporting Questionnaire](#). In the notes, please share the following when you contact us (LAC will never share personal medical information):
  - a. Date of onset for symptoms
  - b. Identify any close contact with LAC swimmers or coaches 48 hours prior to testing positive. (close contact is defined as 15 in the presence of any person who tested positive). If yes, we will need to conduct an interview with you and your swimmer to understand if anyone reaches the criteria of 'close contact'.
  - c. Best time to contact you and your swimmer for an interview.

### REQUIRED:

In order to resume activities at LAC, BOTH of the following conditions are required prior to being permitted to resume activities with the team:

- Self-quarantine for **10 days** from the date of a positive test and may return on Day 11.
- Be fever free for 48 hours prior to returning to LAC.

## CLOSE CONTACT WITH A PERSON WHO TESTED POSITIVE FOR COVID-19

Should a Coach or swimmer have close contact (i.e. classmate, friend or family at party or event, friend from sleepover or carpool, co-worker, etc.) for a prolonged period of time (15+minutes) with someone who has been diagnosed with COVID-19 or is presumed to be COVID-19 positive, the following measures are required:

1. Notify LAC IMMEDIATELY [michelle.johnson@swimlac.org](mailto:michelle.johnson@swimlac.org)
2. Complete the Self-Reporting Questionnaire ([CLICK HERE](#))

<b>Swimmers who are NOT fully vaccinated or have not been previously diagnosed with COVID-19:</b>	<ul style="list-style-type: none"><li>□ Quarantine for five (5) days. Swimmers can return on Day 6 with a negative COVID test.<ul style="list-style-type: none"><li>○ The negative test must be within 48 hours of first planned LAC activity. Quarantine cannot be discontinued before Day 6.</li><li>○ Notification and document of a negative COVID test must be sent to Candice Saffle (<a href="mailto:candice.saffle@swimlac.org">candice.saffle@swimlac.org</a>). To avoid delays in returning to LAC, please DO NOT send any information to LAC coaching staff.</li></ul></li></ul>
<b>Swimmers who ARE full vaccinated or have previously been diagnosed with COVID:</b>	<p>DO NOT need to quarantine if:</p> <ul style="list-style-type: none"><li>□ Symptom-free for 48 hours. However, symptoms must be self-monitored for 5 days.</li></ul>

