

# Emmaus Aquatic Club Public Health Emergency Policy



## **PURPOSE**

Comprehensive information about the steps EMAC takes to address Public Health Emergencies (including but not limited to COVID-19) and how EMAC plans to keep membership safe during a pandemic. This policy applies to all coaches, athletes, officials, and parent volunteers ('EMAC participants').

**\*\*EMAC policy may change as a Public Health Emergency evolves and CDC guidance changes\*\***

Due to the unique nature of each exposure situation, the COVID-19 guidelines will assist exposed EMAC participants in determining their risk category and a plan of action on a case-by-case basis.

A medical screening is recommended for all EMAC participants with symptoms of COVID-19. EMAC participants are encouraged to consult their Primary Care Physician or other Healthcare agency to determine if their symptoms warrant COVID-19 testing.

Any EMAC participant who tests positive for COVID should follow the current CDC guidelines. As of 10/19/2023, the recommendation is that the individual should be quarantined for 5 days. Day 1 of isolation is defined as EITHER the day AFTER symptoms start (the day symptoms start is Day 0), OR the day AFTER a positive test result (if asymptomatic). To end quarantine, the patient should be fever free (a fever is 100.4 or higher) for 24 hours without having taken any anti-fever medications such as Tylenol (acetaminophen) or Motrin/Advil (ibuprofen). This may mean that quarantine lasts longer than 5 days if the participant still has a fever on day 5 after symptom onset.

Any EMAC participant testing positive should remain out of EMAC activities until the quarantine period is over. Prior to returning to the Club, EMAC participants should consult with his or her personal physician for recommendations regarding returning to training. The participant should also communicate with the coaching staff to discuss any concerns with return to training.

There is inherent risk in participating in group activities during a public health emergency.

Any measures are meant to mitigate risk but cannot completely eliminate the risk of acquiring COVID-19 infection or a novel virus.

All EMAC participants will continue to be required to follow the Covid rules and protocols while participating in EMAC events and activities at other facilities and properties.

Face Coverings/Masks on EMAC Properties - Effective March 1, 2022, face coverings/masks are optional for all EMAC participants on EMAC properties. Wearing a mask is a choice that will be up to our families. This policy will be re- evaluated based on the latest data on Covid transmission rates in the community.

Effective March 1, 2022, East Penn School District changed mask protocol to be optional. EMAC participants that enter Emmaus High School can follow that policy while on School District property.