

Pacific Dragons Swim Team (PDST)

COVID-19 Protocol

For all cases of COVID-19 within the PDST Community, we ask that families follow the guidelines listed below. Please note that reporting of COVID-19 is not mandatory, but we strongly encourage each family to do so for the health and safety of all our members.

Covid-19 case REPORTING

Go to the PDST website (homepage) of PDswimteam.org and under the “**Safe Sport**” Tab you will find a sub Tab “**COVID-19**” and click that sub Tab you will see a link titled “COVID-19 Reporting.” Clicking on this link will take you to a Google Form where you can input all the necessary information to report your case. Please fill out this form as soon as possible after the onset of symptoms. Information regarding the swimmer’s group and the last time they were at the pool will be shared with all families within that group, or in close contact with the infected individual. All other information will be kept confidential unless you specify otherwise.

PROTOCOLS FOR COVID-19 POSITIVE CASES at PDST

In the event of a positive COVID-19 case, PDST will inform all of the necessary parties as soon possible. There will be 2 types of emails going out to the affected groups or individuals: GENERAL COVID NOTIFICATION EMAIL or CLOSE CONTACT NOTIFICATION EMAIL. The type of email will be seen in the email subject line.

If you receive an email with email subject line titled: GENERAL COVID NOTIFICATION email; the GENERAL COVID NOTIFICATION email is to notify you a COVID-19 positive case is known to the team and the exposure happened in your swimmer group or at the practice location but no close contact situation has been determined to your swimmer and PDST is to make you aware of this situation for precautionary purpose.

If you receive an email with email subject line titled: CLOSE CONTACT NOTIFICATION (we will try to notify you in person in this case but due to workload and time sensitive manner, we may have to email you first), it indicates that PDST has determined (in our best efforts) that your swimmer has had a close contact with a COVID-19 positive exposure, and you are required to take following action(s) below to determine how/when to attend upcoming PDST practice(s).

In terms of returning to the pool for practice, please follow the guidelines below.

COVID+(positive) test swimmer:

When a swimmer tested positive for COVID-19, the swimmer should stay in quarantine for 14 days after the positive test. **This is the safest option.** Monitor your symptoms during this time, and if you have any [COVID-19 symptoms](#) during the 14 days, get tested again or seek medical assistance. By 14th day in quarantine, test again and if the

test is negative, the swimmer can return to PDST practice (please show the test result to on-deck coach at returning).

Alternatively, stay in quarantine for 10 days after the positive test, if during the 10 days no COVID-19 related symptom observed, test for COVID-19 by 10th day and if test is negative, inform your PDST coach and seek permission to return to practice (due to constant changing and updated information about COVID-19 strain and infectious strength etc, we remain to be in line with most updated guideline for the decision to allowing return to practice). If you have any COVID-19 symptoms during the 10 days, stay in quarantine the full 14 days and get tested. Keep watching for symptoms until day 14.

COVID+ Exposed swimmers attending PDST practice:

1. If your athlete is fully vaccinated and have not had symptoms since current COVID-19 exposure
 - If an athlete is fully vaccinated they may return to swimming immediately. Please be prepared to show proof of vaccination to your swimmer's coach upon returning to the pool.
2. If your athlete is not vaccinated or partially vaccinated.
 - Unvaccinated and partially vaccinated athletes who are showing no symptoms must receive a negative test to return to the pool. Please be prepared to show proof of a negative test to your swimmer's coach upon returning to the pool.
3. No Test, No Vaccination option.
 - PDST respects that being vaccinated and tested is a personal choice made by each individual and/or family. If you wish for your athlete to refrain from both, they must stay out of the pool and away from practice for ten days from the date of exposure to the athlete. At the end of the ten days, if they are not experiencing any symptoms related to COVID-19, they are welcome to return to the pool.

APPROVED COVID-19 TESTING

For getting your athlete tested, PDST will accept all two of the following methods:

1. PCR Test administered by physician, clinic or local testing facility (preferred).
2. Rapid Antigen Test administered by physician, clinic or local testing facility.
3. Any other FDA-approved COVID-19 test administered by physician, clinic or local testing facility. Some examples of FDA-approved or authorized tests: PCR, TMA, NAAT, molecular, antigen, and lateral flow.

COVID-19 RELEASE OF LIABILITY

Upon registering for PDST, every family has signed a waiver releasing PDST from any liability surrounding COVID-19. Please remember that while participating in any and all activities sponsored by PDST, as with any similar activities, there is an implicit risk of infection to COVID-19. Our goal is to keep our community as safe as possible by minimizing that risk, knowing that it will never be zero. Reporting cases and following these protocols will help us a great deal in achieving this goal.

Definition of Terms by PDST:

General COVID email announcement: the GENERAL COVID NOTIFICATION EMAIL is to notify you a COVID-19 position case is known to the team and the exposure happened in your swimmer group or the practice location but no close contact situation has been determined to your swimmer and PDST is to make you aware of this situation.

Close Contact email announcement: it indicates that PDST has determined (in our best efforts) that your swimmer has had a close contact with a COVID-19 positive exposure, and you are required to take following action

Close Contact: through proximity and duration of exposure: Someone who was less than 6 feet away from infected person (laboratory-confirmed or a clinical diagnosis) 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*). An infected person can spread SARS-CoV-2 starting from 2 days before they have any symptoms (or, for asymptomatic people, 2 days before the positive specimen collection date), until they meet the criteria for ending isolation. (<https://www.cdc.gov/coronavirus/2019-ncov/php/contact-tracing/contact-tracing-plan/appendix.html>)

Limited exposure: means that the swimmer was exposed to no more than 10 other swimmers in total since the likely time of infection.

Moderate exposure: would mean approximately between 10-20 swimmers.

Widespread exposure: would mean 20+ and would generally pertain to swimmers, or coaches that had contact with multiple groups since the likely time of infection.

References:

Public Health Recommendations (<https://www.cdc.gov/coronavirus/2019-ncov/php/contact-tracing/contact-tracing-plan/appendix.html>):

People who are identified as a close contact will need to take steps to manage their exposure according to CDC guidelines. Recommendations for close contacts to quarantine, get tested, and wear a mask after an exposure to COVID-19 will vary depending on vaccination status and history of prior COVID-19 diagnosis within the past 90 days. Follow the recommendations below based on vaccination status or history of prior infection in the past 90 days.

- People who are unvaccinated or not fully vaccinated should [quarantine](#) and get tested immediately after being identified as a close contact. If the test is negative, they should get tested again 5–7 days after last exposure and continue to quarantine. If [symptoms](#) develop during quarantine, they should [isolate](#) and get tested immediately.
- People who are [fully vaccinated](#) should get tested 5-7 days after coming into close contact with someone with COVID-19 and wear a mask indoors in public for 14 days or until they test negative. If [symptoms](#) develop, they should [isolate](#) and get tested immediately.
- People who have [had COVID-19 within the past 90 days and recovered](#) should wear a mask indoors in public for 14 days after exposure, monitor for [symptoms](#), and consult with a healthcare professional for testing recommendations if they develop new symptoms.

Public information from King County COVID-19 Website:

[How does public health know when a person has COVID-19?](#)

By law, doctors and labs must report positive cases of COVID-19 to the local health jurisdiction (county health department, etc.). A trained contact tracer then reaches out to the person who tested positive to start a case investigation.

<https://www.doh.wa.gov/Emergencies/COVID19/CaseInvestigationsandContactTracing/CaseInvestigationsandContactTracingFAQ#heading44722>

[How long does quarantine last?](#)

Current quarantine recommendations are to stay in quarantine for 14 days after your last contact. **This is the safest option.** Monitor your symptoms during this time, and if you have any [COVID-19 symptoms](#) during the 14 days, get tested. Certain high-risk settings or groups **should** use the 14-day quarantine option:

- People who have recently been in [countries where the new variant of the SARS-CoV-2 virus, 501Y.V, has been identified](#),
- People who work or stay in an acute or long-term healthcare setting,
- People who work or stay in a correctional facility,
- People who work or stay in a shelter or transitional housing,
- People who live in communal housing such as dormitories, fraternities or sororities,
- People who work in crowded work situations where physical distancing is impossible due to the nature of the work such as in a warehouse or factory,
- People who work on fishing or seafood processing vessels.

If this is not possible, stay in quarantine for 10 days after your last contact, without additional testing. If you have any COVID-19 symptoms during the 10 days, stay in quarantine the full 14 days and get tested. **Keep watching for symptoms until day 14.** Under special circumstances it may be possible to end quarantine after 7 full days beginning after your last contact **if** you have been without symptoms and after receiving a negative result from a test (get tested no sooner than 48 hours before ending

quarantine). This will depend on availability of testing resources. **Keep watching for symptoms until day 14.**

Consult with your local health jurisdiction to determine the best option for your individual circumstances.

If somebody does not have a doctor or health care provider: many locations have free or low-cost testing, regardless of immigration status. See the [Department of Health's Testing FAQ](#) or call the [WA State COVID-19 Information Hotline](#).

The Centers for Disease Control and Prevention (CDC) recently announced new guidance that fully vaccinated persons with an exposure to someone with COVID-19 are not required to quarantine if they meet all of the following criteria:

- Are fully vaccinated (had both doses, and at least two weeks have passed since the second dose).
- Received last dose within three months.
- Have not had symptoms since current COVID-19 exposure.

Fully vaccinated persons should still watch for symptoms for 14 days after their exposure. They should also continue to wear masks, practice social distancing, and keep their social circles small.

An exception to the guidance is that vaccinated inpatients and residents in healthcare settings should continue to quarantine following an exposure to someone with COVID-19.

Persons who do not meet all three criteria should continue to follow [current quarantine guidance](#) after exposure to someone with suspected or confirmed COVID-19.

What is isolation?

Isolation describes when someone who has COVID-19 symptoms, or has tested positive, stays home and away from others (including household members) to avoid spreading their illness.

How long does isolation last?

- If you have confirmed or suspected COVID-19 and **have symptoms**, you can end home isolation when:
 - It's been at least 24 hours with no fever without using fever-reducing medication **AND**
 - Your [symptoms](#) have improved, **AND**
 - At least 10 days since symptoms first appeared.
- If you test positive for COVID-19, but **have not had any symptoms**, you can end home isolation when:
 - At least 10 days have passed since the date of your first positive COVID-19 test, **AND**
 - You have had no subsequent illness.