



CASCADE SWIM CLUB
COVID Protocols
April 2023

Vaccinations & Negative Tests

All Cascade coaches are all fully vaccinated.

Restrictions

There are no restrictions or guidelines in place unless required by a facility.

The mask mandate has ended.

Health Assessments

Swimmers showing any COVID-19 or variant symptoms must stay home.

Parents are expected to monitor daily health of their swimmer. By sending a swimmer to practice, parents attest that they have carefully assessed and cleared their child to swim.

Coaches will monitor swimmers throughout their time at practice and may make additional assessments by asking swimmers questions regarding their health and contact with others. Coaches may use a non-touch thermometer to check temperatures.

If a swimmer shows any signs of COVID-like symptoms during practice, they will be sent home.

Any swimmer who tests positive should follow CDC guidance and communicate with your coach regarding potential exposure risk and appropriate timeline for when to return to team activities.

In the event of notification of a positive test, coaches will review recent participation and assess potential exposure risk to others. Coaches will notify parents of swimmers who are determined to be high potential exposure risk. Parents contacted should monitor their swimmer and follow current CDC quarantine and isolation guidances.