

South Ridge Lake Swim Team

SRL Barracudas

COVID-19 Guidelines

Date: **April 14, 2021**

To: **SRL Coaches, Swimmers, Families and Volunteers**

As our community continues to navigate the Coronavirus global pandemic ("COVID-19"), SRL Barracuda swim team believes it is important to provide guidelines on self-checking, practice, and swim meet protocols, on the implications of a positive COVID-19 test result and the impacts of when a swimmer, coach or volunteer comes in close contact with someone who has COVID-19. For avoidance of doubt, the guidelines provided below will mirror those provided by the CDC. If there is any discrepancy between any section of the SRL Barracudas guidelines below and any guideline provided by the CDC, the guidelines of the CDC shall prevail.

Self-Checking

SRL Barracuda swim team requires all swimmers, coaches, and volunteers self-check for symptoms before participating in any activities. If symptoms are present, they should not participate in any activities. The CDC provides a list of Coronavirus Symptoms on their website which is provided for reference below.

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

Practice and Game Play Protocols

SRL Barracuda swim team requires all coaches, swimmers, parents, and fans read and agree to the protocols below to participate in the summer swim season. All those in attendance are required to follow the recommended CDC guidelines and governor's executive orders pertaining to youth sports game play. Please see links to those resources.

<https://open.texas.gov/uploads/files/organization/opentexas/OpenTexas-Checklist-Youth-Sports-Operators.pdf>

<https://open.texas.gov/uploads/files/organization/opentexas/OpenTexas-Checklist-Outdoor-Sports.pdf>

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

Implications of Positive COVID-19 Test

SRL Barracuda swim team requires notification to the Director (srlswimbarracuda@gmail.com) and the Head Coach (srlcoachcarson@gmail.com) if a swimmer, coach, or volunteer test positive for COVID-19. The swimmer, coach, or volunteer is immediately disallowed to participate in any SRL Barracuda activity.

Per the CDC, the player or volunteer can generally rejoin activities after:

- 10 days since the symptoms first appeared **AND**
- 24 hours with no fever without the use of fever-reducing medications **AND**

- other symptoms of COVID-19 are improving.

However, in certain situations, the required time away from SRL Barracuda activities may be in excess of that specified above. Please follow the guidelines provided by the CDC in all cases.

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html>

When a swimmer, coach or volunteer comes into close contact with someone who has COVID-19

SRL Barracudas requires notification to **the Director (srlswimbarracuda@gmail.com)** and **the Head Coach (srlcoachcarson@gmail.com)** if a swimmer, coach, or volunteer comes into close contact with someone who has COVID-19. The swimmer, coach or volunteer is immediately disallowed to participate in any SRL Barracuda activity.

Per the CDC, the player or volunteer will be allowed to rejoin DYB activities after the required 14-day quarantine is complete if the swimmer, coach, or volunteer has no symptoms and has not tested positive for COVID-19 in which case the policy above will then apply from the date of the positive test. DYB has provided a link below for reference which includes what counts as “close contact” and how long to quarantine.

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

<https://www.cdc.gov/coronavirus/2019-ncov/php/public-health-recommendations.html>

PARENTS MUST READ, UNDERSTAND, AND ABIDE BY THE GUIDELINES IN ORDER FOR THEIR CHILD TO PARTICIPATE.

VOLUNTEERS MUST READ, UNDERSTAND, AND ABIDE BY GUIDELINES IN ORDER TO PARTICIPATE.