

STAT Covid-19 Guidelines

New Updates for the Pool

- We highly recommend swimmers bring their own hand sanitizer to use throughout practice.
- We also ask swimmers to arrive in their swimsuits. Please bring minimum personal items.
- Swimmers/coaches should wear face coverings when not on the pool deck.
- We will do our best to keep swimmers socially distant to one another during practice. Please talk with your swimmer regarding this.
- If a swimmer/coach is experiencing symptoms of COVID-19, they should leave the pool/ facility.

Pre-practice screening questions

If you or your swimmer answers any of these questions yes, please do not participate in practice:

- Have you been ill with fever, chills, cough, or muscle aches?
- Have you had a sore throat, runny nose, and/or loss of taste or smell?
- Have you had any nausea, vomiting, and/or diarrhea?
- Have you experienced shortness of breath or headache?
- Have you had close contact or cared for someone with Covid-19?

The reason behind this set of questions is being able to pre-screen swimmers/coaches coming to practice. If we can eliminate those who are openingly symptomatic or may have been exposed then we dramatically lessen the risk of infection to the STAT team. This will lead to a better sense of safety for the team. It will cut down on those who could carry the virus. Though this is not absolute, it provides a further layer of protection for the team/coaches.

STAT Return To Pool Protocol

Covid-19 positive swimmer/coach with mild to moderate symptoms:

- Fever free for 24 hours without use of fever-reducing medications AND
- Improvement in symptoms (i.e. cough, shortness of breath) AND

- At least 10 days have passed since the date of their first Covid-19 test

Covid-19 positive coach or swimmer with no symptoms:

- At least 10 days have passed since the date of their first positive Covid-19 test

Any questions please contact Karmen Bryer, kbryern@charter.net