

Any athlete or coach experiencing any symptoms of fever, recent cough, unusual fatigue, headache, or who has had any exposure to someone who has any symptoms, should remain at home and seek medical treatment. Any athlete or coach with a fever or symptoms of illnesses may not attend practice until 14 days after the fever or symptoms has ceased. Swimmers and staff must see a physician and be cleared for training after being diagnosed or suspected to have COVID-19. For us all to stay healthy and be able to keep swimming, we ask our swimmers to please practice responsible social distancing (staying 6' away from others, avoiding large gatherings) when they are away from the pool as well.

If your swimmers has experienced any of the following symptoms you are required to stay home and/or visit your primary doctor:

- Cough (unrelated to seasonal allergies)
- Difficulty breathing or shortness of breath
- Sore throat
- Severe fatigue
- Nasal congestion (unrelated to seasonal allergies)
- Loss of sense of smell or taste
- Chills
- Loose stools

PLEASE NOTE: It will be assumed that your swimmer has no symptoms if at practice. Admitted swimmers will enter the pool area, 6' apart, and will leave their backpacks and street clothes on the assigned area and go to their assigned lanes, wearing their face mask until they enter the water.

POSITIVE TEST PROCEDURE

In the event that a swimmer or a coach tests positive, the following steps will be taken:

1. The person must let the coaches know immediately.
2. If the person testing positive is a swimmer, his or her lane mates and the swimmers in the lanes next to them on both sides are required to self-isolate for 14 days unless at least 5 days after exposure a negative test result can be shown.
3. If a non-symptomatic swimmer has been in close contact with a person who later is known to have COVID-19, we respectfully ask that swimmer to remain away from the pool after possible exposure for 10 days with a negative test or 14 days from exposure.
4. If someone in a swimmers household has symptoms or tests positive for COVID-19, we respectfully ask that swimmer to remain away from the pool after possible exposure for 10 days with a negative test or 14 days from exposure.

SAFETY PROCEDURE VIOLATIONS

Repercussions from violations of the COVID-19 Policy and procedures will be at the discretion of the coaching staff and YMCA of Metro North. Repercussions could include but are not limited to the removal of the swimmer from the premises for one practice, one week of practice, or for the remaining part of the season. No refunds will be provided.