



POTOMAC VALLEY SWIMMING

POSITIVE COVID-19 TEST

Scenarios of a COVID-19 Positive Test:

- A member of an athlete's immediate household test positive for COVID-19:
 - The athlete must quarantine for 14 days, isolating themselves from the members of their household to best of their ability
- An athlete is exposed to COVID-19 from someone outside of their household
 - The athlete must quarantine for 14 days OR
 - The athlete must get tested after 5 days from the exposure and provide their coach with documentation showing a negative test results
- An athlete tests positive for COVID-19:
 - All active members in the training group will be notified that a member will be emailed to let them know a member tested positive for COVID-19.
 - The training group that the positive athlete is part of will have to pause their practices and they have two options
 - These athletes can choose to quarantine for 14 days and then return to practice OR
 - they can get tested for COVID-19 following 5 days from exposure and provide their coach with documentation showing a negative test
 - The coach will receive a rapid test 5 days following exposure and cannot resume practice until they have received negative results