



Eric Harse <eric@cougaraquatic.com>

CAT - Clarification on COVID Protocols

1 message

Cougar Aquatic Team -NJ <no-reply@active.com>

Wed, Dec 29, 2021 at 10:24 PM

Reply-To: eric@cougaraquatic.com

To: eric@cougaraquatic.com

Cougar family,

Given the latest CDC guidance, I wanted to make sure to get a note out to the team to clarify where we currently stand in relation to the swim team:

IMPORTANT TERMS:

Isolation: Isolation relates to the behavior after a confirmed infection.

Quarantine: Quarantine refers to the time following exposure to the virus or close contact with someone known to have COVID-19.

Close Contact: Someone who was less than 6 feet away from infected person for a cumulative total of 15 minutes or more over a 24-hour period.

POSITIVE CASES:

For any individual who tests positive, we are maintaining a 10-day isolation policy.

We are aware that the CDC guidance was updated to 5 days, but it supposes that the individual can strictly wear a mask for an additional 5 days after that. Because swimming does not allow for mask wearing in the water, we will maintain the 10-day isolation policy.

CLOSE CONTACTS:

For unvaccinated individuals who are identified as a close contact, you will have to quarantine from practice for 7 days with a COVID test taken between days 5 and 7.

For vaccinated individuals who are identified as a close contact, you do not need to quarantine after exposure, but you must be diligent in adhering to the masking and social distancing guidelines at practice. You should take a COVID test at day 5 after exposure. If symptoms occur, individuals should immediately quarantine until a negative test confirms symptoms are not attributed to COVID-19.

COVID VACCINATION RECORDS:

To be considered vaccinated, you must have your vaccination card on file with Coach Eric. If you haven't already done so, please submit to healthcheck@cougaraquatic.com.

If you are 16+ and have been boosted, please be sure to submit your updated vaccination record.

I know we are all tired of COVID, but I am asking all families to be proactive and forthcoming of any illness or exposure. Coach Eric remains the point of contact for everything related to COVID and will be doing contact tracing for any identified close contacts. Your coaches will direct you to me if you report anything COVID-related to them.

At practice, we are mitigating the risk of close contacts by requiring everyone to wear a mask when not in the water and maintaining social distance both in and out of the water. We are also taking attendance daily to make sure we know who is at practice when.

I want to take this opportunity to encourage everyone to consider vaccination to protect the community and decrease risk. If you are 16+ I would encourage the booster as well. I urge you to consult your doctor if you have any questions regarding the vaccine.

We want to limit the risk of outbreak on the team as well as prevent either of our facilities from forcing us to shut down. Caution, diligence, and everyone's cooperation will be required to keep the Cougar family safe while COVID numbers continue to trend upward.

As questions come in, I will answer as soon as possible. If an answer is required to confirm practice eligibility, please sit out until you receive a response.

Thank you,
Coach Eric

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