

UPDATED details, distributed in letter to team, welcoming everyone to the Spring/Summer portion of the season. Sent out **Saturday, 4/16/2022**.

COVID PROTOCOLS:

As we've learned, the situation is fluid. Should anything change, we will let you know.

At MSU, masks are currently being required of everyone inside campus buildings.

At MKA masks are optional for vaccinated individuals.

Because mask wearing is not possible while in the water, if a swimmer has tested positive for COVID-19:

1. Contact/Inform Coach Eric at eric@cougaraquatic.com.
2. Day 0: Date of test or first day of documented symptom-onset.
3. Day 1-10: Isolate from practice.
4. Day 11: Return to practice.

If asymptomatic, you may test between day 5 and 7 and return on day 8 if negative.

Any swimmer who is in close contact with a positive case (including a household positive), should isolate from practice for 5 days. This swimmer can return with a proof of a negative test taken on day 5 or later.

Please contact Coach Eric to advise him of any COVID related issues or to ask any COVID related questions. He can be reached at eric@cougaraquatic.com.