

COVID POLICIES

UPDATED 4.7.21

THE LIGHT AT THE END OF THE TUNNEL



WE'RE ALMOST THERE BUT...

- We are still wearing masks during gym practice and in and out of pool facility
- We are still maintaining social distancing, temperature checking & attestation forms, and special gym cleaning
- We still have hand sanitizer available and encourage hand washing
- We will still be using the rear Flip School entrance

WE ARE SOOOO OVER

- Swim caps in the gym
- Closed bathrooms
- Closed water fountains
- Closed foam pit (info coming soon)

IF EXPOSED OR ON SCHOOL QUARANTINE

- We are remaining in line with the current CDC guidelines that if you are exposed to a COVID positive individual or if you are on a school quarantine for exposure

- Quarantine and no practice for 10 days

OR

- Quarantine for 5 FULL days and receive a negative COVID test after

WHAT ABOUT TRAVEL?

- We are remaining in line with the current CDC guidelines that if you travel, please take all necessary precautions to keep exposure risk to an absolute minimum
- If you travel to a “hot spot” you will have a 10 day post trip quarantine OR a 5 FULL day quarantine and receive a negative COVID test after
- Please continue to keep the staff and coaches informed about all scheduled travel plans

WHAT IF I'M FULLY VACCINATED

- Hoooooray!
- You are free to travel with precautions but will not be expected to quarantine upon your return
- You are still responsible to follow the MHDC guidelines including mask wearing, social distancing, temperature check & attestation, etc

RETURN FROM BEING COVID POSITIVE

- If you test positive for COVID-19, in order to return to training we:
 - 1) Will need you to home quarantine for 14 days and be symptom free.
 - 2) If at any time during your home quarantine you become symptomatic, you will start a new 10 days of isolation from the first day of symptoms. You may return after 10 days AND if you have had not fever for 72 hours without the use of medication AND your symptoms are significantly improved (no cough, no shortness of breath).
 - 3) If you are in the presence of other COVID positive individuals that are symptomatic you will need to speak with us directly regarding protocol to return.

WE MADE IT BECAUSE OF YOU!

- Thank you for your support and your communication over the last year.
- We are not to the finish line yet but we have had great success in keeping the kids and coaches healthy, the gym open, and kids learning and smiling ALL THANKS TO YOU!
- We are looking forward to a summer meet season and are unbelievably proud of how the kids have used this year to continue achieving in the sport and growing as people
- Thanks for being in this together with us!