

A coastal scene with a rocky path leading down to the ocean. The path is illuminated by a series of colorful, glowing lines in yellow, orange, red, green, and blue, which curve along the rocks and extend into the water. The ocean is a deep blue, and the sky is a soft, hazy blue. The overall mood is serene and artistic.

# Returning from TRAVEL or testing COVID +

updated 8/13/2020

# What if I travel?

- Depends on if travel is domestic, international, or to a known COVID-19 “hotspot”
- We hope that all athletes and families share in the personal responsibility to travel safely and take smart COVID precautions
- Our club’s continued training largely depends on avoiding situations where any of us could possibly be exposed to a COVID + individual
- Continue mask wearing, hand washing, social distancing and smart interactions



# Domestic travel

- As you know, the divers sign an attestation every day when they arrive to train along with their daily temperature check. With the country's phased reopening happening differently across our nation, we know that some divers will engage in travel outside of our state.
- The eighth question on the attestation form asks "have you traveled in the past 14 days to any regions affected by COVID-19 as relevant to your location?". We track daily where so called "hotspots" are as it relates to active COVID cases. If your diver is engaging in travel outside Colorado to a region that is a hotspot, they will be required to engage in a 14 day quarantine upon return, meaning no practice for those days as their attestation would be yes for that specific question.
- All that being said, if you are planning to travel outside Colorado, please let us know ahead of time so we can all be on the same page as it relates to an impending quarantine.

# International travel

- Upon return from international travel all divers will be required to engage in a 14 day quarantine upon return, meaning no practice for those days as their attestation would be yes for question #8.
- If you prefer to take the COVID test instead of fulfilling the entire 14 day quarantine, you can get tested on day 5 after your return. Test results are typically available 1-4 days after taking the test. Once you receive the COVID results showing negative you can return to training.



# Returning to train after testing COVID +

- 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.



# Let's get thru this TOGETHER

- So far, our athletes and families have done a great job with respect to training with COVID precautions
  - If we continue to be socially responsible with regards to our decisions inside and outside training, we can continue to have our doors open for all of you
  - Please continue to communicate with regards to travel or exposure with our office at (303)871-0754 or [info@learntodive.org](mailto:info@learntodive.org)
  - It is more obvious every day that we will get thru this together!
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