



# COVID-19

## ISR Information Sheet Protocol 51

### Overview

COVID-19 is a disease caused by a virus called SARS-CoV-2. Most people with COVID-19 have mild symptoms, but some people can become severely ill. Although most people with COVID-19 get better within weeks of illness, some people experience post-COVID conditions. COVID-19 can be contracted by breathing in air that contains viral particles, having small droplets that contain viral particles land on the eyes, nose, or mouth, (especially through splashes and sprays like a cough or sneeze), and by touching the eyes, nose, or mouth with hands that have the virus on them. Anyone infected with COVID-19 can spread it, even if they do not have symptoms.

**Symptoms of COVID-19 that may appear 2-14 days after exposure can include: fever, cough, shortness of breath, chills, headache, sore throat, fatigue, muscle aches, new loss of taste or smell. Symptoms such as nausea, vomiting or diarrhea may also be present.**

### ISOLATE for COVID-19 Infection

Isolation relates to behavior after a confirmed infection. People (other than students) who have COVID-19 must isolate and can leave isolation when they meet the following criteria:

- 5 full days of isolation
- All symptoms of COVID-19 are improving
- Testing (on day 5 or later) is optional, but recommended for Instructors wishing to resume lessons
- Strict mask wearing for an additional 5 days to minimize the risk of infecting others

**Since children are unable to mask during lessons, students who have COVID-19 must isolate and can resume lessons once they meet the criteria below:**

- 10 full days of isolation **AND**
- At least 48 hours have passed with no fever without the use of fever-reducing medications
- A negative test on day 5 or later may suffice as long as the above criteria have been met, along with a RET clearance through a Medical Lesson Update (MLU).

### COVID-19 Precautions

Guidelines listed here are general best practices for creating the safest possible environment for our students, in addition to already existing ISR safety protocols. ISR suggests following CDC and local government guidelines, along with facility requirements when developing a lesson plan. Geographical location and the status of the virus outbreak in local communities will likely dictate the level of precautions that will be necessary at any given time.

### Calculating Isolation and Quarantine

Day 0 is the first day of symptoms. Day 1 is the first full day after symptoms developed. If you test positive for COVID-19 and never develop symptoms, day 0 is the day of your positive viral test (based on the date you were tested) and day 1 is the first full day after your positive test.

# QUARANTINE for COVID-19 Exposure

Quarantine refers to the time following exposure to the virus or close contact with someone known to have COVID-19. CDC guidelines define a close contact as someone who was within 6 feet for a total of 15 minutes or more in a 24 hour period within 2 days prior to illness onset, regardless of whether the person with COVID-19 was wearing a mask. Since ISR lessons are held daily with VERY close contact, and given the age of our student population and the close contact of the parent/child relationship, any exposure to COVID positive students or poolside caregivers poses a risk and warrants following the guidelines below based on vaccination status.

## If you:

Have been boosted

**OR**

Completed the primary series of the Pfizer or Moderna vaccine within the last 6 months

**OR**

Completed the primary series of the J&J vaccine within the last 2 months

## Action Steps:

- Wear a mask around others for 10 days
- Testing should be done on day 5 (or as close as possible)
- If you develop symptoms, get a test and follow ISOLATION guidelines

## If you:

Completed the primary series of the Pfizer or Moderna vaccine over 6 months ago and are not boosted

**OR**

Completed the primary series of the J&J over 2 months ago and are not boosted

**OR**

Are unvaccinated

## Action Steps:

- Stay home for 5 days. After that, continue to wear a mask around others for 5 additional days.
- Since students cannot wear a mask in lessons, they must quarantine for 10 days after an exposure, or receive a negative test on day 5 or later.
- Testing should be done on day 5 (or as close as possible)
- If you develop symptoms, get a test and follow ISOLATION guidelines.

**Indirect exposures** occur when an individual has been in close contact with someone who has been exposed to a person with confirmed COVID-19. In other words, if you are exposed to someone that was exposed to COVID, that is not considered a direct exposure. Current guidelines only address direct exposures. Generally, if you are healthy and the exposed person you came into contact with did not have any symptoms, you do not have to get tested, self-isolate or take any special precautions.

## Communication

In all cases, an open and honest line of communication between parents and Instructors anytime there is an exposure risk is expected for all families and Instructors in our program. Full transparency is imperative and includes notification by all involved parties anytime there is an exposure.

## Consult the RET

Email the RET at [ret@infantswim.com](mailto:ret@infantswim.com) for any questions about exposures or illnesses. The emergency line should **NOT** be utilized for COVID exposure questions.

## Updates

COVID-19 data evolves frequently as scientists learn more, so recommendations also change frequently. It's important to be diligent in following the current health guidelines, especially as they continue to change.



# Recommendations and Precautions for Lessons

## Facility/Pool Area Precautions:

- Have hand sanitizer available for anyone coming to the pool area.
- Open doors/gates to prevent the need for touching doors/knobs/latches (this does not include areas with direct access to unsupervised pools).
- Eliminate any eating/drinking from the facility or pool area.
- Request financial transactions/payments online instead of cash or check.

## Before the Lesson:

- All BUDS interviews should be fully facilitated by the Instructor. Only the Instructor should handle any electronic devices or paper BUDS forms. Parents still need to sign/initial the daily BUDS interview with their own pen or a disinfected pen/stylus.
- Educate parents to inform Instructor about any signs of impending illnesses prior to heading out to lessons for the day.
- Determine daily if anyone in the household has had any symptoms of COVID-19 or if anyone in the household has had exposure to someone with COVID-19.
- Consider temperature BUDS monitoring for all students. Require parents to take their child's temperature within an hour of lessons. See ISP 1T Temperature Monitoring for fever parameters.
- Self-check pool chemistry daily and keep a written record. See ISP 33 Pool Sanitation for suggested chemical levels.
- Limit poolside visitors to only one adult per student. Designate an area where any siblings that must accompany the parent can safely sit.
- Parents should not arrive earlier than scheduled time to limit gathering of multiple families.

## During the Lesson:

- Wearing facial coverings, including shields that are designed to limit contact with splatter or droplets. A cloth mask could be worn under the shield but should be changed if wet or otherwise contaminated.
- Maintain a minimum distance of 6ft from any other Instructors or anyone else in or around the pool.

## After the Lesson:

- Strictly enforce the 3 towel rule and encourage parents to exit the pool area as soon as possible after the child is placed onto their towel and has had an adequate rest period.
- Parents should not wring out swim diapers in the pool or around the deck area. Any disposable swim diapers, diapers or any other trash should be disposed of properly.

## In-between Lessons:

- Allow adequate time between families such that only one family is in the area at a time.
- Sanitize/wash your hands between students.
- Sanitize any shared surfaces between students.

## General Fevers and Illnesses

- Students that receive a non-COVID-19 diagnosis (ear infection, strep, other viral or bacterial infections) can resume lessons following an MLU, MD recommendations and current ISR protocols.
- Anytime a fever's cause is unknown or attributed to an unknown virus, it is the Instructor's discretion to require a waiting period or a negative test prior to resuming lessons. Otherwise, the fever can be handled according to ISR protocols for fevers found in ISP 37 and ISP 1T Temperature Monitoring.

## MLUs

- An MLU IS NOT NEEDED if a student was quarantined due to an exposure to COVID-19.
- An MLU IS NEEDED prior to resuming lessons if a student is diagnosed with COVID-19. See ISP 13.

## Returning to Lessons

- In rare cases, children can develop new or lingering symptoms after a COVID-19 infection. Careful attention to BUDS information will alert the Instructor to any possible concerns.
- Follow ISP 06 Common Childhood Illnesses carefully in the days and weeks after a COVID infection.