[Exposure to COVID-19](#) is defined by the Center for Disease Control (CDC) as a situation where an individual was within 6 feet of someone that falls into one of the two categories below for more than 15 minutes

- A person with COVID-19 who has [symptoms](#) - in the period from 2 days before symptom onset
- A person who has tested positive for COVID-19 (laboratory-confirmed) but has not had any [symptoms](#) (in the 2 days before the date of specimen collection

The CDC recommends that someone who meets the "exposure" category above should self-quarantine for 14 days from the date of the last exposure.

In an effort to work together to flatten the curve we want your team to consider the following.

- If a swimmer meets any of the criteria for exposure your team is encouraged to:
  - Have the swimmer either self-quarantine or get tested.
  - Notify the appropriate training group that someone in the group has been exposed. Those families can then decide if they need to voluntarily quarantine and move to online workouts for 14 days or continue in-person workouts.
- If a swimmer tests positive your team is encouraged to:
  - Notify
    - Dade - http://miamidade.floridahealth.gov/locations/index.html
    - Broward - http://broward.floridahealth.gov/locations/index.html
    - Palm Beach - http://palmbeach.floridahealth.gov/locations/index.html
    - Monroe - http://monroe.floridahealth.gov/
    - Martin - http://martin.floridahealth.gov/locations/index.html
  - Consider moving training groups that were online for 14 days.
  - Follow necessary facility closures/cleaning in accordance with health department guidelines.
- If a coach has an exposure, he/she is encouraged to voluntarily self-quarantine and/or get tested.
- If a coach test positive he/she is encouraged to:
  - Notify
    - Dade - http://miamidade.floridahealth.gov/locations/index.html
    - Broward - http://broward.floridahealth.gov/locations/index.html
    - Palm Beach - http://palmbeach.floridahealth.gov/locations/index.html
    - Monroe - http://monroe.floridahealth.gov/
    - Martin - http://martin.floridahealth.gov/locations/index.html
  - Consider moving training groups online for 14 days.
  - Follow necessary facility closures/cleaning in accordance with health department guidelines.

[Preparing for when someone gets sick](#) - In the event that a swimmer/coach develops symptoms at an FGC related activity:

- Anyone on site including but not limited to swimmers/coaches/lifeguards/officials, etc who attend an FGC activity or event with [symptoms](#) will be sent home.
- Anyone on site including but not limited to swimmers/coaches/lifeguards/officials, etc who attend an FGC activity or event who answer yes to any of the health questions prior to entrance will be sent home
  - Do you have any COVID-19 symptoms including but not limited to; fever, cough, shortness of breath, aches?
  - Is anyone in your house sick?
  - Any reason you shouldn't participate?
- Anyone on-site having symptoms will be removed and sent home or to a health care provider.
- The facility manager will be notified, the area will be [closed and cleaned according to CDC guidelines](#). [See the notes from the CDC on how to clean here.](#)
- The steps for notifying the health department and appropriate training groups will be followed.
  - Dade - http://miamidade.floridahealth.gov/locations/index.html
  - Broward - http://broward.floridahealth.gov/locations/index.html
  - Palm Beach - http://palmbeach.floridahealth.gov/locations/index.html
  - Monroe - http://monroe.floridahealth.gov/
  - Martin - http://martin.floridahealth.gov/locations/index.html
- Follow the steps for self-monitoring and potentially self-isolation.
- Fill out a [USA Swimming Report of Occurrence Form](#)
  - When completing ROO use 'other' designation categories and insert - "no accident reported except
  - notice of COVID-19 Positive Test result"
  - Additional details section, insert - "all personnel removed from the site in accordance with local guidelines"

[When can you be around others after you had, or likely had COVID-19](#)? FGC will follow the CDC recommendations listed on [this page](#) for all individuals.

For your convenience, here is the link to testing sites around the FGC. Testing is free at these locations.

- [Miami-Dade County COVID-19 Testing sites](#).
- [State Supported Testing Sites](#)
- [Broward County](#)
- Many CVS and MD Now locations also offer COVID-19 tests, however, fees for other diagnostic tests may be incurred.

If there is any doubt in your mind that your or your child has been exposed, or is carrying the disease, please have your swimmer stay home.