

Aquabelles Covid Protocols

Alberta has lifted most restrictions but the isolation requirements for symptomatic individuals remain in place at this time. The new variants are much more transmissible than the initial strains. As such;

We encourage everyone to continue to practise good hand and respiratory hygiene (cough pockets, masking as needed). Please keep your child home if not well even if symptoms are mild (e.g. a stuffy nose, itchy throat) as there could be immunocompromised or unvaccinated individuals among the other swimmers.

Isolation Requirements:

- Fully vaccinated individuals: 5 days or until symptoms resolve, whichever is longer. For 5 days following isolation a mask must be worn at all times, when around others outside of your home.
- Not vaccinated or partially vaccinated individuals: 10 days or until symptoms resolve, whichever is longer.
- If an individual tests negative but has symptoms they should still stay home and away from others until symptoms resolve.

As it pertains to practice, athletes/coaches who are fully vaccinated may return to practice after 5 days or once symptoms resolve, whichever is longer. However, they will need to remain masked at all times for a further 5 days following isolation. Thus, for this time period the affected individuals can only participate in dryland activities where they can remain masked.

Note: The first day of symptoms is considered day 0 not day 1

Testing:

Please do not only swab the throat, the recommendation is to swab the nostrils. However swabbing both throat & nostrils with the same swab is often more likely to detect the virus. New videos have been posted to alberta.ca Here is a link to the video demonstrating how to perform an oral & nasal swab. <https://www.youtube.com/watch?v=LJhdIWWdXT4>

Remember a negative result on a Rapid test does not mean the individual does not have Covid. If the individual has symptoms but tests negative please repeat the test in 24 - 48 hrs. Even if the second test is negative but symptoms are present the individual is still asked to isolate as the likelihood it is Covid is extremely high. Because Rapid tests are less sensitive one could have a couple of negative tests prior to testing positive as the viral load may not be high enough to detect initially. If symptomatic, it is recommended that the individual isolate as a precaution until symptoms resolve whether they have access to a test or not.

We would greatly appreciate it if you would let us know if your child tests positive for Covid so we can let you know when your child can return to the pool.

Please feel free to reach out if you have any questions.

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