

Dear members of ISC,

As you are all aware, the new Omicron variant of COVID-19 has created a surge in COVID cases across Canada and BC. We have had several swimmers and staff test positive for COVID-19 over the past few weeks. The directions and guidelines from the PHO are ever evolving, therefore I wanted to take the time to ensure that we're all on the same page with regards to our protocols and policies.



1. The first and most important point is to remain home if you have symptoms of illness or are feeling unwell. A **negative rapid test does not** permit you to return to the pool if you still **have symptoms**.
2. If you are feeling ill, please take a [self assessment](#) and follow the instructions.
3. If you do test positive with either a rapid (antigen) or PCR test, then you must isolate for a minimum of 5 days **AND** until you are symptom free. A **negative antigen (rapid) test cannot be used to return to the pool before the end of the 5 day isolation period**, especially if you previously tested positive.
4. If you have symptoms but are not able to get a test, then you must assume you have COVID-19 and act accordingly. Self-isolate for 5 days and until you are symptom free.
5. You are not required to inform ISC if you have COVID-19. However, if you're comfortable sharing that information with us, then please do. We also encourage you to inform close contacts, for example, people you carpool with or anyone you've been indoors with.

****If a family member or close contact tests positive, you can still continue to come to swim practice as long as you are not experiencing any COVID symptoms.**

Fortunately the transmission rates at swimming pools are very low. There is data to support that COVID-19 has low to zero transmission rates when in the water because of the chlorine. The high risk areas for us are on pool deck and specifically when the swimmers are gathered together.

In order to reduce the risk of transmission, I have asked coaches to have swimmers in the water for set explanations OR to have all swimmers masked while gathered at the white board. If swimmers can do this as well as ensure that they get their masks on immediately following practice then I believe we will seriously reduce the risk of transmission.

I know everyone is fed up of the restrictions and protocols associated with the pandemic. However, the risks remain prevalent. If we continue to do our part by staying home when feeling ill and appropriate mask wearing, then we reduce the risk of spreading COVID-19 and who knows, we may even be looking at a COVID-less spring.

Please do not hesitate to reach out if you have any questions or concerns.

Stay safe everyone.

Dave