



Chimo Gymnastics – COVID-19 Exposure Practice

Definitions:

Direct Exposure/Close Contact: Lived with or otherwise has had close face to face contact (within 6 feet) for more than 15 minutes with a lab confirmed case of COVID-19.

Secondary Exposure/contact: Contacts of direct exposures/close contacts.

1. How to operate with a direct exposure vs. secondary exposure

- a. If a Coach/Staff has a **direct exposure**:
 - This will be determined by public health staff. If the coach/staff member are determined by the public health team to be at risk, they will be contacted for next steps to take. If they are at risk the contact will be required to quarantine and self monitor for symptoms for 14 days and may be required by public health staff to receive a COVID-19 test.
- b. If a Coach/Staff has a suspected **secondary exposure**:
 - Wait for guidance from public health contact tracing staff. If the staff member is thought to be at risk public health teams will contact the individual with further instructions. If the staff member has COVID-19 like symptoms they must stay home until symptoms resolve and receive a COVID-19 test.

2. How long are coaches supposed to stay off?

- a. This will also be determined by public health staff completing the contact tracing. Typically, if they are deemed a close contact they will be required by public health to quarantine and monitor for symptoms for 14 days.
 - i. Coach A gets a call that they were potentially exposed. How long do they self monitor?
 - 14 days.
 - ii. Can they work while wearing a mask?
 - depends on the exposure type and if it was a lab confirmed case or not. If they are not determined to be a close contact and have no symptoms they could continue to work.

If an Athlete is exposed

We will expect our athletes to follow the same guidelines as our coaches and staff. It is to the benefit of the club and the community that we be diligent and err on the side of caution. If exposures happen do not come to the gym unless you have been cleared by public health and deemed safe to return. Please stay in touch with us and know that we will respect and keep your health information confidential.