

2021 Steiner Stars COVID-19 Protocols

1. Parents should actively screen their children before each Steiner Stars activity by asking them specific questions. Children are often not forthcoming about minor symptoms and subjective symptoms are not observable without asking.

Questions should be: Do you have a sore throat, headache, chills, body aches, diarrhea or vomiting, loss of taste or smell? Is your nose stuffy? Parents should observe for rash or fever.

If the answer is yes to any of those questions it is essential that the child not attend any Steiner Stars activity and be evaluated by a medical professional before returning to any Steiner stars activity.

2. Any swimmer/volunteer/family member who fits the following descriptions should not come to any Steiner Stars activity.

— Anyone coming from a household where a family member has tested positive or exhibits the above symptoms.

— Anyone that has been exposed to someone who has tested positive for COVID-19.

— Anyone in the household that is being tested or has been tested for COVID-19 and is awaiting results.

— Anyone that has been quarantined from school or any other activity should not come to any Steiner Stars activity until the return criteria has been met.

COVID-19 Testing needs to be a PCR COVID test, otherwise the return criteria must be met.

Return criteria:

A) In the case of a swimmer, coach, or volunteer being diagnosed with COVID-19 or having any symptom of COVID-19, the individual may return to Steiner Stars activities when all three of the following have been met:

1. 10 days since symptoms first appeared AND
2. 24 hours with no fever without the use of fever-reducing medications AND
3. Any symptoms related to possible COVID are improving

B) Swimmers, coaches, or volunteers coming from a household where a family member has tested positive for COVID-19 may return to Steiner stars activities 10 days from;

1. Last exposure to a symptomatic family member;
2. Or initial exposure to an asymptomatic family member;
3. AND provided such person does not experience any symptoms themselves.

C) Swimmers, coaches, or volunteers that have had direct contact with a Covid positive person may return to Steiner Stars activities;

1. after 10 days from exposure provided they do not display any symptoms.

— If anyone is unsure if they have been exposed to someone that is or maybe COVID-19 positive they should follow the protocols in “C” above at a minimum.

— An exposure is considered as someone who was

1. Within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24 hour period
2. starting from 2 days before illness onset or for asymptomatic patients 2 days prior to test specimen collection.

— If you or someone in your household have been in a large gathering of any type where the governor’s protocols and social distancing were not followed, please monitor yourself and your children and consider the community before attending any Steiner Stars activity.

— **Please stay home if in doubt.**

Parents please note: individuals age 65 or older are at higher risk of COVID-19. Parents should protect any vulnerable persons who are members of the same household or come into frequent, close contact with individuals who participate in youth sports.

To all parents and guardians there are enhanced risks of participants being in direct contact with anyone aged 65 or older for 14 days after participating in a sport event or practice.