

Hills Swim Lessons Self-Check Health Screening



It is important to limit the spread and contamination to avoid threat to others. Effective containment depends on early symptom identification, removal from lesson (possible isolation), and strict guidelines regarding return to lesson.

Prior to coming to your scheduled lesson each day you must ask yourself these important health questions. *We recommend parents assist younger swimmers.*

If you had any of the following symptoms in the past 24 hours, please remain at home and do not return to the facility until you are symptom free for 72 hours.

- Shortness of breath/difficulty breathing
- Fever
- Chills
- Muscle pain or body aches
- Diarrhea
- Vomiting
- Cough
- Unexplained rash
- Sore throat
- New loss of taste or smell

Have you tested positive for COVID-19 or otherwise been diagnosed with COVID-19 within the last 14 days? If you answer yes, all three of the following are required before return to a lesson: a minimum of 14 days of self-quarantine from the positive test, 72 hours with no symptoms, and a subsequent negative test. **Testing and results must be reported to the instructor staff to monitor contacts and early signs of transmission within the team or groups.**

Have you had close contact within the last 14-days with someone who has COVID-19 or who has any of the above symptoms? (Note: Close contact is defined as within 6 feet for more than 10 minutes per CDC Guidelines.) If you answer yes, to return to a lesson the swimmer should have no symptoms for 72 hours, a negative test, and no additional close contact with the infected individual.