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Revised COVID-19 Exposure Guidance (Updated September 1, 2022)

For more information, visit: <https://www.toronto.ca/home/covid-19/covid-19-what-you-should-do/covid-19-what-to-do-if-you-have-covid-19/>

Daily Screening

ESWIM COVID Daily screening tool is not mandatory before coming to ESWIM events currently. Should public health measures change, ESWIM will notify members if mandatory screening (and other measures) becomes necessary.

Daily self-assessment for symptoms of respiratory illness (e.g. fever/chills, cough, sneezing, congestion, sore throat, fatigue, severe muscle aches/joint pain, etc.) should be done prior to training. If you feel unwell, please do not attend training or competition.

Provincial self-assessment screening tool for COVID-19 can be found here: <https://covid-19.ontario.ca/self-assessment/>

Summary of Protocol (fully vaccinated swimmers)

Circumstance	Revised Protocol (September 1, 2022)
A swimmer who tests positive on a rapid antigen test or has symptoms of a respiratory infection.	Must refrain from ESWIM activities (training and competition) until symptoms are gone for 24 hours. If you have tested positive for COVID-19, please stay home until your rapid antigen test is negative before returning to ESWIM activities. If your rapid antigen test is positive, you may still be infectious to others.

Symptoms of COVID-19

If you have ONE or more of the following four symptoms, it is highly likely you have COVID-19.

- Fever > 37.8° C and/or chills
- Cough – new or worsening
- Trouble breathing
- Decrease or loss of smell or taste

If you have TWO or more of the following symptoms, then it is highly likely you have COVID-19.

- Runny nose or nasal congestion
- Headache
- Very tired
- Sore throat
- Muscle aches or joint pain
- Nausea, vomiting and/or diarrhea