

## USA Triathlon Guidelines for COVID-19 Contact Tracing

When a COVID-19 infection is identified among an athlete, spectator, official, volunteer, or staff, it is critical to conduct immediate contact tracing and identify all those who have been in close contact with this person. This should be done individually for each person identified with COVID-19 including laboratory confirmed and suspect cases (see step 1 below).

Contact tracing slows the spread of COVID-19 by identifying and notifying people that they may have been exposed, asking them to monitor their health and to self-quarantine. Timely and thorough contact tracing can effectively interrupt the chain of disease transmission and is an important public health intervention to prevent or contain an outbreak. By keeping those who may have been exposed to COVID-19 away from others, further transmission may be prevented.

This document outlines the actions that should be taken when a person with COVID-19 is identified who is an athlete, spectator, official, volunteer or staff member.

- Steps to identify and notify close contacts.
- Steps to conduct cleaning and disinfection.

### 1. Steps to identify and notify close contacts of persons identified as having COVID-19 infection

**I. For suspected cases only, quarantining of close contacts may be delayed up to 48 hours after meeting clinical criteria to allow for the return of molecular/PCR test results or an alternative more likely diagnosis to be made by a physician.**

1. If a molecular/PCR test result or alternative more likely diagnosis is not available within 48 hours of meeting clinical criteria, close contacts should be quarantined as described below.
2. If a molecular/PCR test results negative or an alternative more likely diagnosis is made by a physician, close contacts do not need to be quarantined. The symptomatic person should not return to activities until they are symptom-free for 24 hours.

**II. Determine who has been in close contact during activities with individuals who have suspected or confirmed COVID-19 during their infectious period.**

1. Close contact is defined as:
  - a. being within 6 feet of an infected person for a cumulative total of 15 minutes over a 24-hour period **OR**
  - b. having direct contact with an infected person including touching or sharing eating or drinking utensils; or if an infected person sneezed, coughed, or somehow got respiratory droplets on another person
  - c. Additional factors to consider for determining risk of transmission include:
    - i. If the contact area is indoors or outdoors – the likelihood of transmission is higher indoors, but transmission can still occur outdoors
    - ii. The size of the area and physical closeness of individuals
2. The infectious period includes the 48 hours before the day the person became sick (or the 48 hours before specimen collection if asymptomatic) until the person was isolated.

III. Use of face coverings, face shields and plastic dividers are not considered in determining close contacts, though they do reduce the risk of transmission.

## IV. Quarantine for close contacts previously diagnosed with COVID-19 within the last 90 days:

1. People who have tested positive for COVID-19 within the past three months and recovered do not have to quarantine or get tested again as long as they do not develop new symptoms.
2. People who develop symptoms again within three months of their first bout of COVID-19 may need to be tested again if there is no other cause identified for their symptoms.
3. Regardless of prior infection status, if an individual develops symptoms of COVID-19, they should self-quarantine immediately and consult with a medical provider to determine if they may have been re-infected with COVID-19 or if symptoms are caused by something else.

## V. Notify close contacts of the need to quarantine.

1. Notify all close contacts of suspected and confirmed cases that they have been identified as having been exposed to someone who is or may be ill with COVID-19 and will need to quarantine and stay out of all activities for 10 days from the last date they were exposed.
2. People who have been in close contact with someone who has COVID-19 are not required to quarantine if they have been fully vaccinated against the disease and show no symptoms.

## VI. Options to Reduce Quarantine:

1. Reducing the length of quarantine may make it easier for people to quarantine by reducing the time they cannot work. A shorter quarantine period also can lessen stress on the public health system, especially when new infections are rapidly rising. [Complete CDC Quarantine Guidelines can be found here.](#)
2. Your local public health authorities make the final decisions about how long quarantine should last, based on local conditions and needs. Follow the recommendations of your local public health department if you need to quarantine. Options they will consider include stopping quarantine:
  - a. After day 10 without testing
  - b. After day seven after receiving a negative test result (test must occur on day five or later)
3. After stopping quarantine, you should:
  - a. Watch for symptoms until 10 days after exposure.
  - b. If you have symptoms, immediately self-isolate and contact your local public health authority or healthcare provider.
  - c. Wear a mask, stay at least 6 feet from others, wash your hands, avoid crowds, and take other steps to prevent the spread of COVID-19.
4. If quarantine is shortened, daily symptom monitoring and strict adherence to prevention measures including social distancing, hand washing, and especially wearing masks/face coverings, should continue until the full 10 days from last contact with a COVID-19 case.
5. Close contacts who develop symptoms on or before day 10 after their last exposure are considered suspect cases regardless of meeting criteria for a shortened quarantine and should self-isolate immediately and seek testing.
6. CDC continues to endorse quarantine for 10 days and recognizes that any quarantine shorter than 10 days balances reduced burden against a small possibility of spreading the virus. CDC will continue to evaluate new information and update recommendations as needed.

## VII. Ensure close contacts remain out of activities until the end of their quarantine period.

1. Close contacts should not return to activities until they have met end of quarantine criteria.

2. If a close contact in quarantine becomes symptomatic and tests positive, they would be considered a case as of the day their symptoms began and would need to follow “end of self-isolation criteria” above to return to activities. [Complete CDC Isolation Guidelines can be found here.](#)
3. If a close contact in quarantine becomes symptomatic but is not tested, they would be considered a case as of the day their symptoms began and would need to follow “end of self-isolation criteria” above to return to activities or 10-day quarantine, whichever is longer.
4. If a close contact in quarantine tests positive but does not develop symptoms, they would be considered a case as of the day their test was collected and would need to follow “end of self-isolation” criteria above to return to activities.
5. For athletes who participate in athletic events where distancing and/or masking can be maintained only if a close contact has a viral test collected earlier than day five of quarantine and the result is negative, they may either:
  - a. Participate in activities after the 10-day quarantine as long as they remain asymptomatic
  - OR**
  - b. Receive an additional test collected on or after day five of quarantine. If the repeat test is negative and they remain asymptomatic, then they may participate in activities after day seven.
6. For athletes who participate in athletic events where distancing and/or masking cannot be maintained: If a close contact tests negative during their quarantine period, they should not participate in activities for the duration of the 10 days.
7. If a suspect case tests negative by molecular/PCR test, any quarantined close contacts of that suspect case may return to activities.

**VIII. Consider notification of the club or group that there was a person with COVID-19 infection identified and close contacts have been notified.**