

MAC Travel and Gathering Policy

Friday, November 20th, 2020



This is effective immediately and will remain in effect until an email is sent specifically cancelling this policy.

The State of Maryland has issued a travel advisory strongly encouraging all MD residents to cease travel outside the State and follow quarantine and testing protocols if they do travel and reenter MD. You can read the latest Orders and Advisories at the links below.

- [November 10th Health Department Advisory](#)
- [November 17th Emergency Order](#)
- [November 17th Governor Hogan Press Conference \(Start at 15:40 for comments on travel and testing\)](#)
- [November 17th Amended Directive and Order Regarding Various Health Care Matters. \(See 1.A.iii for travel recommendations.\)](#)

All Monocacy Aquatic Club families and swimmers are expected to follow the below travel policy:

- These travel restrictions do not apply to travel to your home if you live outside Maryland or those who have regular daily commutes to surrounding states for work.

Swimmers who travel out of the State of Maryland or attend gatherings with people other than those who are a part of their regular daily routine/lives, **must do one of the following:**

- Stay home from practice for 5 days from the time you reenter MD or from the last gathering as defined above AND then get a COVID test. Monitor for symptoms for 14 days.
 - Only PCR tests will be accepted.
 - Negative result must be sent to Coach Chris (Head Coach) before returning to practice.
- Quarantine for 14 days from the time you reenter MD or from the last gathering as defined above.
 - You must have NO symptoms during that time.
 - If ANY symptoms are present, you must get a COVID PCR test and send the negative result to Coach Chris (Head Coach) before returning to practice.

For Family Members in Contact With MAC Swimmers: Please keep in mind that if you have people in your household traveling or interacting at social gatherings and then interacting with your swimmer, it puts your and other MAC swimmers, coaches, and families at risk. If you fall into this category, as MAC family members, please consider doing one of the following:

- Quarantine from your swimmer for 5 days from the time you reenter MD or from the last gathering as defined above AND then get a COVID PCR test. Monitor symptoms for 14 days.
- Quarantine from your swimmer for 14 days from the time you reenter MD or from the last gathering as defined above. Monitor for symptoms.
- Keep your swimmer home for 14 days upon your return. Monitor for symptoms.