

NCAC COVID Practice Policy
(5 and up)

Swimmer Rules

1. Practice
 - a. Per current UNC policy (updated Jan 2022), masking is requested in all public settings on campus and should be worn into and out of the Koury natatorium facility.
 - b. Parents are advised to stay in the parking lot until swimmers have entered the facility.
 - c. Swimmers with the following symptoms should not attend practice
 - i. Fever over 100.4 degrees Fahrenheit
 - ii. **New** cough
 - iii. Sore **and/or scratchy** throat
 - iv. Nausea, diarrhea, stomach ache
 - v. New onset severe headache
 - vi. **Significant nasal congestion, sneezing**
2. Miscellaneous
 - a. Failure to adhere to these policies will lead to immediate removal from the facility as well as possible future workouts.
 - b. If practices get stormed out, families will be notified over email and opt-in text messages. (Details on signing up for opt-in text at end of instructions)
 - c. Treat the facility with the utmost respect. We are guests in these facilities, do not jeopardize our ability to use this space.

Coaches Policies

1. Coaches must arrive 15 minutes prior to the start time to set up the facility.
2. All entryways and exit ways need to be propped open.
3. Unvaccinated coaches must wear masks at all times. Vaccinated coaches may remove masks at outdoor facilities and follow protocols at indoor facilities.
4. Coaches will have a First Aid Kit, Coaches are the only ones allowed access to the First Aid Kit.
5. If coaches are not following any of the above standards, all issues should be brought up to Head Coach Steve Brown.

Parents Policies

As a coaching staff, we are heavily relying on the parents to bring the swimmers and pick up the swimmers at the appropriate times.

1. Parents will drop off swimmers no sooner than 10 minutes prior to the start of the workout.
2. Parents may not enter the facility.
3. Parents need to pick up their swimmers no later than 15 minutes after the end of their swimmer's workout.

Positive COVID Test Plan:

1. In the case that a swimmer or member of a swimmer's household test positive to COVID-19, the following policies will be set in place:
 - a. All unvaccinated swimmers and coaches who were in the pool at the same time as the athlete, that group will be mandated to minimum **5 day quarantine*** from the team beginning with the positive test. Swimmers and coaches are encouraged to be aware of any symptoms associated with Covid-19 and to get tested.
- Asymptomatic vaccinated swimmers and coaches do not need to quarantine.
 - b. **Fully-vaccinated and boosted swimmers and coaches who have a COVID infection and are either asymptomatic or mildly symptomatic may return to team activities after 7 days of isolation. This period reflects that the CDC currently recommends an additional 5 days of masking after 5 days of isolation, and since masking while swimming is not possible, isolation is extended for 2 days consistent with European data recommending a 7 day isolation period.**
 - c. Swimmers and families need to remain flexible and work with the coaching staff through this situation.
 - d. *Athletes and coaches with a documented COVID-19 infection in the past 90 days may not require isolation or quarantine, depending upon dominant strain, and this will be handled on an individual basis.*

***Quarantine and isolation periods and protocols will reflect current CDC and State of NC recommendations at the time of the exposure.**

How to signup for TeamUnify Text Alerts

Want to get text alerts?

Sign in to the team website then go to the "My Account" section on the left! Then select "My Account" one more time this will take you to your Billing Account Configurations!

On your account click the "Add SMS" button on the upper right corner, this will ask for your phone number and cell phone carrier! Click "Send" then you will receive a text to verify and then you should be all set to go!

