



CAQ Covid Policies (effective August 16)

Masks

We will be requiring masks for everyone, regardless of vaccination, when indoors. Swimmers may remove their masks prior to entering the water. When outdoors, masks will be optional, but when larger groups are together (i.e. team meetings, dryland, Team Day activities) we will require masks at that time.

Locker Rooms

The locker rooms will be open, however, we are asking that swimmers be respectful of social distancing guidelines, and keep their masks on while using that space. *We strongly encourage our swimmers, especially from our younger groups, to come to/from practice already in their suits.* We also ask that swimmers not leave belongings in the locker rooms during practice; this will help us prevent any items going missing for our athletes.

Parents

Parents will be allowed to observe practices from the Red Bleachers on the West side of the Natatorium. We require all Parents to wear their masks at all times, and refrain from eating/drinking while in our Facility. Also, please remember our Policy of not taking photos or videos of practice from the stands, in order to respect the privacy of swimmers within our groups whose families would not like their photos taken.

Quarantine due to Exposure

If you are vaccinated, you do not need to quarantine after an exposure to Covid. If you are unvaccinated and are exposed to a positive Covid case, you will need to quarantine for ten days. Should an exposure occur within a CAQ practice or event, those impacted will be notified by the CAQ Coaching Staff as soon as possible to determine if any quarantine is required for your athlete.

Please remember, these protocols may change over the course of the year as circumstances and conditions due to Covid-19 change and evolve. We thank you for your compliance.