



California Capital Aquatics

CCA COVID-19 Travel Guidelines

Hello CCA Families,

As a program, CCA is recommending to all our families to follow travel guidelines that have been shared by our public health officials. Our goal is to keep our swimmers safe and in the water!

Gatherings Outside of your Household:

CCA requests both families of students receiving in-person instruction, and staff who are serving our swimmers, to take precautions and restrict movements within large groups of people outside of the school setting in order to reduce the possibility of disease transmission. [Click HERE](#) to review the CDPH recommendations on public gatherings.

CA State Travel Guidelines:

California has *recommended* a 14 Day Quarantine for Interstate/International Travel. [Click HERE](#) for the travel advisory.

USA Swimming and Sierra Nevada Swimming have addressed travel in regards to attending away meets outside their home region. *Recommendations* include:

- Staying at home to attend online courses instead of attending in-person schooling for a period of 7 days
- Not sharing training time with anyone who was not in the travel party for the same 7 days.

Translating how this could work for CCA- if you are traveling it is recommended you not attend workouts for at least the week after travel providing you have not displayed any COVID-19 symptoms.

Attendance: If you need to miss workouts after travel or a gathering outside of your household, just communicate with your coach and those workouts will be excused.

We ask that you keep these guidelines in mind moving forward, and continue to work with CCA in keeping our swimmers safe and our team in the pool! Please take care with your holiday plans and travel this year, and thank you for all the work you have done so far during this challenging year.

Sincerely,
Coach Justin and the CCA Staff