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| **Holiday Reminder To Stay Diligent To Keep Swimming- Important** |

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| Dear J&M Families,  As we approach the holidays, we are reminded every day that COVID is still here and we need to be more diligent than ever in order to keep our swimmers in the water exercising, seeing swim friends in the pool and, most importantly, keep our entire team and staff healthy.  We all want to have our traditional family gatherings, but this year it might not be possible to enjoy that normalcy.  We ask everyone to please use their best judgement and refrain from putting the swim program and your swimmers’ chance at doing something normal at risk.  We know you are seeing, hearing and talking about the rising cases in our region and we don’t want to sound like a broken record, but we **must remind everyone *how important it is to wear a mask.*  It is required of our swimmers at the pool any time they are not actually in the water.  The coaches are enforcing this, and we would like parents to remind their swimmers, too, including having them wear it all the way out of the facility and to the car.**  It is also been proven time and again that wearing the masks protect the spread to others and from others.  Especially as it gets colder and more activities are moved inside.  It should go without saying, but if your swimmers feel unwell, stay home from practice.**If a family member is ill or getting a COVID test, stay home from practice until you know your family member is negative for COVID.**  It is better to miss one or two practices than to come, swim, end up being ill and take out an entire training group and coaches.  Just keep your coaches informed and there is never too much communication with your coach.  In addition, when you are traveling please remember to fill out the travel record (<https://docs.google.com/forms/d/e/1FAIpQLSfGtMN3AJBGyusCY2Xmt0tlw-iIX0n9_m-LS2G5Cz2Ug6o6DA/viewform> ) it is also listed on the team unify page on the right hand side, and make sure you check back in when you return and get approval from our travel manager to swim before sending your swimmers back to practice.  They will not be allowed to practice until that approval is granted.  Also, we trust everyone to be honest about where you go and what you do when traveling.  For example, if when you initially submitted your travel record you didn’t plan to eat in a restaurant, but do, please tell us.  It’s better to be honest and perhaps miss a few practices in order to keep everyone safe.  Also, some families have college students coming home for the holidays, and they will likely want to catch up with their local friends.  Please encourage them to be smart about attending events that could be high-risk in spreading COVID and remind them to always wear a mask when they are out.  We are looking forward to a nice holiday season.  Let’s all do our part in keeping our swim community healthy and safe!  Jeff King, Matt Murray and the J&M Coaching Staff  **Our swim schedule for the week of Thanksgiving**  Monday-Wednesday November 23-25 all practices are at normal times, at all sites.  Thursday November 26, everyone is off, Happy Thanksgiving.  Friday morning November 27, everyone is off except the Lee District Training groups, they have normal 4:30-6 am practice.  Due to our current pandemic, only swimmers that are NORMALLY at the Lee District AM practices can attend.  **Quick Reminder:** Any athlete experiencing any symptoms or has had any exposure to someone who has any symptoms **should remain at home and seek medical treatment**. **When in doubt, stay out**.  **COVID-19 Positive Test Procedure:**  **If a member of an athlete’s immediate household tests positive for COVID-19:** The athlete must quarantine for 14 days, isolating themselves from the members of their household to the best of their ability.  **If an athlete is exposed to COVID-19 from someone outside of their household:** The athlete must quarantine for 14 days OR The athlete must get tested after 5 days from the exposure and provide their coach with documentation showing a negative test result.  **Do not come back to practice until you have a negative test result.**  **If an athlete tests positive for COVID-19:** The head coaches will email all active members to let them know a member tested positive for COVID-19. Following a thorough sanitization by the facility, practices will resume. The training group that the positive athlete is in will have to pause their practices and they have two options:   * These athletes can choose to quarantine for 14 days and then return to practice OR they can get tested for COVID-19 following 5 days from exposure and provide their coach with the documentation showing a negative test. * The coach will receive a rapid test 5 days following exposure and cannot resume practices until they have received negative results. |