

UPDATED August 2021

J&M/NCAP Alexandria Policy & Procedures

Athlete Participation Policy

At all facilities indoors

Athletes and parents will need to sign their waivers and be registered before attending practice. By signing the waiver, you and your family agree to reading the policies and procedures (updated from time to time) and always abiding by them. Violations of these safety and procedural protocols may result in suspension or dismissal from the program by the athlete or family as determined by the resolution deemed most fitting through the sole opinion of the leadership team of JandMSwim and NCAP.

The following criteria must be met by the athlete and anyone that resides in their household to be eligible to attend practice:

Mask Policy

At a minimum we will follow Fairfax County Park Authority (PCPA) protocols or even have a slightly more stringent internal policy and understand this is subject to change. Please always have a mask with you just in case.

- Any coach or athlete that is fully vaccinated does not need to wear a mask while entering the facility.
- Any athlete or coach that is not fully vaccinated must wear a mask inside the facility and entering the facility. This will affect any athletes that are under the age of 12 and have not received the vaccine. That means your coaches that are working with 11 and under **MUST** wear a mask while coaching.
- Parents are now allowed to come back into the facility to watch their athletes practice. As a reminder to them if they would like to use the facility, they must pay general admission or hold a membership.

Swimmer Check In

We will continue to check swimmers in no more than 10 minutes prior to their workout time.

We are asking that swimmers show up and depart in their swimsuits and refrain from using the locker rooms to change or shower until otherwise notified by JandMSwim/NCAP Alexandria leadership. Please shower at home. Bathrooms are for emergency use only.

* If your athlete or someone in your household is experiencing any Covid-19 symptoms, please keep your athlete out of practice and notify your coach and Coach Trish Buswell (trishbuswell@gmail.com), so that she may clear your athlete to return when everyone in the household is feeling healthy.

* NCAP will require families to self-screen before allowing your athlete to attend practice. Please ensure all answers to the below questions are “No” before your athlete comes to practice:

-Have you been exposed to Covid-19 in the last 10 days?

- Is your temperature over 100.4 degrees Fahrenheit?

-Have you experienced any Covid-19 symptoms in the last 10 days?

**If an athlete does not meet the criteria above and their guardian(s) knowingly sends them to NCAP practice or competition, the athlete or their family’s participation in NCAP activities may be suspended or dismissed from the program as noted above.

Covid-19 Exposure & Positive Test Procedures:

* If your athlete or a member of their household is exposed to Covid-19 OR tests positive for Covid-19, please do the following:

-The athlete(s) must stay out of practice until cleared by the covid protocol managers to return.

-Email Coach Trish Buswell (trishbuswell@gmail.com) with as much information as possible about the exposure or timeline leading up to the positive test. If comfortable, please copy your coach on the email, so they are aware.

-Trish will follow up to relay instructions for your athlete to rejoin practice.

***Protocol reminders:**

*If an athlete or a member of their household has been exposed, they must wait until at least 72 hours following the exposure to be tested.

*If a member of an athlete’s household tests positive for Covid-19, the athlete must stay out of practice for the duration of the member’s isolation and provide a negative test to return.

*If an athlete tests positive for Covid-19, they will be required to stay out of practice for 10-14 days depending on their symptoms and the recommendation from a medical professional.

Travel Policy

- If traveling internationally, family must email Amy Downey at adowneyncap@gmail.com with your travel plans. Instructions to return to practice will be determined on a case-by-case basis.

* Families are still required to follow local government guidelines and practice thorough safety measures when traveling.

- Athletes that are not fully vaccinated must continue to wear masks in indoor public settings and at large, crowded outdoor venues.

Please continue to notify your coaches of your travel plans by email.

Additional Practice Information:

We will ensure that the appropriate number of coaches are present during each training session to comply with MAPP (Minor Athlete Prevention Policy).

Athletes will need to bring their own pre-filled water bottle and any other equipment required by their coach.

Specific Entrance and Exit Procedures per rec facility:

Lee District: Morning Practice, swimmers will check in with coach at main front doors and proceed straight down to pool and the designated bleachers for our team bags. Do not go through the locker rooms. After practice exit via the side doors by the diving boards on the pool level and up to the main parking lot. **Afternoon practices** enter at the sundeck at lower level, they will also exit from one of the two doors either the sundeck doors or the doors by the electrical room. Parents may not park down on the gravel, if they drive down to drop off, they must drive back up to the parking lot. Parents can walk down or wait for them by their cars to walk up to the main parking lot. Please do not drive back down to pick swimmers up. Swimmers will place ALL their items in their bag and place it on the bleachers.

Providence Rec Center: Swimmers will enter and exit through the patio deck doors. Their swim bags will have a designated spot on the bleachers. The same place every day.

Mt. Vernon Rec Center: Morning practice, swimmers will check in with the coach at the main sliding doors and then proceed to the right into pool area, do not go through locker rooms. Go straight to the designated benches and area for swim bags. After practicing you will exit via the lower glass doors and walk up the path to the parking lot. **Afternoon practice**, parents should park in the parking lot and swimmers will walk down, or be escorted by a parent, the paved path to the back double glass doors on the Ft. Hunt Roadside of the pool and check in with the coach there before walking in and proceeding to the designated area for bags. When finished with practice the swimmers will exit the same doors. Parents can always meet their swimmers after practice at the doors. There is a parking lot next to the lower doors, but it is the library not the pool so please do not park or wait there in your car.

GW Rec Center: Enter via the main doors. They will check in with the NCAP coaches and they should have taken their temperature prior to coming to swim. They will walk into the pool area, not through the locker rooms. Swimmers will have a designated spot to place their bags, waiting for the coaches to direct them to the lanes. Locker rooms will be for emergency use only. **Exit** the back field door and follow a rock path along the side of the building and meet their rides at the parking lot. Parents are encouraged but not required to wait outside to avoid overcrowding the facility.