**J&M/NCAP Alexandria Policy & Procedures**

**Athlete Participation Policy**

**At all facilities indoors, until further notice**

Athletes and parents will need to sign their waivers and be registered before attending practice.

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

**All athletes are to take their own temperature before leaving their home before every practice.** Take a picture of it to show the coach. If you forget we will take it before you walk into the facility.

Athletes cannot have had a temperature of over 100.4 degrees, a new recent cough, difficulty breathing, unusual fatigue, headache, and chills in the past 14 days. If a fever or symptoms of illness are experienced, athletes may not attend practice until 14 days after the fever or symptoms has ceased. Athletes must see a physician and be cleared for training after being diagnosed or suspected to have COVID-19.

You cannot have had contact in last 14 days with anyone who has tested positive for COVID-19.

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:** Given our standard operating procedures at each facility regarding cleaning, the facility will not need to be shut down. We will evaluate if further sterilization measures are necessary on a case by case basis and by working with the facility managers. 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.

Please note: If a parent is getting tested consistently due to their job - this policy does not apply, but if they receive a positive result - NCAP needs to know about it right away. Please call, email, or text your coaches.

For us all to stay healthy and be able to keep swimming, we ask our athletes to please practice responsible social distancing when they are away from the pool as well.

**All athletes and coaches will have to wear masks entering and exiting the facility. If you do not have a mask or are not wearing a mask you will be sent home. There are NO EXCEPTIONS.** Once all swimmers are in the pool the coaches can take their masks off. If there are other groups working out at the same time (the facility is open to the public) they will need to keep their masks on.

All athletes should change clothes and shower at home. Onsite showers are off limits.

Bathrooms should be used only in the case of an emergency.

Parents will not be permitted into the facilities, unless in an emergency and given explicit permission by the facility management and the coaches. They should wait in the car unless you are working out at the facility as well.

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.

Per the Fairfax County Park Authority for Rec Centers, these are the procedures we will be asked to follow, they are subject to change and will be updated as warranted. Please read them, even if they seem repetitive from above, this is what we have been directed to do.

*Athletes will not be allowed to use the locker room except for emergencies. Swimmers must shower at home prior to practice.*

*Athletes must arrive in their suit and leave in their suit. Should an athlete have an emergency need to use the restroom, coaches, or a swim team representative or a lifeguard at the facility must wipe down the restroom with wipes provided by the team or facility management.*

*Parents must drop off their athletes and remain in their car. No parents may enter the building.*

*All rentals (Swim teams, dive teams, etc.) will enter and exit in accordance with the below listed procedures per facility in use when possible.*

*Teams must provide small cones or polyspots to place on the deck to mark social distancing locations for athletes. • Teams will have specific places in the facility to place bags, see below for each site.*

*Coaches must ask or confirm with every athlete if they have been sick specifically with regards to coronavirus symptoms. Coaches must do a temperature check on every athlete prior to practice.*

*Teams will be allowed five swimmers per lane (this could change depending on pandemic protocols from outside the teams). Swimmers must maintain 100f2 social distancing. Starts and stops must be staggered throughout the lane to promote social distancing. Swimmers may hold the lane lines while preparing for staggered starts. (See figure attached for a 5 swimmer per lane short course option provided by USA Swimming).*

*Coaches and Athletes must wear masks while on the pool deck. Athletes may remove their masks prior to entering the water.*

*Any Athlete or Coach that has a positive test may not come back to the facility until after being cleared by a doctor to resume practice.*

*Renters (Swim teams, dive teams, etc.) will only be allowed in the building 10 minutes prior to the start of their rental time.*

*Athletes must bring all equipment and their own water bottles (pre-filled) for each practice. Equipment will not be kept at the facility and any equipment that is left behind will be thrown out.  Swimmers need to label everything and pick it up off the deck after each practice.*

**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 practice** 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 don’t drive back down to pick swimmers up. Swimmers will place ALL their items in their bag and place it on a poly spot on the two bleachers allotted to our team. We will be the next to last two bleachers closest to the dive well. The last set of bleachers closest to the dive well is for the divers, then the next two are for NCAP. There is no other place your bags can or should be placed while swimming. Remember to wear your mask.

**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. Bathrooms will only be used in an emergency. Athletes will need to take their temperature at home prior to coming, if they forget the NCAP personnel will have a thermometer there when checking in. Remember to wear your mask.

**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 Road side 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 but must be socially distanced and wear a mask. 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, following the movement arrows. 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 asked to wait outside, and everyone please remember to wear your mask.