Dear Parents,

We want to thank everyone for their support of the policies we have put in place to keep everyone safe during training. As the main NCAP site has mentioned, we are closely monitoring the virus and evaluating our policies on a weekly basis.

Given the increase in travel plans we were seeing across the entire club and our J&M site, we felt it was necessary to put a parameter in place to protect our coaches and athletes.  We realize how important it is for families to get away, but we want to make sure they are doing so safely.  Whether you are traveling or even staying home, we want to emphasize how vital it is that your family is social distancing and wearing masks when in public.  This is the biggest factor in limiting exposure within our training groups.

We recognize that there are areas within the 200-mile radius that could be considered “hot spots” and want to ensure families that we are still evaluating everyone’s travel plans, no matter the distance.  Given the feedback we received, as well as the main NCAP site, from families regarding planned vacations to very safe areas outside of the 200-mile radius, we are adding an addendum to our Travel Policy.

***If your family is planning a vacation outside the 200-mile radius, you may apply for an exemption.***  To apply, please complete the NCAP Travel Exemption Form, <https://forms.gle/kzzF85RBq5MULk6f8>  by answering questions about your trip in detail prior to traveling.  Our J&M travel manager, Amy Downey, will review your application and adjust limitations on returning to practice if we determine the travel is safe. If you have any trouble using the above link, please email Amy at adowneyncap@gmail.com  Once the family has returned, they must follow up with Amy Downey to confirm the information detailed in the exemption form remained accurate during their stay.

Below are some of the factors that will be considered when evaluating **all travel plans**:

1. How did you travel to your destination?
2. Who were you staying with? (people outside of your immediate household becomes an issue for a quick return)
3. Where are you staying?
4. Did you wear a mask and maintain 6 feet of distance while in public?
5. What activities did you do during your trip?

In regard to ensuring responsible travel throughout this summer and now into fall and winter, we may need to amend the policy by adding certain regions to the quarantine requirements.  Any changes will be communicated to all our members via email.  All our policies that we are putting in place are created to protect our coaches, athletes and their families. Thanks for helping us do our best to keep everyone safe.

Jeff King and Matt Murray, J&MSwim