Dear Parents,

We thank everyone for their support of the COVID-19 policies we have put in place to keep everyone as safe as possible during training. We are continuing to closely monitor what experts are saying about the virus/pandemic. Likewise, we are re-evaluating our policies as needed. With the upcoming holidays, we know that college students will be coming home and families whose members have been separated for months will want to reunite. Based on information from the CDC on domestic travel we have decided to update our travel policies, as outlined below.

Our “NCAP Travel Exemption Form” will now be a “NCAP Travel Record Form.” **Before you travel out of town overnight, regardless of the distance, use the NCAP Travel Record Form (**[**https://forms.gle/jvowMAgaq14YxtQ86**](https://forms.gle/jvowMAgaq14YxtQ86) **) to notify our travel manager, Amy Downey at** [**adowneyncap@gmail.com**](mailto:adowneyncap@gmail.com)**, of the details of your trip. Then check in with her after your return, letting her know of any deviations from your original plan so she can approve your swimmer’s return to practice. Please understand your swimmer may not be able to engage in practices until clearance from our travel manager has been received. We are requiring parents who have college age swimmers returning home to fill out a form if they are planning to train with NCAP while in the area. Previously, our policy required a five-day quarantine and negative covid test if any air travel was involved in the trip. Now, swimmers may return to practice three days after getting off the plane with the approval of the travel manager.**

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?

As always, this policy may be revised if we see any post-travel cases, or if there is an overall change in community cases. Our travel program has worked well so far due to the honest compliance of our J&M parents. You have kept us informed as to when, where and how you are traveling so suitable precautions can be put in place in each case. As a result, we have been able to keep swimming across all our sites without interruption. Whether you are traveling or staying home, we want to emphasize how vital it is that your family is diligent about social distancing, wearing masks in public, avoiding large gatherings especially indoors, and washing your hands.  This is the biggest factor in limiting exposure within our training groups.

Thank you for your continued diligence and protocol compliance, it works and it does matter!

Jeff King and Matt Murray, J&MSwim