

August 2022

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 at the beginning of the season, this is part of your registration process. 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 J&MSwim 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.

- Per FCPA updated guidelines masking is now optional in all county government facilities.
- Families should decide what is best for them and the team will support everyone's decision whether to mask or not.
- 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 ask that swimmers do not arrive more than 10 minutes prior to their workout time. Please remember, when in doubt, stay out. If your swimmer is not feeling well, please stay home and don't come to practice, this applies to any illness, not just covid and covid related symptoms.

We will continue to ask that swimmers show up and depart in their swimsuits and refrain from using the locker rooms to change or shower. Please shower at home whenever possible and remember, bathrooms are to be used as needed. This has worked well getting swimmers in and out of the facility in a timely manner and has been easier for parents.

* Always remember, if your athlete or someone in your household is experiencing any Covid-19 symptoms, please keep your athlete out of practice and **notify the coach your swimmer trains with** and Amy Downey, our volunteer and covid coordinator, at adowneyncap@gmail.com so that she may monitor and if necessary, notify the swimmers training group.

*** NCAP will ask families to self-screen before allowing your athlete to attend practice.**

-Have you been exposed, or had close contact (15 minutes or longer unmasked and indoors) to someone that is covid positive?

-Is your temperature over 100.4 degrees Fahrenheit?

-Have you experienced any Covid-19 symptoms in the last 2-3days?

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 & Test Procedures:

What to do if your athlete or household member isn't feeling well:

* We strongly urge you to get them tested for COVID-19 to confirm they are not infected.

• When an athlete or family member isn't feeling well and has access to testing, they may test at first sign of symptoms.

* **Athlete is experiencing symptoms:** Pause practice and monitor symptoms for 24 hours. If symptoms subside, the athlete may return to practice when they have been symptom free for 24 hours. If symptoms persist, they should get tested or see their physician to clear them for activity, this includes fever, sore throat, trouble breathing (not related to asthma or other pre-existing conditions like seasonal allergies).

* **Member of athlete's household is experiencing symptoms:** Athlete should isolate from the household member immediately. Athlete should pause practice for at least 24 hours.

* If the athlete can continue to isolate from their family member and they are symptom free, they may return to practice after the initial 24 hours.

* **When an athlete or their family member are identified as a close contact, and they are fully vaccinated,** they may remain in their training group, wear a mask around others, test on day 5 and have a negative result. If you develop symptoms before day 5 then you must remain at home, quarantine, and test again.

Per the CDC the definition of close contact is being within 6 feet of a person who has COVID-19 for a total of 15 minutes or more over a 24-hour period, or having direct exposure to respiratory secretions (e.g., being coughed or sneezed on, sharing a drinking glass or utensils, kissing), or caring for a person who has COVID-19

***If an athlete is NOT vaccinated,** they will need to pause practice for 5 days and have a negative test and be asymptomatic to resume training with their group.

***If the family member tests positive for COVID-19, they will need to follow the procedures.**

*The athlete will be able to continue practicing with their group as long as they.

- Isolate from the infected household member for 5 days.
- The swimmer can confirm they are symptom free.
- Can take a covid test and show it is negative.

*If the swimmer cannot or will not isolate from the infected household member, they need to pause their practices for 5 days and on the 6th day show a negative covid test. They will need to be symptom free too.

If the athlete tests positive for Covid: (Regardless of vaccination status) Starting on the day they test positive, they should isolate and pause swimming for 5 days.

*After 5 days, if they are symptom free, they may return to training. If possible, with a negative test.

*If you have symptoms or are not feeling well, please remain at home and continue to isolate.

Coaches: When a coach's household member tests positive, they will be cleared to coach if they are fully vaccinated, symptom free, and provide a negative test result. This policy is based on the coaches' ability to wear masks throughout practice, unlike athletes.

Specific Entrance and Exit Procedures per rec facility

Please use the front doors and main entrances to all facilities unless notified by your coaches. Exiting each facility might be changed but unless noted here, use the main doors.

Lee District- Please exit via the doors by the diving boards and walk up to the parking lot. Parents can meet their swimmers at those doors.