

Travel Procedures NCAP/J&MSwim

Updated April 2021

Our J&MSwim NCAP Travel Record Form must be filled out prior to any travel.

It can be found in this document and on the main page of our team unify website. Please use this form, regardless of other emails you may receive from the main NCAP site.

All athletes and coaches are required to fill this out whenever they travel overnight. Failure to do so could result in suspension from the team.

Before you travel out of town overnight, regardless of the distance, use the NCAP Travel Record Form (<https://forms.gle/jvowMAGaq14YxtQ86>) to notify our travel manager, Amy Downey at adowneyncap@gmail.com, of the details of your trip.

Once you return check in with her, via email, 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.

If the trip goes as planned:

Auto: Swimmers should be approved to return immediately after notifying the travel manager, if all protocols were followed and there was no known exposure by family members, the athlete or others traveling in your party to covid.

Air Travel:

Domestic: Swimmers may return to practice three days after getting home, with the approval of the travel manager and there was no known exposure to family members, the athlete or others traveling in your party to covid.

International Travel- Each trip will be handled case by case, but athletes should expect to wait 5 days and have a negative test to return to practice. And provided there was no known exposure to family members or others traveling in your party to covid.

Cruise Ship- Each trip will be handled case by case, but athletes should expect to wait up to 5 days and have a negative test to return to practice. And provided there was no known exposure to family members or others traveling in your party to covid.

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?

This policy may be revised from time to time or if there is an overall change in community cases.