



NCAP COVID-19 Positive Test Protocol & Summer 2020 Travel Policy -Version 1, July 10th, 2020-

Scenarios of a COVID-19 Positive Test:

1. A member of an athlete's immediate household tests positive for COVID-19:
 - a. The athlete must quarantine for 14 days, isolating themselves from the members of their household to the best of their ability.
2. An athlete is exposed to COVID-19 from someone outside of their household:
 - a. The athlete must quarantine for 14 days OR
 - b. The athlete must get tested after 5 days from the exposure and provide their coach with documentation showing a negative test result.
3. An athlete tests positive for COVID-19:
 - a. Given our standard operating procedures regarding cleaning between practices, the facility will not need to be shut down. We will evaluate if further sterilization measures are necessary on a case by case basis.
 - b. The Head Site Coach will email all active members to let them know a member tested positive for COVID-19. Following a thorough sanitization, practices will resume.
 - c. The training group that the positive athlete is in will have to pause their practices and they have two options:
 - i. 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.
 - ii. The coach will take a rapid test following 5 days from exposure and cannot resume practices until they have received negative results.

Summer 2020 Travel Policy (effective as of July 19th, 2020):

1. All families that travel on vacation or outside their "bubble of limited exposure" must detail those plans in writing to their coach prior to the trip.
 - a. If the travel is within 200 miles of the family's residence, decisions on practice attendance post-vacation will be dealt with on a case by case basis.
 - b. If the travel is outside a 200-mile radius, the athlete will not be able to return to practice immediately. There are two options to resume training:
 - i. The athlete must quarantine for 14 days.



- ii. The athlete gets tested for COVID-19, 5 days after their return home and can provide negative test results to their coach.
2. Here are the questions the coaches will be focusing on when evaluating a return to practice (regarding trips within 200 miles only):
 - a. Where did the family travel?
 - b. Who did they interact with during their stay?
 - c. Did they stay with anyone not in their immediate household?
 - d. Did they practice social distancing while they were away?
 - e. Did they attend any large gatherings?