



## NCAP Covid Protocol Update

Version 1.1 - January 7<sup>th</sup>, 2022

*Based on the updated CDC guidance published on 12/27/21, NCAP implemented Version 1 of this protocol on 12/30/21. We will continue to update these requirements, as more recommendations are released from the CDC, and we evaluate the transmission data within the NCAP population.*

### COVID-19 Testing Protocol:

- 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 negative (see testing options below).
  - 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 must be seen by a physician to clear them for activity.
  - Member of athlete's household is experiencing symptoms:
    - Athlete should isolate from the household member immediately. Athlete should not attend 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.
    - If the family member tests positive for COVID-19, the athlete will need to follow the procedures below.

### COVID-19 Testing Options:

- When an athlete or family member isn't feeling well and has access to testing, **they may test at first sign of symptoms**. PCR or Antigen test results will be accepted.
- When an athlete is identified as a close contact, **they MUST wait until the day designated below for each option**.
  - PCR option: On Day 4, athlete/family member can get a PCR test. A negative PCR result will clear the athlete for practice.
    - **Day of exposure= day 0, testing day=day 4**
  - Antigen option: Starting on Day 5, athlete/family member can take an at home test. **NCAP prefers this test be taken as close as possible to the athlete's next practice.**



- Submit a picture showing the date/time next to the result, a negative result will clear them for practice.
- **Day of exposure= day 0, testing day=day 5**

COVID-19 Exposure and Positive Test Procedures:

Family **MUST** keep their athlete(s) out of practice **and** notify their coach immediately in all of the circumstances below. **The athlete, siblings and anyone in their carpool must pause practice until cleared by the office, regardless of vaccination status.**

- An athlete's household member is identified as a "close contact" (meaning they were within 6 feet of the infected person for MORE than 15 minutes over a 24-hour period):
  - The athlete must immediately isolate from the household member. If the household member and the athlete are symptom free for 48 hours after the exposure, the athlete may return to practice.
    - We strongly recommend the household member get tested to ensure they are negative (see testing options above).
      - If the household member tests positive, the athlete will need to pause practice and follow instructions below.
    - If they are unable to test, the athlete should continue to isolate from the member until they have been symptom free for 5 days
      - **Day of exposure=day 0, day isolation can end=day 6**
  - The athlete must get tested and provide a negative result to return (see options above and test on designated day depending on test type) OR
  - The athlete must quarantine for 5 full days after the exposure and can return if they and other members of their household have not experienced any symptoms.
    - **Day of exposure=day 0, day eligible for practice=day 6**
- A member of an athlete's household tests positive for COVID-19:
  - The athlete must stay out of practice for the duration of the member's 5-day isolation AND isolate from the member immediately after symptom onset or positive test.
    - **Member's symptom onset/positive test=day 0, day eligible for practice=day 6**



- **The athlete must get tested for COVID-19** and remain symptom free to be eligible to return to practice.
  - **PCR Option:** As long as the athlete has self-isolated, a PCR result taken AFTER the household member's positive test will clear them to return on Day 6.
  - **Antigen Option:** The athlete can take an at home test starting Day 6. **NCAP prefers this test be taken as close as possible to the athlete's next practice.**
    - Submit a picture showing the date/time next to the result, a negative result will clear them for practice.
    - *At home tests will be available for purchase from NCAP as of 1/7/22.*
- An athlete tests positive for COVID-19:
  - The athlete must self-isolate for at least 5 full days. They may return to practice after their isolation if they are completely symptom free.
    - **Symptom onset/positive test=day 0, day eligible for practice=day 6**
  - If the athlete continues to experience ANY symptoms past day 5, they will need to be cleared by a doctor to return to practice.
- Positive athlete meet protocol: *While we are clearing athletes to return to practice on Day 6 under the new CDC guidance, it is possible they are still somewhat contagious even when asymptomatic. Given a meet environment has a higher risk of exposure, there will be a different protocol to compete in a meet.*
  - Starting Day 6, the athlete can submit a negative Antigen test result to be cleared to compete (**symptom onset/positive test=day 0, day eligible to compete=day 6**).
  - Starting Day 11, the athlete is cleared to compete without a test if they are completely symptom free.
    - **Symptom onset/positive test=day 0, day eligible to compete=day 11**
- Positive athlete exemptions:
  - *Given the immunity provided by previous infection*, athletes who meet the following criteria will be exempt from testing and quarantine requirements:
    - Fully vaccinated athletes (completed primary series) that have tested positive for COVID-19 in the past 90 days (*documentation required*).
    - Unvaccinated or partially vaccinated athletes that have tested positive for COVID-19 in the past 60 days (*documentation required*).



### Positive Athlete at NCAP Practice Protocol:

*By CDC definition, we are considering athletes swimming near an infected athlete (within same lane) to be “close contacts” (within 6 feet for 15 minutes or more over a 24-hour period). Based on data from NCAP Contact Tracing (May 2020-present) and research from USA Swimming, transmission is less likely in the pool than in a social/school-like setting. Based on this information, we have designated a different protocol for “close contacts” at NCAP practices to return if they are completely symptom free.*

- When an athlete tests positive for COVID-19, next steps for the practice group are:
  - NCAP will notify the group within 24 hours and confirm all athletes identified as “close contacts”.
    - Athletes confirmed as “close contacts” will have three options to return:
      1. PCR Option: Athlete can take a PCR test 72 hours after exposure and provide a negative result to return.
      2. Antigen Option: Athlete can take an at home test starting Day 4 and as close to their next practice as possible (**Day of exposure=day 0**).
      3. Athlete can monitor symptoms for 5 full days and return on Day 6 if they are completely symptom free (**Day of exposure=day 0**).
  - If a practice group reaches a positivity rate of 20-25% (depending on practice conditions) within a 5-day period, the practice group must pause. The office will follow up to confirm next steps for the group to resume practice.

### Travel Policy:

- NCAP does not have restrictions for athletes traveling domestically (within the 50 U.S. states).
- Any athletes traveling internationally should email the following information to [covid@nationscapitalswimming.com](mailto:covid@nationscapitalswimming.com) and [sugast@nationscapitalswimming.com](mailto:sugast@nationscapitalswimming.com) prior to their departure. The NCAP main office will confirm instructions to return to practice.
  - Destination(s)
  - Duration of trip (departure and arrival dates)
  - Any testing plans before returning or upon return
  - Athlete’s vaccination status