



NCAP Standard Operating Procedures Update -May 20th, 2021-

Due to updated guidelines from the CDC, as well as our state and local governments, NCAP is lifting and updating some of our restrictions regarding the travel policy, mask policy, and check-in procedures. Please find all updates below, along with a reminder about our Covid-19 exposure and positive test procedures.

Travel Policy

- Effective 5/20/21: Athletes may travel domestically without filling out a travel form. Please continue to notify your coaches of your travel plans by email.
 - If traveling internationally, family must email Spencer Ugast (sugast@nationscapitalswimming.com) and copy their coach, detailing their travel plans. Instructions to return to practice will be determined on a case-by-case basis.
- Families are still required to follow local government guidelines and practice thorough safety measures when traveling.
 - Athletes that are not fully vaccinated must continue to wear masks in indoor public settings and at large, crowded outdoor venues.

Mask Policy

- **NCAP's current mask policy will remain in place at this time** with the exception for outdoor practices. Coaches that are **fully vaccinated** may remove their masks when coaching outdoors.
 - Athletes training outside, regardless of vaccination status, will continue to wear their masks when they are not swimming until further instructions are communicated.
- Mask procedures will be dependent on the facility's requirements, so each site will have a different policy. **NCAP will follow up with site specific instructions regarding mask wearing for fully vaccinated coaches and athletes by Friday, May 28th.**
 - Coaches and athletes that are not fully vaccinated will be required to wear their masks in our indoor facilities until further notice.

Check-in Procedures

- Effective 5/20/21: Athletes and parents no longer need to complete the check-in screening process to be eligible to attend practice.
- If your athlete or someone in your household is experiencing any Covid-19 symptoms, please keep your athlete out of practice and notify your coach and Spencer Ugast (sugast@nationscapitalswimming.com), so that she may clear your athlete to return when everyone in the household is feeling healthy.



- NCAP will require families to self-screen before allowing your athlete to attend practice. Please ensure all answers to the below questions are “No” before your athlete comes to practice:
 - Have you been exposed to Covid-19 in the last 10 days?
 - Is your temperature over 100.4 degrees Fahrenheit?
 - Have you experienced any Covid-19 symptoms in the last 10 days?
- **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.*

Covid-19 Exposure & Positive Test Procedures:

- If your athlete or a member of their household is exposed to Covid-19 OR tests positive for Covid-19, please do the following:
 - The athlete(s) must stay out of practice until cleared by the office to return.
 - Email Spencer Ugast (sugast@nationscapitalswimming.com) with as much information as possible about the exposure or timeline leading up to the positive test. If comfortable, please copy your coach on the email, so they are aware.
 - Spencer will follow up to relay instructions for your athlete to rejoin practice.
 - Protocol reminders:
 - If an athlete or a member of their household has been exposed, they must wait until at least 72 hours following the exposure to be tested.
 - If 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 isolation and provide a negative test to return.
 - If an athlete tests positive for Covid-19, they will be required to stay out of practice for 10-14 days depending on their symptoms and the recommendation from a medical professional.