



NCAP Standard Operating Procedures

Swim Lesson/Developmental Program: Winter 2022

-Version 1, January 7th, 2022-

PPE requirements:

- All staff must wear masks at all times while in the facility.
- All instructors must wear face protection during lesson instruction.
- All swimmers must wear masks when entering and exiting the facility, and while on deck until such time as they are instructed to put their masks in their designated basket.
 - Exceptions will be made for swimmers with conditions that prohibit them from wearing a mask pending medical documentation.
- All family members (2 years and older) must wear masks at all times while in the facility.

Facility procedures:

- Locker rooms access:
 - Locker rooms will be limited to bathroom use and swimmers changing. *No showering will be permitted.*
 - Swimmers and anyone escorting them MUST wear masks at all times in the locker rooms.
- Entrance/exit procedures:
 - Swimmers will not be permitted to enter the facility until 5 minutes before their lesson start time. At that time, they can enter Bender Arena and go downstairs to wait in the hallway outside the pool door. *The swimmer must arrive in their swimsuit.*
 - When caretakers are picking up their swimmer, they will proceed to exit through the locker rooms.
- Parents/spectators will not be permitted to watch lessons from the viewing deck.
 - *Swimmers must separate from their caretakers for the duration of their lesson.*
 - If parents/caretakers cannot adhere to this policy, NCAP will remove the swimmer from the program (one warning will be given).

Swimmer/family protocol:

- Vaccination required: **All eligible students are required to be vaccinated.** In addition, all



caretakers dropping them off or picking them up are required to be vaccinated.

- Instructions on how to upload their vaccine cards will be provided by NCAP.
- Children who turn 5 years old during the session must receive their full series (both doses) within 30 days of their birthday.
- **Only one person is permitted to pick up/drop off the athlete.** If a caretaker needs to bring a swimmer's sibling(s), they must seek approval before the lesson.
- Criteria that must be met by swimmers to be eligible to attend swimming lessons:
 - No "close contact" with anyone who has tested positive for COVID-19 in the last 5 days.
 - Does NOT have a temperature over 100.4 degrees or any COVID-19 like symptoms, including: fever, cough/sore throat, headache, fatigue, sneezing and runny nose.

COVID-19 Testing Protocol:

- What to do if your swimmer isn't feeling well:
 - We strongly urge you to get them tested for COVID-19 before attending their next lesson to confirm they are negative.
 - PCR and Antigen test results will be accepted.
 - If symptoms subside, the swimmer may attend their lesson if they've been symptom free for at least 24 hours.
 - If symptoms persist, the swimmer must be seen by a physician to clear them for activity.

COVID-19 Testing Options:

- When a swimmer is identified as a close contact, **they MUST wait until the day designated below for each option.** Please email test result to swimschool@nationscapitalswimming.com.
 - PCR option: On Day 4, swimmer can get a PCR test. A negative PCR result will clear the swimmer for their lesson.
 - **Day of exposure= day 0, testing day=day 4**
 - Antigen option: Starting on Day 5, swimmer can take an at home test. **NCAP prefers this test be taken as close as possible to the swimmer's next lesson.**
 - 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** receive clearance from NCAP before attending their next lesson in all of the circumstances below.

Please email test result to swimschool@nationscapitalswimming.com.

- A swimmer is identified as a “close contact” (meaning they were within 6 feet of an infected person for MORE than 15 minutes over a 24-hour period):
 - The swimmer must get tested and provide a negative result to attend their lesson (see options above and test on designated day depending on test type) OR
 - The swimmer must quarantine for 5 full days after the exposure and can attend if they have not experienced any symptoms.
 - **Day of exposure=day 0, day eligible for lesson=day 6**
- A member of a swimmer’s household tests positive for COVID-19:
 - The swimmer cannot attend their lesson during the member’s 5-day isolation AND must isolate from the member immediately after symptom onset or positive test.
 - **Member’s symptom onset/positive test=day 0, day eligible for lesson=day 6**
 - **The swimmer must get tested for COVID-19** and remain symptom free to be eligible to attend their lesson.
 - 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 attend on Day 6.
 - Antigen Option: The swimmer can take an at home test starting Day 6. **NCAP prefers this test be taken as close as possible to the swimmer’s next lesson.**
 - Submit a picture showing the date/time next to the result, a negative result will clear them for practice.
- A swimmer tests positive for COVID-19:
 - The swimmer must self-isolate for at least 5 full days. They may attend their lesson after their isolation if they are completely symptom free.
 - **Symptom onset/positive test=day 0, day eligible for practice=day 6**
 - If the swimmer continues to experience ANY symptoms past day 5, they will need to be cleared by a doctor to their attend their lesson.
- Positive swimmer exemptions:
 - *Given the immunity provided by previous infection*, swimmer who meet the following criteria will be exempt from testing and quarantine requirements:



- Fully vaccinated swimmers that have tested positive for COVID-19 in the past 90 days (*documentation required*).
- Unvaccinated swimmers (4 years and younger) that have tested positive for COVID-19 in the past 60 days (*documentation required*).

Positive Athlete at NCAP Lessons Protocol:

- When a swimmer tests positive for COVID-19:
 - NCAP will notify all families with swimmers at the same time slot.
 - NCAP will follow up to confirm all swimmers in the same lesson group as “close contacts”.
 - Swimmers identified as close contacts must be symptom free for 5 full days prior to their next lesson.
 - Swimmers are strongly encouraged to get tested to ensure they are not negative (see testing options above).