



## NCAP Standard Operating Procedures

- PPE requirements:
  - All coaches will wear masks and gloves during practices at all times.
  - All athletes will wear masks entering and exiting the facility, on deck and during dryland activities.
    - Exceptions will be made for athletes with conditions that prohibit them from wearing a mask pending medical documentation.
- Social distancing requirements:
  - Athletes and coaches must maintain 6 feet distance at all times.
    - There will be markings taped along the entrance for athletes to line up 6 feet apart.
    - There will be a grid area taped on the pool deck for athletes to leave their personal belongings to ensure social distancing.
      - Once athletes enter the building, they will go to their grid spot and await instructions from their coach.
- Facility procedures:
  - There will be a one-way entrance and one-way exit.
  - Locker rooms will be limited to restroom use only.
  - There will be a 20-minute window between practices.
    - All athletes from previous practice must exit the facility before the athletes for following practice may enter.
    - All common areas, including restrooms, will be disinfected between practices.
  - The facility will be cleaned daily following all practices.
  - Coaches will take athlete's temperature prior to entering the facility.
    - Athletes with a temperature of 100.4 degrees or more will be sent home.
      - Temperatures will not be recorded.
- Athlete/family protocol:
  - Athletes must arrive and depart in their swimsuit.
    - Athletes will not be able to change or shower at the facility.
  - Athletes will only be permitted to line up to enter 5 minutes before their scheduled practice time.
    - If they arrive early, they should wait in their car until the appropriate time to enter the facility.
    - Athletes must leave the facility immediately at the completion of any practice.



- Parents/spectators will not be allowed in the facility at any time and are expected to practice social distancing while waiting for their athlete.
  - We will ensure that the appropriate number of coaches are present during each practice to comply with MAAPP.
- Athletes should bring their own water bottle (already filled) and any other equipment required by their coach.
  - Athletes will not be permitted to store their equipment bags at the facility.
- Criteria that must be met by athlete and anyone residing in their household in order to be eligible to attend practice:
  - Cannot have had contact with anyone who has tested positive for COVID-19 in the last 14 days.
  - Cannot have had a temperature over 100.4 degrees, a cough or difficulty breathing in the last 14 days.
  - Cannot have traveled 100 miles or by air in the last 14 days.
- Any athlete or staff member experiencing any symptoms of a fever, recent cough, unusual fatigue, headache or has had any exposure to someone who has any symptoms should remain at home and seek medical treatment.
  - If any athlete or staff member has a fever or symptoms of illnesses, they may not attend practice until 14 days after the fever or symptoms has ceased.
  - Athletes and staff must see a physician and be cleared for training after being diagnosed or suspected to have COVID-19.
- For us all to stay healthy and be able to keep swimming, we ask our athletes to please practice responsible social distancing when they are away from the pool as well.
- Should we feel anyone is consistently not adhering to social distancing guidelines, they or their family's participation in NCAP activities may be suspended.
- Positive test procedure:
  - Should someone test positive for COVID-19 within the membership, the following measures will take place:
    - The individual should let the staff know immediately.
    - The facility will be shut down for no less than 24 hours to deep clean.