



POTOMAC VALLEY SWIMMING

TRAVEL POLICY

AS OF 8/10/12

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 to a state, that is considered a hotspot by the state or local health department, the athlete must:
 - i. Quarantine for 14 days
 - ii. Get tested for COVID-19, 5 days after their return home and provide negative test results to their coach
- b. If traveling to a location not listed as a "hot spot" the coaches will decide based on the travel itinerary:
 - i. If a quarantine before practice attendance can resume
 - ii. If a test will be required to return to practice

Based on travel itinerary and plans we will have to consider whether travel exposure must result in quarantine before practice attendance can resume. Flights, beaches and crowds have large exposure risks, so please make sure to wear a mask and practice responsible social distancing in order to help us keep our athletes and coaches free from being exposed.

The purpose of this request is to protect our athletes, parents, grandparents, and coaches from the potential spread of the virus. The more diligent and cautious we are, the less likely we are of spreading the virus. This policy will help prevent us from having to shut down practices for a mandatory 14 day quarantine period, which is in adherence of CDC guidelines.