



North Carolina Swimming Team Travel Best Practices During COVID-19

Please note that the North Carolina Governor's executive orders, CDC/OSHA guidelines, and ordinances in force with counties, local municipalities, and individual facilities should be followed at all times and, if stricter, overrule any contradictory guidance provided here. Conversely, clubs are free to enact stricter guidelines for their team sponsored travel and to require individual compliance as a condition of participation. As always, team travel must be conducted in compliance with the Minor Athlete Abuse Prevention Policy.

These best practice considerations are presented solely as guidelines for NC Swimming member clubs to plan and conduct safer team travel trips during NC's recovery phases from the COVID-19 pandemic.

- First, consider if asking families to provide transportation and lodging for their swimmer is a better option for the trip.
- If team sponsored travel is preferred, draw up the safety requirements that will be in place for the trip and communicate to families in advance. Consider a COVID Safety Code of Conduct document that swimmers and parents sign as part of the regular team travel contract.
- Review COVID ordinances in place at the destination to ensure that team's travel safety policies are at least in compliance, if not stricter. Check for updates prior to departure.
- If the team is providing transportation via bus or van, consider the following:
 - Ask participants to provide proof of vaccination or a negative COVID test within 72 hours of departure.
 - Request that participants who are exhibiting any concerning symptoms refrain from joining the team. Screen participants just prior to departure.
 - Require masks on buses and vans regardless of vaccination status or test results as airlines do.
 - Develop a contingency transportation plan for participants who develop COVID symptoms during the trip.
- If the team is providing lodging, consider the following:
 - Limit room occupancy to two or three people depending on room size.
 - Require masks in common areas and at team meetings.
 - Develop a contingency lodging plan for participants who develop COVID symptoms during the trip.
- Develop plans to protect trip participants and minimize exposure to other individuals as feasible:
 - Sit as a team at the meet.
 - Bring meals in or reserve private rooms at restaurants.
 - Avoid food courts and places of mass gathering.
 - Restrict interaction with outside family members.
 - Monitor participants' health daily.
 - Review safety requirements frequently with participants and enforce compliance.
- Following the trip, continue to actively monitor participants. Inform other participants if anyone develops COVID-19 within a week of arrival home.