

Effective: Tuesday, 12/21/2021

Cougar COVID Procedures effective immediately

- **Hawk Check should be completed for both MKA and MSU.**
All swimmers must present the results page upon arriving at practice.
 - o Hawk Check is the MSU COVID screening website that we used for the first half of 2021.
 - o The Hawk Check link has been put back onto the homepage of our website.
You can also access it here: [Click Here](#)
 - o For swimmers who do not have a phone to present the results page, a printout of the results page can be presented.

- Masks are required of everyone. Swimmers will be instructed when they can remove their masks and will be staggered into and out of the water. Swimmers will not be allowed to congregate unmasked on the pool deck.

- Social distancing will be required both in and out of the water. For those not familiar with how this works, the coaches will walk you through it.

- All swimmers must wait outside the pool entrance to allow the pool area to be cleared before the next group can come in.
 - o At MKA, we will start Senior A practices 15 minutes later to accommodate this new procedure. Coach Rich will provide further instructions to the group on how this will work.

- Looker rooms at MKA are for bathroom emergencies only. No changing.

- Coach Eric remains the main point of contact for all contact tracing on the team. If you have tested positive or if you must quarantine because of an outside exposure, please notify Coach Eric immediately. If you are uncertain or have any COVID related questions, please reach out to Coach Eric.

- We will continue to follow the NJ Department of Health guidelines. However, we may ask that you to play it safe if there is ever any question as to how to proceed. We will seek proper guidance and get back to you with a final response. Please bear with us as we are only trying to be safe for the benefit of the entire Cougar family.

- Many of you are traveling this holiday season (I don't blame you). Just remember that if you are traveling out of state or internationally, please be sure to follow CDC guidelines upon your return:

[Domestic Travel Information](#)

[International Travel information](#)

- To be considered fully vaccinated, you must be two weeks post final dose.

- **COVID RESOURCES:**
[NJDOH COVID-19 Information Hub](#)
[NJDOH Updated Quarantine Timeframes](#) (updated: 12/15/2021)
[Isolation and Quarantine Calculator \(nj.gov\)](#)