

NSC Restart COVID-19 Policies & Procedures

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Welcome to the NSC Family!

We are excited to have you join the Newburgh Sea Creatures. Before you do, we want to ensure our club and membership are taking all necessary precautions to protect the health and safety of our children and adults.

In this presentation, our staff will share with you the plan, policies and procedures pertaining to NSC activities as they pertain to COVID-19. It is paramount that all members wishing to join comprehend and adhere to the following information.



Glossary

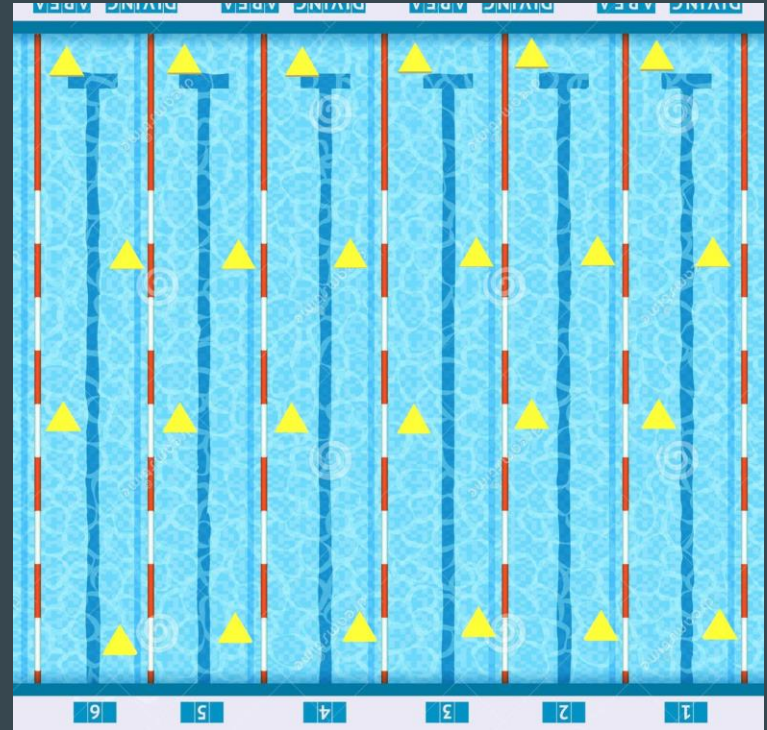
1. COVID Member Policies & Procedures
 - a. Locker room use & equipment
 - b. Social distancing
 - c. Staff precautions
2. Waiver acknowledgement & Registration

2. Member Policies & Procedures - Locker Room Use

- Locker Room Use:
 - At most locations, locker room use is prohibited
 - Swimmers are to arrive to and leave from the pool in their swimsuits
 - In the event that a swimmer must use the bathroom due to an emergency, only one athlete will be permitted in the bathroom at once upon permission from the coach

2. Member Policies & Procedures - Social Distancing

- Pre-practice:
 - All members must abide by the 6' social distancing guidelines before, during, and after practices. This includes activities in water and on land.
- In the Water:
 - We will make every effort to keep swimmers spaced at least 6' apart by assigning athletes to locations within their lane as marked with cones on the bottom of the pool (Yellow triangle = cone location)



2. Member Policies & Procedures - Member Precautions

- We will abide by the social distancing and quarantine policies of Warrick County School Corporation and our host venues.
- **All members and staff are required to wear a face covering when inside the facility when necessary**
- Any and all NSC members and staff who are isolated or quarantined because of exposure to or diagnosis of COVID-19 will NOT be permitted to enter the facility at which practice is being held. Likewise those who are sick or recently experienced a fever, cough, or shortness of breath will not be permitted to enter the building.
- Before returning to practice, visitors must be fever free without the use of fever-reducing medications. Like Tylenol, for at least 72 hours and be symptom free for at least seven (7) days.
- If it is learned or determined that an NSC member or staff member is sick with, has shown symptoms of, or been exposed to the COVID-19 virus, that individual will be directed to obey the latest Warrick County Health Department directions prior to being allowed to return to the RHCC Pool.
- All of these policies and procedures will be continually reviewed and possibly revised / changed as needed per CDC and local directives

2. Member Policies & Procedures - Staff Precautions

- In an effort to keep our members safe and reduce the risk of spreading the COVID-19 virus, our staff will:
 - Wear face masks during practices when necessary
 - Commit to maintaining 6' distance between each other and our members
 - Make our best effort to ensure our members are abiding by our newly placed COVID-19 policies and procedures before, during, and after practices

3. Waiver Acknowledgement & Registration

In order for members to return to the pool with the Sea Creatures, they must demonstrate that they have read and agreed to:

- All NSC waivers and release form including Pool Waiver & Release
- All NSC policies and procedures including this presentation