

East Carolina Aquatics, Inc. Return to Operations Participation Agreement



I UNDERSTAND THAT PARTICIPATION IN A GROUP ACTIVITY, SUCH AS SWIMMING, DURING THE COVID-19 PUBLIC HEALTH EMERGENCY COMES WITH INHERENT RISK, AND THAT MY/OR MY CHILD'S PARTICIPATION IS VOLUNTARY AND AT MY OWN RISK.

I understand that East Carolina Aquatics, Inc. ("ECA") is acting in good faith to comply with all local, state, and federal guidelines for reopening, particularly Executive Order No. 141 Easing Restrictions on Travel, Business Operations, and Mass Gatherings: Phase 2 issued by North Carolina Governor Roy Cooper on May 20, 2020 and written guidance from USA Swimming on Facility Re-Opening Messaging and Planning issued on May 3, 2020. I understand that when, and at such time as, the State of North Carolina moves to further ease restrictions that ECA will continue to follow all local, state, and federal guidelines.

I understand that successful re-opening of ECA swimming requires collaboration between ECA, Parents, and Athletes.

I understand that failure to follow all rules as set out below, and all directions from ECA Coaches will result in me/my child being removed from practice with a warning. I understand that repeat failure to follow rules and directions will result in my/my child's expulsion from ECA practices until normal activities are resumed.

I understand that Athletes may not swim if they or anyone with whom they reside:

- Are exhibiting any symptoms of the coronavirus: mild to severe respiratory illness with fever, cough and difficulty breathing, or other symptoms identified by the CDC.
- Have been in contact with someone who has tested positive for COVID-19 in the last 14 days.

I understand that there is no penalty for missing practice and that if an Athlete, or any member of the Athlete's family does not feel well, the Athlete should stay home.

I understand that ECA Coaches will ask athletes, as they come into practice, if they feel ill in any way, specifically listing certain symptoms, and send home those athletes reporting feeling ill or experiencing symptoms of COVID-19.

I understand that Athletes and Coaches who begin to cough or sneeze for any reason, must move away from others until the coughing and/or sneezing dissipates.

I understand that Athletes must see a physician and be cleared for training after being diagnosed or suspected to have COVID-19.

I understand that the following rules must be followed by Athletes and Coaches:

PREPARING TO SWIM - Protect against infections:

- Wash your hands with a disinfectant soap and water (for 20 seconds or longer) or use a hand sanitizer if soap and water are not readily available, before going to the pool.
- Do not share equipment.
- Bring a full water bottle to avoid touching a tap or water fountain handle.
- If you need to sneeze or cough, do so into a tissue or upper sleeve/arm area.
- Arrive as close as possible to when activity begins.
- Avoid touching gates, fences, benches, etc.
- Do not attend practice if you, or a member of your household are exhibiting any symptoms of COVID-19.
 - Mild to severe respiratory illness with fever, cough and difficulty breathing, or other symptoms identified by the CDC.

WHEN SWIMMING

- Follow directions for spacing and stay at least six feet apart from others.
- Do not make physical contact with others, such as shaking hands or giving a high five.
- Avoid touching your face.
- Avoid sharing food, drinks, or towels.
- Maintain appropriate social distancing from other athletes when taking a break.
- Wear your suit to and from practice.

AFTER SWIMMING

- Leave the facility as soon as reasonably possible after practice.
- Wash your hands thoroughly or use a hand sanitizer after leaving the pool.
- Do not use the locker room or changing area.
 - Shower at home, wear your suit to and from practice
- No extra-curricular or social activity should take place.
 - No congregation after swimming.

Date: _____

Name of Athlete: _____

Signed: _____
(by parent if Athlete is under age 18)