



Raleigh Swimming Association

www.swimrsa.org

May 23, 2021

LETTER FROM THE PRESIDENT REGARDING RELAXATION OF COVID PROTOCOLS

Dear RSA Members,

We hope everyone is enjoying a healthy and safe spring.

Throughout the COVID crisis, RSA has strictly followed the guidelines from the Governor and the North Carolina Department of Health and Human Services (DHHS). We should be very proud of our staff and coaches for how we have navigated the many operational challenges these guidelines created. We know that for many kids, RSA has been a valuable physical and social outlet during the past year and we are proud to have served our members safely.

As most of you likely know, Governor Cooper has eased most of guidelines applicable to RSA, including many social distancing and mask requirements. After reviewing the new information from the Governor's office and DHHS, we are implementing the following policies and changes effective Monday, May 24, 2021:

1. RSA encourages the use of face coverings by all swimmers/visitors to the Sonner facility and the Bluffs pool, but face coverings are not required except as indicated in #2.
2. Face coverings are *required*:
 - o In the gym when a swimmer is participating in dryland activities and cannot effectively maintain at least six feet of social distancing.
 - o In the locker rooms and interior hallways when a swimmer/visitor cannot effectively maintain at least six feet of social distancing.
3. RSA encourages the continued use of the social distancing protocol of six feet of physical separation but social distancing is no longer required.
4. The locker rooms are now open for full usage by our swimmers.
5. Swimmers will no longer be required to wait outside the facility for practice to begin and may enter the facility and assemble on deck as they did prior to COVID. Note that the following groups will still gather outside the facility, not for COVID reasons, but to maintain an orderly flow into the facility: Tarpon, Seahorse, Seastar, Nova and Dolphin. Also, the Bluffs swimmers will still enter the Bluffs pool in groups.

For additional clarity on the face covering requirements, here are a few examples of when a face covering may, or may not be, required:

- o A swimmer needs to use the locker room during practice for a restroom break. Since the swimmer will likely be alone when using the locker room, a face covering is not required.
- o A swimmer attends dryland in the gym and there are only four other attendees at that dryland session making it very easy to maintain at least six feet of social distancing, a face covering is not required.
- o Following practice, ten swimmers use the locker room to change, a face covering would be required because it is unlikely that at least six feet of social distancing would be maintained.

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We will still be following existing protocols for anyone experiencing COVID-like symptoms or anyone testing positive for COVID. I have provided those protocols again below.

Please let me know if you have any questions.

Thank you for your continued support.

Mike Malone

Protocol for COVID Symptoms or a Positive COVID Test

1. No one may enter the facility who has experienced any symptoms associated with COVID-19 for the past ten days.
2. An athlete may not attend practice if the athlete has tested positive for COVID-19 until cleared by his/her health care provider.
3. An athlete may not attend practice if the athlete is awaiting results of a test for COVID-19 where the test was prompted by the existence of COVID-19 symptoms.
4. An athlete may not attend practice if the athlete believes he/she may have COVID-19.
5. An athlete may not attend practice if the athlete has come in close contact with someone with COVID-19 or COVID-19 symptoms within the past ten days.
6. An athlete may not attend practice if a family member (or person who resides in the home) of an athlete tests positive for COVID-19, is awaiting results from a COVID-19 test where the test was prompted by the existence of COVID-19 symptoms or exhibits symptoms of COVID-19.
7. If athletes have had any symptoms of COVID-19, athletes (or parents/guardians for the athlete) must be able to answer yes to ALL of the following questions every day before attending practice:
 - a. Has it been a minimum of ten (10) days since you first had symptoms of COVID-19?
 - b. Have you been without fever for three (3) days without the use of fever reducing medication?
 - c. Has it been a minimum of three (3) days since your symptoms began to improve?
8. **If an athlete tests positive for COVID-19:**
 - a. The athlete or athlete's guardian must notify the Director of Operations immediately at laura.hubbard@swimrsa.org and the athlete's Lead Coach.
 - b. If an athlete tests positive for COVID-19 and attended practice up to two (2) days prior to developing symptoms or testing positive, his/her entire group (or any swim group that he/she attended) will stop practices for at least five (5) days from the date the affected swimmer last attended practice. Those athletes should contact their health care providers for advice and are **strongly encouraged** to get tested a minimum of four (4) days after exposure and before returning to practice.

[Definition of close contact \(https://www.cdc.gov/coronavirus/2019-ncov/php/contact-tracing/contact-tracing-plan/appendix.html\)](https://www.cdc.gov/coronavirus/2019-ncov/php/contact-tracing/contact-tracing-plan/appendix.html):

A close contact, as defined by the CDC, is someone who was within six feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period* starting from two days before illness onset (or, for asymptomatic patients, two days prior to test specimen collection) until the time the patient is isolated.

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