



Raleigh Swimming Association

www.swimrsa.org

COVID-19 PROTOCOLS

We remain under the mask mandate enacted for the [City of Raleigh](#) since our Sonner Aquatic Facility is located on Jones Franklin Road within the City of Raleigh. Anyone using the Sonner Aquatic Facility is required to wear a face covering when inside the building. The indoor areas of RSA include all areas of the Bathhouse (the Lobby, the Business Office, the Corridor, the locker rooms and the family bathroom), the coaches' offices, and the gymnasium.

If there is a local mandate in place for the city or town in which the pool RSA is using is located (Raleigh for the Sonner Aquatic Facility, Fuquay-Varina for the Bluffs facility, Holly Springs for the North facility), RSA will follow the mandate for that facility.

Thank you for your continued support of RSA.

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>): 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.