



Programming at Sonner During the COVID-19 Pandemic: Phase 3

For the safety of everyone using our facility, the following cleaning protocols are in place:

- Daily hospital grade sanitizing of the facility, including a steam powered floor washer, using EPA approved disinfectants for SARS-CoV-2, the virus that causes COVID-19
- Weekly hospital grade fogging of the facility using EPA approved disinfectants for SARS-CoV-2, the virus that causes COVID-19

Anyone entering the facility, including employees, athletes and vendors, must wear a face covering while in the facility unless the individual is in the water (unless an exception per Executive Order 147 applies.) This applies to all individuals 3 years old and older.

For the safety of athletes and employees, the following safety protocols are in effect for RSA athletes at Sonner:

- The tent panels are opened daily to allow open air circulation.
- The tent ventilation fans are used to facilitate air exchange.
- Practice groups may not mix, i.e., come in contact with each other. Note practice groups that swim in subgroups will be considered one group (unless the subgroups are never combined) for the purpose of close contact considerations. If the subgroups are never combined, athletes may not alternate subgroups.
- Athletes enter from separate ends of the pools if there are two or more athletes in the lane in the lap and/or deep pools.
- Athletes have staggered entry if there are two athletes in the lane in the instructional pool.
- Athletes must practice social distancing at all times (a minimum of six (6) feet apart from each other), including when entering and exiting the pool areas, entering and exiting the pools and while in the pools. Social distancing is required on the grounds as well.
- All athletes three years old and older should wear a facial covering when entering and exiting the pool areas (provided exceptions noted in Executive Order 147 do not apply), including when using the toilet.
- Separate entrances and exits are designated for each pool.
- The Bathhouse entrance is closed and locked.
- Entrance and exit walkways are marked every six (6) feet.
- Pool decks are marked every six (6) feet.
 - Down the sides
 - Across the block end (or stair end)
 - Across the turn end
 - Down the lane lines
 - Behind the blocks to the red doors on the lap pool
 - From the first block to the red doors on the deep pool
 - Behind the stairs to the red door on the instructional pool
- Towel and equipment areas are marked every six (6) feet.

- The locker rooms are closed except for use for toileting. Locker rooms are marked every six (6) feet. **No changing or showering in the locker rooms is allowed.**
- Only one athlete at a time may use the toilet.
- The Corridor may be used to access the locker rooms to use the toilet and as a route to the deep pool ONLY.
- Coaches greet the athletes and assist in entering the pool, as well as ensure the athletes exit the facility safely.
- Touchpoints are limited by leaving interior doors open, where possible, and placing greeters at entrances.
- Water fountains are closed.

If there is an adverse weather event,

- The athletes and coaches in the lap pool will go to the gym and practice social distancing until practice may resume or the athletes are released to a parent/guardian.
- The athletes and coaches in the deep pool will go to the Corridor and practice social distancing until practice may resume or the athletes are released to a parent/guardian.
- The athletes and coaches in the instructional pool will go to the Lobby and practice social distancing until practice may resume or the athletes are released to a parent/guardian.
- Families will be notified via the sms and email systems. **Parents/guardians should confirm that email and cell phone information is verified in the TeamUnify system.**

Guidelines for Athletes

Anyone entering the facility, including employees, athletes and vendors, must be able to answer NO to BOTH of the following questions before entering the facility. RSA assumes the parents and athletes have answered NO to the questions if the athletes arrive for practice.

1. **Do you or your athlete have any of the following symptoms associated with COVID-19:**
 - fever
 - chills
 - congestion or runny nose
 - sore throat
 - cough
 - shortness of breath or difficulty breathing
 - new loss of taste and/or smell
 - vomiting
 - diarrhea
 - nausea
 - headache
 - fatigue
 - muscle or body aches
 - other flu-like symptoms and/or

- a foot rash, particularly on the toes?

2. Have you or your athlete

- Had any of the noted symptoms since the last time you were here?
- Potentially been exposed to COVID-19 or have reason to believe you or they have COVID-19?

An athlete may not attend practice if the athlete answered YES to either of the above questions.

In addition,

- An athlete may not attend practice if the athlete has tested positive for COVID-19 until cleared by his/her health care provider.
- An athlete may not attend practice if the athlete is awaiting results of a test for COVID-19.
- An athlete may not attend practice if the athlete believes he/she may have COVID-19.
- An athlete may not attend practice if the athlete has come in close contact with someone with COVID-19. The athlete must self-isolate for fourteen (14) days from the last date of contact with the infected person before returning to practice.
- 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, exhibits symptoms of COVID-19, believes he/she has COVID-19 and/or has come into close contact (as defined by the CDC) with someone with COVID-19 in the prior two weeks.
- [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 6 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.

* Individual exposures added together over a 24-hour period (e.g., three 5-minute exposures for a total of 15 minutes). Data are limited, making it difficult to precisely define “close contact;” however, 15 cumulative minutes of exposure at a distance of 6 feet or less can be used as an operational definition for contact investigation. Factors to consider when defining close contact include proximity (closer distance likely increases exposure risk), the duration of exposure (longer exposure time likely increases exposure risk), whether the infected individual has symptoms (the period around onset of symptoms is associated with the highest levels of viral shedding), if the infected person was likely to generate respiratory aerosols (e.g., was coughing, singing, shouting), and other environmental factors (crowding, adequacy of ventilation, whether exposure was indoors or outdoors). Because the general public has not received training on proper selection and use of respiratory PPE, such as an N95, the determination of close contact should generally be made irrespective of whether the contact was wearing respiratory PPE. At this time, differential determination of close contact for those using fabric face coverings is not recommended.

- **An athlete who has had close contact with someone with COVID-19 and who meets the following criteria does NOT need to stay home:**
 - Has had COVID-19 within the previous three (3) months AND
 - Has recovered AND
 - Remains without COVID-19 symptoms (for example, cough, shortness of breath).

If an athlete shows any of the above noted COVID-19 symptoms at practice,

- The athlete will be isolated.
- The athlete will be asked to wear a face covering.
- The parents will be called and asked to pick the athlete up from practice. (**Parents/guardians should ensure the emergency contact information is valid.**)
- The facility will be disinfected per CDC guidelines.

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:

- **Has it been a minimum of ten (10) days since you first had symptoms of COVID-19?**
- **Have you been without fever for three (3) days without the use of fever reducing medication?**
- **Has it been a minimum of three (3) days since your symptoms began to improve?**

If an athlete tests positive for COVID-19,

- The athlete or athlete's guardian must notify the Director of Operations immediately at laura.hubbard@swimrsa.org and the athlete's Lead Coach.
- **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 sub-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.**
- The Director of Operations will notify the Board.
- Dependent upon when the athlete was last at RSA, the Board may notify the membership that the facility will be closed for twenty-four (24) hours due to a positive test for COVID-19.
- The Director of Operations will contact the professional cleaning service and request a decontamination cleaning service per CDC guidelines.

If athletes arrive at the wrong practice,

- The athlete will be isolated.
- The parents will be called and asked to pick the athlete up from practice (Parents/guardians should ensure the emergency contact information is valid.).
- This procedure is required for compliance with maximum group sizes according to Executive Orders and guidance from the NCDHHS.

Additional Athlete Guidelines:

- Athletes must practice social distancing at all times (a minimum of six (6) feet apart from each other), including when entering and exiting the pool areas, entering and exiting the pools and while in the pools.
- All athletes three years old and older should wear a facial covering when entering and exiting the pool areas (provided exceptions noted in Executive Order 147 do not apply).

- Athletes must wash their hands with soap and water for a minimum of twenty (20) seconds after using the toilet.
- Athletes must wash their hands with soap and water for a minimum of twenty (20) seconds or use hand sanitizer before entering the facility.
- Athletes must arrive in their suits and leave in their suits.
- Athletes may not share equipment, including kickboards. Athletes must use their personal equipment.
- Water fountains are closed. Athletes must bring their own water bottles. No 'waterfalling' is allowed.
- Food is not allowed on the pool decks or in the locker rooms.
- **Athletes must wait in their cars until five (5) minutes before practice begins. No athletes may wait outside their cars in the parking lot, in the Portico, in the Bathhouse, on the pool deck or in the mulched areas.**
- Athletes who do not drive themselves must be picked up from practice as practice ends. Athletes who drive themselves must leave promptly. **Athletes may not gather after practice in the parking lot, in the Portico, in the Bathhouse, on the pool deck or in the mulched areas.**

Guidelines for Parents, Guardians and Vendors

- Parents/guardians may not enter the pool decks due to the maximum group sizes outlined by Executive Orders and the inability to ensure social distancing.
- **Parents must practice social distancing of a minimum of six feet apart if they remain on the facility grounds. Masks are required at the facility, including on the grounds.**
- Parents should be mindful that groups larger than those outlined in current Executive Orders endanger RSA's ability to continue operating.

If a vendor or other individual visiting the facility tests positive for COVID-19 and RSA is made aware,

- The Director of Operations will notify the Board.
- Dependent upon when the individual showed symptoms and/or tested positive, the Board may notify the membership that the facility will be closed for twenty-four (24) hours due to a positive test for COVID-19.
- The Director of Operations will contact the professional cleaning service and request a decontamination cleaning service per CDC guidelines.