



Opening Pools and Resuming Programming: Phase 2+ Protocols

What is RSA doing to mitigate risk during Phase 2+?

For the safety of athletes and employees, the following cleaning protocols will be in place during Phase 2+:

- Frequently sanitizing the bathrooms (a minimum of every four hours) in compliance with NCDHHS guidance using EPA approved disinfectants for SARS-CoV-2, the virus that causes COVID-19
- Frequently sanitizing (a minimum of every four hours) all frequently touched points, including pool deck areas, in compliance with NCDHHS guidance using EPA approved disinfectants for SARS-CoV-2, the virus that causes COVID-19
- 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

When contact tracing, the CDC defines close contact as individuals within 6 feet of an infected person for at least 15 minutes. Our goal is to not have any person at RSA fall into a “close contact” category. As such, **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.** On the pool deck, employees are required to wear a face covering anytime they are not able to social distance (be at least six feet away from another person). Face coverings must be worn during all athlete transitions and at any time social distancing is not possible, including on the grounds.

For the safety of athletes and employees, the following safety protocols will be in effect for RSA athletes during Phase 2+:

- The tent panels are removed on the lap and deep pools to allow open air circulation.
- The tent panels are open on the instructional pool to allow open air circulation.
- Practice groups are limited to a maximum of eighteen athletes in each of the lap and deep pools.
- Practice groups are limited to a maximum of eight athletes in the instructional pool.
- Practice groups may not mix, i.e., come in contact with each other
- Lanes are limited to a maximum of three athletes in the lap and/or deep pools.
- Lanes are limited to a maximum of two athletes in the instructional pool.
- 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.
- 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).
- 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**

Athlete Guidelines for Phase 2+

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?
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- An athlete may not attend practice if the athlete answered YES to either of the questions above.
 - 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 traveled to a COVID-19 “hotspot” in the prior two weeks.
 - An athlete may not attend practice if the athlete has travelled internationally in the prior two weeks.
 - An athlete may not attend practice if the athlete has come in close contact with someone with COVID-19. Close contact, as defined by the CDC, is any individual within 6 feet of an infected person for at least 15 minutes. The athlete must self-isolate for fourteen (14) days from the last date of contact with 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 2 weeks.

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 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 Order 147 and guidance from the NCDHHS.

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.
- 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.

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.**

Parent/Guardian/Vendor/Other Guidelines for Phase 2+

- Parents/guardians may not enter the pool decks due to the maximum group sizes outlined by Executive Order 147 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. However, parents should be mindful that a group of parents larger than twenty-five (25) is a violation of Executive Order 147 and endangers 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.

Employee Guidelines for Phase 2+

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.

1. **Do you 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

- 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?

Employees are required to self-report to the Director of Operations (via email/phone) if

- The employee or anyone in the household develops any symptoms of COVID-19 and/or
- The employee or anyone in the household is awaiting results of a diagnostic test for COVID-19 and/or
- The employee has been in close contact with someone who has tested positive for COVID-19. Close contact, as defined by the CDC, is any individual within 6 feet of an infected person for at least 15 minutes starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to positive specimen collection) until the time the patient is isolated.

For the safety of athletes and employees, the following safety protocols will be in effect for RSA employees during Phase 2+:

- All employees will take their temperatures at home prior to reporting for work to ensure they do not have a fever. No employee with a fever or who has had a fever within the past three days will be allowed to work.
- An employee may not work if the employee has tested positive for COVID-19 and the employee was symptomatic.
 - The employee will be excluded from work until the employee is:
 - fever-free for seventy-two (72) hours since recovery without fever reducing medication
 - other symptoms have improved AND
 - at least ten (10) days have passed since the first symptoms appeared.
- An employee may not work if the employee has tested positive for COVID-19 and was asymptomatic.
 - The employee will be excluded from work until

- it has been at least ten (10) days since the date of the employee's first positive test for COVID-19, assuming there has been no symptom development since the first positive test.
- An employee may not work if the employee is awaiting results of a test for COVID-19. If the employee tests negative, the employee will follow the protocols outlined by the CDC, NCDHHS and the healthcare provider.
- An employee may not work if the employee believes he/she may have COVID-19. The employee will follow the protocols outlined by the CDC, NCDHHS and the healthcare provider.
- An employee may not work if the employee has traveled to a COVID-19 "hotspot" in the prior two weeks. The employee must self-isolate for fourteen (14) days before returning to work.
- An employee may not work if the employee has travelled internationally in the prior two weeks. The employee must self-isolate for fourteen (14) days before returning to work.
- An employee may not work if the employee has come in close contact with someone with COVID-19. Close contact, as defined by the CDC, is any individual within 6 feet of an infected person for at least 15 minutes. The employee must self-isolate for fourteen (14) days from the last date of contact with infected person before returning to work.
- An employee may not work if a family member (or person who resides in the home) of an employee tests positive for COVID-19, is awaiting results from a COVID-19 test, exhibits symptoms of COVID-19, believes he/she has COVID-19, has travelled to a COVID-19 "hotspot" in the prior two weeks, has travelled internationally in the prior two weeks and/or has come into close contact with someone with COVID-19. The employee must self-isolate for fourteen (14) days before returning to work.
- All employees must wear face coverings at all times unless on the pool deck and able to socially distance. Face coverings must be worn during all athlete transitions. In addition, face coverings must be immediately available at all times.
- All employees must wash their hands with soap and water for a minimum of twenty (20) seconds or use hand sanitizer before and after entering the facility.
- All employees must wash their hands with soap and water for a minimum of twenty (20) seconds after using the toilet.
- All employees are required to complete a daily symptom screening before reporting to work. If an employee exhibits symptoms of COVID-19 when arriving for work or while at work, the employee must
 - isolate
 - replace the face covering, if removed for coaching
 - exit the facility
 - self-report to the Director of Operations and
 - follow all protocols outlined by the CDC, NCDHHS and the healthcare provider for returning to work

The facility will be cleaned per CDC and NCDHHS guidelines.

If employees have had any symptoms of COVID-19, employees must be able to answer yes to ALL of the following questions every day before reporting for work:

- **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 employee tests positive for COVID-19,

- The employee will notify the Director of Operations immediately.
- The Director of Operations will notify the Board.
- The Board will 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.