

STAR Aquatics COVID-19 Re-Opening and Safety Procedures

Like you, we at STAR Aquatics are looking forward to getting back into the pool and to some of our other regular activities. With that being said, it is important that we maintain a safe and healthy environment for our athletes, coaches, families and facility partners. To ensure that we are keeping the facilities that we use clean and healthy we will be utilizing the following procedures.

Anyone entering the facility for a STAR practice or event, including employees, athletes, parents and vendors, must be able to answer no to the following questions before entering the facility. STAR will assume the parents and athletes have answered no to the questions if the athlete arrives for practice.

1. Do you or any of the children you are dropping off have a fever, runny nose, cough, shortness of breath or difficulty breathing, chills, new loss of taste and/or smell, vomiting, diarrhea, nausea, headache, other flu-like symptoms and/or a foot rash, (particularly on the toes)?
2. Have you or any of the children you are dropping off:
 - a. Had any of the noted symptoms since the last time you were here?
 - b. Been in contact with anyone with the noted symptoms since the last time you were here?
 - c. Potentially been exposed to covid-19 or have reason to believe you or they have covid-19?

Failure to answer these questions truthfully will result in suspension of the athlete for the remainder of North Carolina's Phase 1 or 2, at a minimum, and possible termination of the employee.

Any Swimmer or Coach that has tested positive for COVID-19 or has presented with COVID-19 or flu-like symptoms should obtain physician clearance prior to return to practice.

The following safety protocols will be in place for STAR employees at practice:

1. Temperatures of employees will be taken daily prior to practice. No employee with a fever or who has had a fever within the past three days will be allowed to work.
2. Employees may not work if:
 - a. The employee has tested positive for covid-19

- b. The employee is awaiting results of a test for covid-19
 - c. The employee has symptoms of covid-19 which include the following:
 - i. fever within the past three (3) days
 - ii. runny nose
 - iii. cough
 - iv. shortness of breath or difficulty breathing
 - v. diarrhea
 - vi. vomiting
 - vii. nausea
 - viii. headache
 - ix. loss of taste and/or smell
 - x. other flu-like symptoms
 - xi. a rash on their feet, particularly their toes
 - d. The employee believes he/she may have covid-19
 - e. The employee has traveled to a covid-19 “hotspot” in the prior two weeks
 - f. The employee has travelled internationally in the prior two weeks
 - g. The employee has come in contact with someone with covid-19
 - h. 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 or has come into contact with someone with covid-19
- 3. Employees must wear masks when unable to socially distance.
 - 4. Employees must wash their hands or use hand sanitizer before and after entering the facility.
 - 5. If employees have had any symptoms of covid-19, employees must be able to answer yes to the following questions every day before reporting for work:
 - 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?
 - 6. Employees who violate the policies may be terminated.

The following safety protocols will be in place for STAR athletes at practice:

- 1. Practice group sizes will be limited in accordance with the facility, CDC, Health Department and governing body guidelines. These numbers may change in conjunction with changes made by the above organizations.

2. Athletes will sign up online for practices and cannot substitute for another swimmer. Practice times will be designated for specific groups and there will be some combining of groups.
3. At practice, groups (designated by time slots) may not mix, i.e., come in contact with each other or substitute in and out of groups.
4. Lane space will be limited based on the number of athletes allowed to be in a group at a time. Coaches will ensure athletes maintain social distancing during this time and athletes will be assigned separate ends or positions within the pool.
5. Athletes should bring and maintain their own equipment. There will be no sharing of equipment or common use equipment with the exception of dryland equipment. Dryland equipment will not be shared within a group and it will be cleaned after use by each group.
6. 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.
7. Separate entrances and exits will be designated for each pool. This applies to everyone entering or exiting the facility.
8. Athletes will have a designated area to place their belongings. They should limit their things to that area.
9. The locker rooms and bathrooms are closed except for use of the toilets. No changing or showering in the locker rooms is allowed. Depending on the facility this may be a designated bathroom.
10. Only one athlete at a time may use the toilet.
11. Athletes and staff must wash their hands with soap and water for a minimum of twenty seconds after using the toilet.
12. Athletes must arrive in their suits and leave in their suits.
13. Coaches greet the athletes and assist in entering the pool, as well as ensure the athletes exit the facility safely.
14. Athletes must wash their hands or use hand sanitizer before entering the facility.
15. Water fountains are closed. Athletes must bring their own water bottles. No 'waterfalling' is allowed.
16. Food is not allowed on the pool decks or in the locker rooms.

17. Athletes must wait in their cars until 5 minutes before practice begins. No athletes may wait outside their cars in the parking lot, in the facility or on the pool deck.
18. Athletes must be picked up from practice as practice ends. Athletes may not gather after practice in the parking lot, in the facility or on the pool deck.

Athletes may not attend practice if they are exhibiting any symptoms of covid-19, including:

- fever within the past three (3) days
- runny nose o cough o shortness of breath or difficulty breathing
- chills
- diarrhea
- vomiting
- nausea
- headache
- loss of taste and/or smell
- other flu-like symptoms
- a rash on their feet, particularly their toes

Athletes may not attend practice if:

- The athlete has tested positive for covid-19
- The athlete is awaiting results of a test for covid-19
- The athlete believes he/she may have covid-19
- The athlete has traveled to a covid-19 “hotspot” in the prior two weeks
- The athlete has travelled internationally in the prior two weeks
- The athlete has come in contact with someone with covid-19
- 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, has travelled to a covid-19 “hotspot” in the prior two weeks, has travelled internationally in the prior two weeks or has come into contact with someone with covid-19

If athletes show any of the above noted covid-19 symptoms at practice:

- o The athlete will be isolated
- o The athlete will be given a disposable face mask (unless under ten years old)
- o The parents will be called and asked to pick the athlete up from practice (Please ensure your emergency contact information is valid.
- o The athlete may not return to practice until compliant with the guidelines

If athletes have had any symptoms of covid-19, athletes (or parents/guardians for the athlete) must be able to answer yes to the following questions every day before attending practice:

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

If athletes arrive at the wrong practice:

- o The athlete will be isolated
- o The parents will be called and asked to pick the athlete up from practice (Please ensure your emergency contact information is valid.)
- o This procedure is required for compliance with maximum group sizes in accordance with the current Phase or restrictions

Athletes who do not follow the rules may not be allowed to practice during the remainder of Phase 1 or 2.

It is recommended that Parents/guardians not enter the facility due to the maximum group sizes. This could affect the number of swimmers allowed in a group. Practices will be observable, open and accessible.

Parents must practice social distancing of a minimum of six feet apart if they remain on the facility grounds. However, please be mindful that you are subject to the same group restrictions as the athletes

If a coach or staff member tests positive for covid-19:

- The coach or staff member will notify the Head Coach immediately
- The Head Coach will notify the membership, facility and the proper authorities that there has been a positive test for covid-19
- STAR will follow the direction and recommendation of the appropriate governing body at the time.
- Employees awaiting results of a covid-19 test must notify the Head Coach.

If an athlete tests positive for covid-19:

- The athlete or athlete's guardian must notify the Head Coach (Jay Dodson) immediately at (336)337-0169 and the athlete's Site/Group Coach

- The Head Coach will notify the membership, facility and the proper authorities that there has been a positive test for covid-19
- STAR will follow the direction and recommendation of the appropriate governing body at the time.

If there is an adverse weather event:

The athletes and coaches will go to a safe location and practice social distancing until practice may resume or the athletes are released to a parent/guardian. Families will be notified via text, the remind app and email systems. Please confirm your email and cell phone information are correct and verified in the TeamUnify system (STAR Aquatics webpage).