

Rams Aquatic Club COVID-19 Policy/Participation Waiver

The purpose of this Agreement is to 1) state the Rams Aquatic Club (RAC) SARS-CoV-2 (COVID-19) pandemic policy and procedures; 2) identify what steps we are taking with respect to the current health crisis; and 3) make it clear that, as a condition of participating in swimming or other workouts with RAC during this health event, you are waiving your rights to bring a lawsuit or make a claim of any kind against RAC or its coaches, personnel, volunteers, and/or parent board members for anything relating to COVID-19, including any claims for liability.

RAC is committed to the safety of its members, coaches, staff, and others who support our swimming community. RAC is also committed to doing what is needed to prevent the spread of this virus in the community. This policy addresses the challenges we see with COVID-19.

We depend on the Centers for Disease Control and Prevention (CDC) and other public authorities for guidelines and guidance. We are all affected by the spread of this virus, as people who may become ill or as people who may contribute to its spread through the community, or both. Everyone, including those who are less at risk, including our youth, is urged by the CDC to take precautions.

Given the risks associated with COVID-19, RAC will offer a swim season that may have some significant changes and limitations to protect its swimmers, staff, and volunteers. Anyone not following these rules will be asked to leave the property and may not be allowed to return.

Rules and Procedures

1. No athletes who are sick or have been in contact with anyone who might be sick with COVID-19 or related illnesses should participate.
2. Athletes must perform a personal health screen prior to arriving at practice. Answer the following:
 - a. Do I show symptoms of illness, such as fever/chills, cough, shortness of breath, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion, runny nose, nausea, vomiting, or diarrhea?
 - b. Have I been in close contact (within 6 feet for 15 minutes) of someone with a suspected or confirmed case of COVID-19 during the last two weeks?
 - c. Have I been recently diagnosed or am awaiting results of a COVID test?

If the answer to any of these questions is yes, do not attend practice.

3. Anyone diagnosed with COVID-19 must self-report and quarantine/isolate according to CDC recommendations, as should anyone in their household.
 - All reporting should be made via email or phone to Coach Ruby to monitor contacts and early signs of transmission within the team or groups. Note: Every swimmer's or family member's health information is held in strictest confidence, and RAC will not share information regarding community members' health status with any other RAC community member.
 - These reporting and quarantining requirements also apply to swimmers, coaches, or staff who have knowingly come in contact with anyone who has been diagnosed with COVID-19.
 - If anyone is experiencing any of the atypical symptoms such as unexplained rash, headache, diarrhea, vomiting, body aches, shortness of breath, cough and fever, they should consult with their physician or medical personnel.
4. If required by SHPS, swimmers must wear a mask or face covering to practice, while on deck, and any time they are not in the pool. All swimmers are required to observe social distancing before, during and after practice.

5. Swimmers should not arrive early for practice. Arrive at the scheduled practice time, at the west pool entrance for screening before entering the building. Only swimmers approved to swim with the current practice group will be allowed in the building.
6. Depending on SHPS requirements, parents may or may not be permitted in the stands. Parents are not allowed on deck. Social distancing is strongly encouraged.
7. Athletes should arrive at the pool prepared to swim. Locker rooms will be available for swimmers to shower prior to entering the pool, but lockers will not be available for swimmer belongings. Towels, bags, etc. will be stowed on deck. Be sure to label items with your swimmer's name.
8. Only the pool, pool locker rooms, pool hall restroom, and gym doors are available during swim practice. All other areas of the school are off limits to swimmers in order to minimize the need for additional cleaning and sanitization.
9. After practice, swimmers will be released in small groups to the locker rooms. Showers must be brief. Swimmers should be in the locker room no more than 5 minutes.
10. All swimmers will depart practice promptly. Parents must be ready to pick athletes up as soon as practice ends. Athletes cannot loiter in the parking lot.
11. Swimmers who do not follow these rules will be removed from the group.

ACKNOWLEDGEMENT, WAIVER, AND ASSUMPTION OF RISK

I acknowledge that I have read and am aware of the risk of the spread of the COVID-19 virus by participating in RAC swimming practices at this time. I acknowledge that I have read the procedures on handling this matter and have been referred to the CDC website to understand this pandemic, its risks, and how to mitigate community spread of this illness.

RAC discloses that there are certain risks of practicing swimming in a group at this time. The virus can spread before another person shows signs of the virus or is symptomatic. I understand and acknowledge that COVID-19 is caused by a new virus. There is much to learn about its transmissibility, severity, and other features of the disease. The virus is thought to spread mainly from person-to-person. It is thought to spread between people who are in close contact with one another and through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

I acknowledge that there are risks and dangers with regard to COVID-19 and being in a public setting, including a swim practice. These risks and dangers may be caused by the negligence of participants, other swimmers, accidents, breaches of protocols, the forces of nature or other causes, and may be from foreseeable or unforeseeable causes.

By allowing my non-adult swimmer participates in a RAC practice, I (and he or she) assume all risks and dangers and all responsibility for any losses, damages, or injuries, whether caused in whole in part by the negligence or other conduct of the owners, agents, officers, employees of RAC, or by any other person.

I HAVE READ THE ABOVE WAIVER AND ASSUMPTION OF RISK AND BY REGISTERING MY SWIMMER FOR THIS SEASON, AGREE IT IS MY INTENTION TO EXEMPT AND RELIEVE RAC FROM LIABILITY OR PERSONAL INJURY, PROPERTY DAMAGE, OR WRONGFUL DEATH CAUSED BY NEGLIGENCE OR ANY OTHER CAUSE WITH REGARD TO COVID-19.