

Quick access

Triangle Aquatic Center

MultiPasses

Store 12

Find a store

OR

Registration Fees/Guest Passes

Packages

Class Registration

Lifeguard Certification Station Based

05/2020

05/2020



Precourse (Hidden)

300 yard continuous swim

2 minute tread (legs only)

Brick retrieval (20 yards at 7-10ft deep)

[More information ...](#)

- Schedule:**
- On Friday, May 15, 2020 from 8:00 AM to 9:00 AM
  - On Friday, May 15, 2020 from 9:00 AM to 10:00 AM
  - On Friday, May 15, 2020 from 2:00 PM to 3:00 PM
  - On Saturday, May 16, 2020 from 8:00 AM to 9:00 AM
  - On Tuesday, May 19, 2020 from 9:00 AM to 10:00 AM
  - On Thursday, May 21, 2020 from 8:00 AM to 9:00 AM
  - On Monday, May 25, 2020 from 8:00 AM to 9:00 AM

Start date: 5/15/2020

Drop in



MultiPass only

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
					<b>Precourse</b> 8:00 am - 9:00 am 9/9	<b>Precourse</b> 8:00 am - 9:00 am 9/9
					<b>Precourse</b> 9:00 am - 10:00 am 9/9	
					<b>Precourse</b> 2:00 pm - 3:00 pm 9/9	
17	18	19	20	21	22	23
		<b>Precourse</b> 9:00 am - 10:00 am 9/9		<b>Precourse</b> 8:00 am - 9:00 am 9/9		
24	25	26	27	28	29	30
<b>Precourse</b> 8:00 am - 9:00 am 9/9						
31	1	2	3	4	5	6

Pick your choice in the calendar to register.

## Select participants to register

**Precourse**  
Monday, May 25, 2020 from 8:00 AM to 9:00 AM  
MultiPass Only  
Required age: 15+ on the day of the activity

Click on to add to your cart

Elisa Bowie (28 yrs.)

Use a multi-pass OR Add to cart

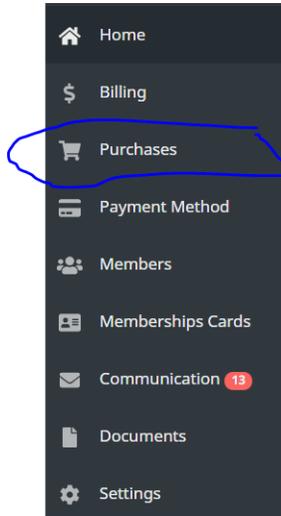
Add another person

Continue Shopping Checkout

**Precourse**  
2:00 pm - 3:00 pm

## Steps To Unregister

Once you log in, select purchases on the left side of the screen:



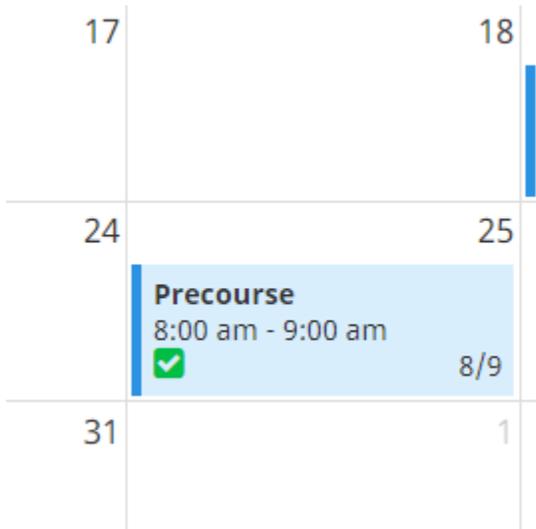
Next select the class you want to unregister from:

### *Drop-ins*

Lifeguard Certification Station Based - 05/2020 - Precourse / Monday, May 25, 2020 from 8:00 AM to 9:00 AM [Print](#)

...

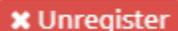
The calendar for that class will open up. The class you are registered for will have a check next to it. Click on the check:



**The option to unregister will appear, select unregister:**

Required age: 15+ on the day of the activity

 Click on  to add to your cart

 Elisa Bowie (28 yrs.)  

 Add another person

**A pass will be placed back on your account to use to register for a new class:**

 1 TEST

Use a multi-pass

## LETTER TO PARENTS OF LIFEGUARD CLASS PARTICIPANTS

While TAC staff are preparing the pool and the schedule for our safe return to lifeguard certification, we want to provide parents the information and material you will need to review to prepare your lifeguard class participant. Please read through all of the information carefully as we believe it addresses many of the questions and concerns you have shared with us this week.

### Attached to this letter are the following materials:

- **A diagram** of how the TAC facility will be separated into four swimming spaces and a single dryland space (designated East, West, Program, LG Water and LG Dryland). It could be useful for you to print this diagram and show it to your child before they come to class.
- **Procedures for Drop-off / Pick Up and Facility Rules for Class.** TAC is training our staff and preparing our facility to meet the state's requirements for a safe re-opening. Please read carefully and review the rules with your children before the first day of class. Signage and staff will be posted in the parking lots to provide direction.
- **NC Department of Health and Human Services Interim Coronavirus Disease 2019 (COVID-19) Guidance for Day Camp Settings.** The protocols and procedures that TAC will implement for our Lifeguard Certification Classes are based on these Guidelines (included as part of this information packet).

**Our class instructors are working on a class schedule that is roughly 12% of our typical capacity.** This schedule will put 9 class participants or TITANS swimmers and 1 instructor or coach in each of TAC's five separate spaces.

### Health Screening for Swimmers

The first line of disease prevention begins at home, so we are asking all families to do the following before bringing your swimmers to Camp:

- **Know the symptoms** of COVID (see NCDHHS Guidance).
- **Check for symptoms** of COVID in your children.
- **Take their temperature** each day before practice.
- **Keep your children home if they are – or appear to be – sick.**
- **Please review these questions for each of your children – each day – before coming to class:**
  - Do you have a fever, cough, shortness of breath, sore throat, vomiting, diarrhea, new loss of taste or smell, chills, muscle aches, or headache?
  - Have you had any of these symptoms since the last time you were here?

- Have you been in contact with anyone with any of these symptoms since the last time you were here?
- Have you been potentially exposed (in the household or through close contact) to anyone with COVID-19 or have any reason to believe you or the people you are in close contact with have COVID-19?
- **If your child's answer to any of these questions is "yes", then please keep them at home.**

TAC Staff will not be performing a separate health screening for your children at the facility, so your active attention to taking these measures at home is required and appreciated. If, however, TAC staff or our class instructors observe any subjective symptoms of illness while a swimmer is at camp, we will notify parents immediately and take all required and appropriate follow-up action.

### **Answers to Frequently Asked Questions**

We have read each of your emails expressing interest in our efforts to safely return to limited operations, and we offer the following answers to your most frequently asked questions:

- The general public will not be allowed in the TAC facility. During this first phase of re-opening we are focused on meeting the needs of TITANS swimmers and lifeguard class participants
- Staff will wear personal protective equipment (e.g., masks, gloves) in any circumstances where social distancing can't be observed.
- All interiors doors will either be propped open or will be opened by TAC staff so the class participants will be able to minimize any potential contact with common surfaces.
- The use of masks for parents and class participants during drop-off and pick-up is voluntary and at your discretion. The same discretion is so for class participants during all classes, where applicable.
- Strict social distancing will be observed among class participants, staff, and instructors during the transitions between scheduled class times.
- TAC staff members will walk your child to designated restrooms and remain outside of the restrooms. Inside the restrooms, there will be designated stalls/sinks for each swimmer to use. After the swimmer returns to the pool, the restroom will be sanitized after each individual use. Your child will be reminded to wash hands thoroughly and hand sanitizer dispensers will continue to be available throughout the facility.

- Cleaning/sanitization procedures will be followed on the pool deck and dryland space between each class session throughout the day.
- If any of the protocols, procedures, or schedules need to be changed as we proceed through Phase One, we will communicate with parents accordingly.

Thanks again for your cooperation as we move through Phase One together. We appreciate your questions, comments, and concerns and will make sure we respond to each of them. Please continue to reach out to me at [certifications@triangleaquatics.org](mailto:certifications@triangleaquatics.org) with any feedback.

# Lifeguard Certification Classes

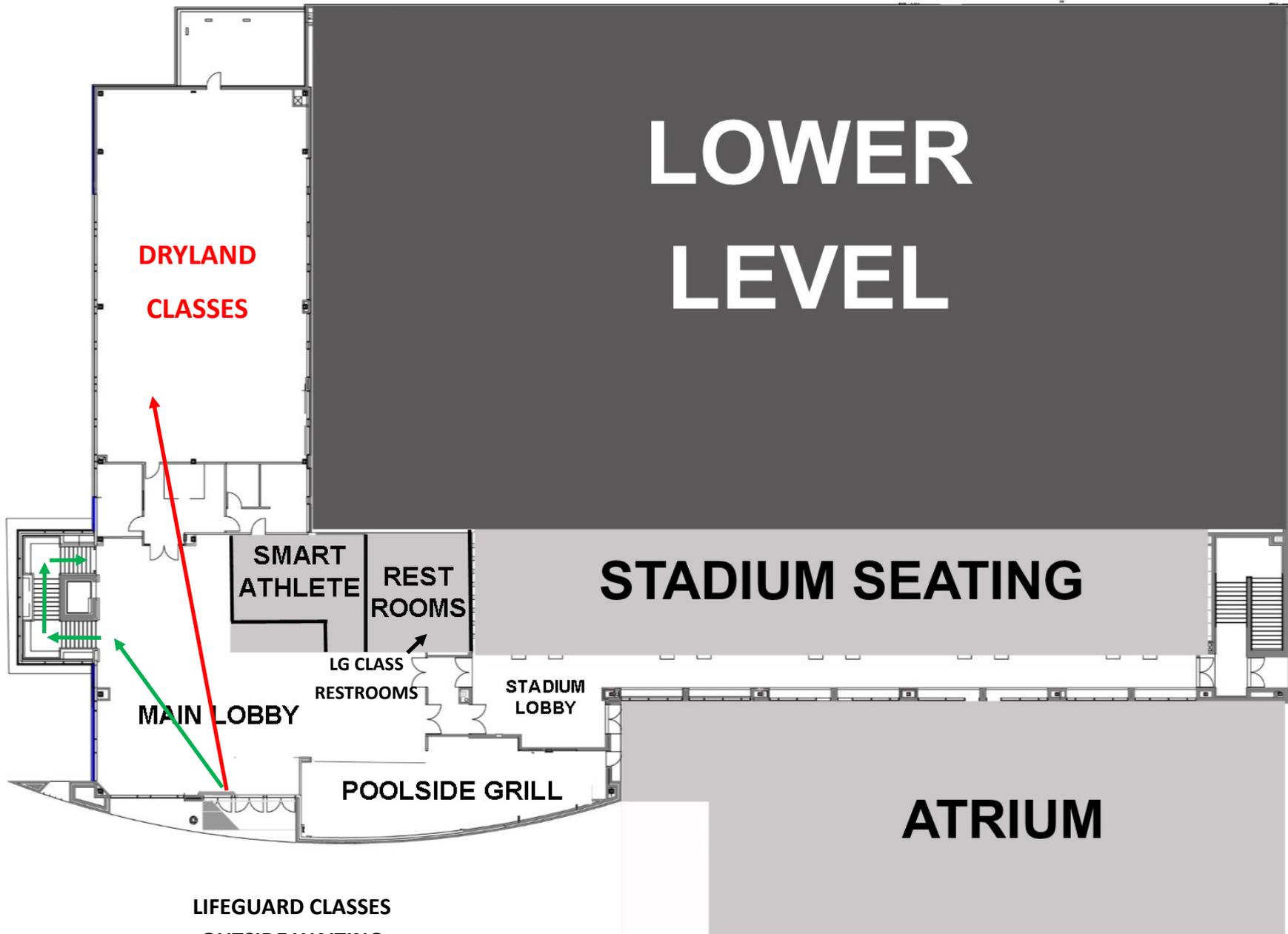
## DROP-OFF / PICK-UP PROCEDURES

- **All drivers will enter through the new parking lot only.** This is the lot next to the Baptist State Convention. You enter the new lot from Convention Drive which runs directly in front of the Baptist State Convention building.
- **The original TAC entrance from Convention Drive is for LG Class exit only** and will remain a construction entrance as well.
- **If you drove yourself, please park in the new parking lot.** If you are being driven, turn right out of new parking lot, and let LG candidate out / in at the new sidewalk. **Please do not enter the parking lot in front of TAC or get out of your car.**
- **Only LG Class Participants are permitted in the outside group waiting areas.** No parent, siblings or friends will be allowed. Parents who wait during practice are permitted to wait in the new or mall parking lots.

## CAMP FACILITY RULES

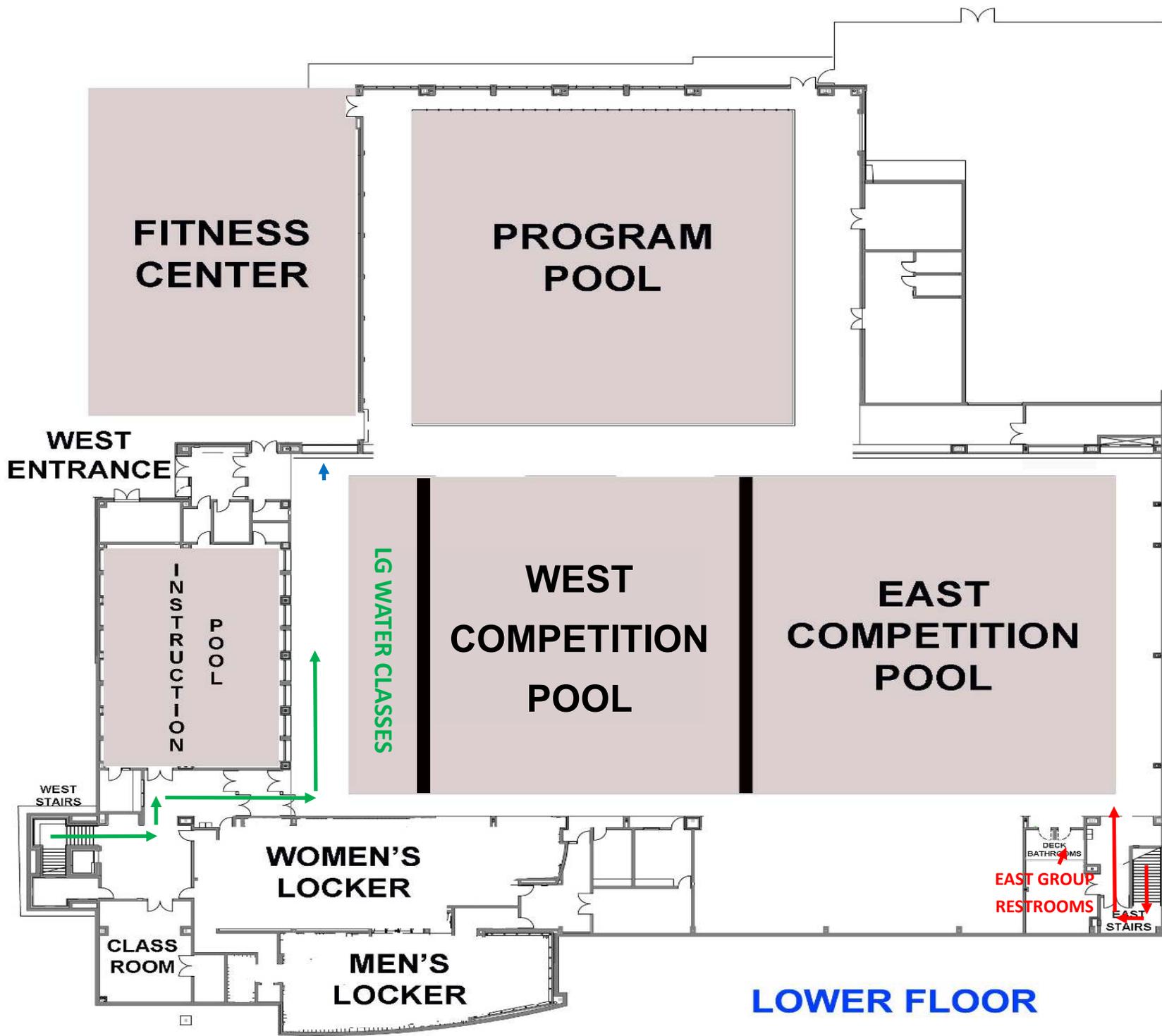
- **Please check your temperature prior to coming to class.** Do not come if you are running a fever. Also, please be sure that you use the restroom at home prior to coming to TAC.
- **TAC restrooms and locker rooms are for restroom use ONLY.** There is no changing or showering at TAC for these classes. No class participant may use or enter the locker space during camp.
- **TAC is closed to the general public.** Only active participants and TAC staff are permitted in the building. In the event of an emergency, parents and instructors will communicate directly and TAC staff will make any necessary arrangements.
- **No class participant is permitted to enter or exit the building on their own.**
- **TAC staff will be assigned to each class and will perform the following functions:**
  - Meet the group outside and then bring the group into the building single file, spaced appropriately.
  - Take the required path directly to the group's pool or dryland area making no stops along the way. There will be no restroom usage by any class participant until everyone is in the building in the assigned area.
  - Sanitize assigned restroom after each individual's use.
  - Sanitize blocks, floor and chairs, equipment after each group's use.
  - Walk the group single file/spaced appropriately directly out of the building at the end of class making no stops along the way.
- Class participants are permitted to bring **ONLY the following items in a single bag** to class:
  - Water bottle, Towel, Warmup clothes, class materials

**DRYLAND CLASSES—RED**    **WATER CLASSES—GREEN**



LIFEGUARD CLASSES  
OUTSIDE WAITING  
AREA - PARKING  
SPACES ACROSS  
FROM FRONT DOOR

**UPPER FLOOR**





## NC DEPARTMENT OF HEALTH AND HUMAN SERVICES

### Interim Coronavirus Disease 2019 (COVID-19) Guidance for Day Camp Settings

Updated May 5, 2020

Day camp facilities and programs that serve children and teens have distinct needs from other business settings. They can take important steps to prevent the spread of COVID-19 and play an especially important role supporting employees who report to work.

This guidance is intended to help day camp facilities and programs make informed decisions about COVID-19 and minimize the risk of exposure to both the staff and the children in their care. To reduce the likelihood of COVID-19 transmission in our community, all facilities that are open must agree to follow the Interim Coronavirus Disease 2019 (COVID-19) Guidance for Day Camp Settings outlined in this document.

#### Communication to parents, campers, and staff prior to camp start:

- Communicate to parents/families COVID-19 related instructions in preparation for camp opening (for example staying home if symptomatic).
- Provide education and training on COVID-19 strategies for camp staff using videos, webinars, and FAQs.

**Anyone showing signs of illness of any kind or who may have been exposed to COVID-19 should not be in the day camp facility.**

#### Symptoms of COVID-19

- fever\*
- cough
- shortness of breath

While symptoms in children are similar to adults, **children may have milder symptoms**. Reported symptoms in children include loss of taste or smell and cold-like symptoms, such as fever, runny nose, and cough. Sore throat, headache, vomiting and diarrhea are less commonly reported.

\*Fever is determined by a thermometer reading 100.4 or higher or by subjective signs such as flushed cheeks, fatigue, extreme fussiness, chills, shivering, sweating, achiness, headache, not eating or drinking.

#### Drop-off/arrival procedure:

- Before arrival: Ask parents to be on the alert for any symptoms of COVID-19 and to keep the child(ren) home if showing any signs of illness.
- Consider staggering arrival and drop-off times and/or plan to limit direct contact with parents as much as possible.
- Have a staff member greet children outside as they arrive.
  - Designate a staff person to walk children to their room, and at the end of the day, walk them back to their cars.
  - The staff person greeting children should not be a person at higher risk for severe illness from COVID-19.
  - Staff should monitor and discourage congregation at arrival and drop-off.

- If possible, the same parent or designated person should drop off and pick up the child every day. Avoid designating those considered at high risk such as elderly grandparents who are over 65 years of age.
- Hand hygiene stations should be set up at the entrance of the facility, so that staff and children can clean their hands before they enter. If a sink with soap and water is not available, provide hand sanitizer with at least 60 percent alcohol. Keep hand sanitizer out of children’s reach and supervise use.

**Prevent virus that causes COVID-19 from entering the building:**

- Post this [door](#) sign at all entrances to the facility (also available in [Spanish](#)).
- Only allow children and staff who are required for daily operations and ratio inside the camp facilities.
- Restrict counselors to one room with one group of children. To reduce the number of people coming in and out of rooms, do not use “floater” counselors.
- Conduct a daily health screening on all individuals who are entering the building (see page 5). This screening will exclude individuals who are in any one of these four categories:
  1. Person is showing any of the symptoms of COVID-19
  2. Person thinks they could have COVID-19
  3. Person has tested positive for COVID-19
  4. Person is awaiting the results of testing for COVID-19
- Exclude children and staff who share a home (including siblings) or who have been in close contact with anyone in the four categories above.
- Support staff to stay at home as appropriate with flexible sick leave and paid leave policies.

**People who may be at higher risk of severe illness from COVID-19:**

- People aged 65 years and older
- People of all ages with underlying medical conditions, particularly if not well controlled, including:
  - People with chronic lung disease or moderate to severe asthma
  - People who have serious heart conditions
  - People who are immunocompromised
  - Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications
  - People with severe obesity (body mass index [BMI] of 40 or higher)
  - People with diabetes, chronic kidney disease undergoing dialysis, or liver disease
  - Please note that people who are pregnant have been known to be at higher risk of severe viral illness, however, to date data on COVID-19 has not shown increased risk
- Staff concerned about being at higher risk should discuss with their supervisor. They may want to speak with their medical provider to assess their risk.

**Preventing the spread of the virus in the camp/program facility:**

- Follow [social distancing strategies](#).
  - As much as possible, have campers stay 6 feet apart.
  - Post signage and other messaging to remind campers and staff of physical distancing.
  - Waiting areas should have 6 feet spacing markings. Floors should be marked to remind campers and staff to stay 6 feet apart.
  - If possible, day camp classes should include the same children in the group each day and the same day camp providers.
  - Keep each group of children in a separate room.

- Limit the mixing of children (e.g., staggering playground times, keeping groups separate for activities such as art and music).
- No all camp assemblies or field trips
- When eating meals, keep camp groups separated rather than having all campers eat meals together.
- Do not allow sports or activities in which participants cannot maintain social distancing of more than 6 feet apart. Examples of activities that would not be permitted include (but are not limited to) basketball, football, and wrestling.
- Spectators may watch outdoor camp activities as long as they are maintaining social distancing of at least 6' apart.
- If possible, arrange for administrative staff to telework from their homes.
- ☐ Follow proper hand hygiene guidance for adults and children such as washing hands frequently with soap and water for at least 20 seconds (about as long as it takes to sing “Happy Birthday” twice). In addition to usual handwashing, make sure to wash hands:
  - upon arrival in the morning
  - before and after eating meals and snacks
  - after blowing noses, coughing, or sneezing or when in contact with body fluids
  - after toileting
- ☐ Ensure ventilation systems operate properly and increase circulation of outdoor air as much as possible by opening windows and doors, using fans, or other methods. Do not open windows and doors if they pose a safety or health risk to people using the facility.
- ☐ Follow cloth face coverings guidelines:
  - When feasible, staff members should wear cloth face coverings when in the day camp facility and when unable to maintain at least six feet distance outdoors.
  - Campers should wear face coverings if it is determined they can reliably wear, remove, and handle masks following CDC guidance throughout the day.
  - Cloth face coverings should NOT be put on babies and children under the age of 2 because of danger of suffocation.
  - Camps should provide information on proper use, removal, and washing of cloth face coverings to staff and campers.
  - Follow [CDC Guidance](#) for wearing cloth face coverings.
- ☐ Avoid touching eyes, nose, and mouth.
- ☐ Cover coughs and sneezes with a tissue or an elbow.
- ☐ If meals are typically served family-style, plate each child’s meal to serve it so that multiple children are not using the same serving utensils.
- ☐ Hand sanitizing products with 60 percent alcohol may be used in lieu of handwashing when outdoors if hands are washed upon returning indoors. Hand sanitizer must be stored out of reach of children when not in use.

### **Sanitation and hygiene practices:**

- ☐ Follow [NCDHHS Environmental Health Section guidance](#) for cleaning and disinfection recommendations.
- ☐ Use an [EPA-registered disinfectant that is active against coronaviruses and follow manufacturer’s instructions for use and contact time](#). Clean and disinfect frequently touched surfaces throughout the day and at night. Remember items that might not ordinarily be cleaned daily such as doorknobs, light switches, countertops, chairs, cubbies, and playground structures.
- ☐ Clean and disinfect shared tools, supplies, and equipment.
- ☐ Build in gaps between activities to allow time for cleaning.
- ☐ Minimize use of shared supplies and label individual supplies and items.

- Toys and other items that cannot be cleaned and sanitized/disinfected should not be used. (Children's books are not considered a high risk for transmission and do not need additional cleaning or disinfection)
- Routinely check and refill hand sanitizer at entries, and soap and paper towels in bathroom.
- Provide alcohol-based hand sanitizer with 60% alcohol at every entrance, exit, in cafeteria, and each classroom if supplies are available.
- Incorporate bathroom breaks and handwashing breaks.

### **Children or staff who develop symptoms during the day:**

- If a child or staff member develops any symptoms of COVID-19, send them and any family members home as soon as possible.
- While waiting for a sick child to be picked up, staff should stay with the child in a room isolated from others. If the child has symptoms of COVID-19, staff should remain as far away as safely possible from the child (preferably, 6 feet) while maintaining visual supervision. Staff should wear a cloth face covering. If tolerated, the child should wear a cloth face covering also.

### **Advise those who have been excluded:**

For people who think they might have COVID-19 or have **mild symptoms**, the Centers for Disease Control and Prevention recommends they stay home and call their doctor for medical advice and if it is recommended they get tested. Learn more in this NCDHHS fact sheet in [English](#) and [Spanish](#).

Anyone with **more serious symptoms** should seek medical attention immediately, by calling their doctor or 911 right away. More serious symptoms can include trouble breathing, persistent pain or pressure in the chest, new confusion or inability to arouse, bluish lips or face.

**Camps should instruct and enforce that campers and staff who are sick (any fever, respiratory, or gastrointestinal symptoms) or believe they might have COVID-19 should stay home and separate themselves from other people in the home as much as possible.** They should be excluded from the camp until they can answer YES to all the following questions:

- ✓ Has it been at least 10 days since you first had symptoms?
- ✓ Have you been without fever for three days (72 hours) without any medicine for fever?
- ✓ Have is been three days (72 hours) since your symptoms have improved?

Household members and people who have **been in close contact with someone who has had symptoms of COVID-19** should stay home as much as possible for 14 days and monitor themselves for symptoms. Close contact means within six feet for at least 10 minutes. If they start having symptoms of COVID-19, they should take the same steps as above to prevent spreading it.

### **For facilities planning to reopen after extended closure:**

Facilities should take steps to ensure water systems and features are safe to use after a prolonged facility shutdown to minimize the risk of Legionnaire's Disease and other disease associated with water.

<https://www.cdc.gov/coronavirus/2019-ncov/php/building-water-system.html>

### **Stay informed:**

- Stay informed about the COVID-19 outbreak:
  - North Carolina DHHS [Website](#) | [Facebook](#) | [Twitter](#) | [Instagram](#) | [YouTube](#)
  - North Carolina Governor's Office [Website](#) | [Facebook](#) | [Twitter](#) | [Instagram](#)
  - Centers for Disease Control: [Website](#) | [Facebook](#) | [Twitter](#)

- Know the signs and symptoms of COVID-19 in [children](#) and [adults](#). Children typically have milder disease than adults.
- Plan ahead in case the facility needs to close:
  - Determine how to communicate with staff and parents.
  - Consult with your local health department for guidance on cleaning and closure.
  - The facility may need to close if day camp cannot safely be provided due to a high number of staff being out of work.
- For more information, use the following resources: [NC COVID-19 website](#), [CDC COVID-19 website](#), [NC environmental cleaning guidance](#), and [CDC guidance for schools and childcare facilities](#)

## Daily Health Screening of Staff and Children for COVID-19

Below is the enhanced screening criteria for use during the COVID-19 outbreak which differs from standard exclusion criteria. However, standard exclusion criteria must still be followed as applicable.

The person doing screenings should maintain a six-foot distance while asking questions. Ask each staff person and person dropping off children the following questions before they enter the facility. Exclude anyone who answers YES to the following questions:

### Ask everyone who enters the building:

- Do you or do any of the children you are dropping off have a fever\*, cough, shortness of breath, sore throat, vomiting, diarrhea, new loss of taste or smell, chills, muscle aches, or head ache?**
- Have you or any of the children you are dropping off:**
  - **Had any of these symptoms since last time you were last here?**
  - **Been in contact with anyone with fever\*, cough, shortness of breath, sore throat, vomiting, diarrhea, new loss of taste or smell, chills, muscle aches, or head ache since the last time you were here?**
  - **Potentially been exposed\*\* to COVID-19 or have reason to believe you/they have COVID-19?**

\*Fever is determined by a thermometer reading 100.4 or higher or by subjective signs such as flushed cheeks, fatigue, extreme fussiness, chills, shivering, sweating, achiness, headache, not eating or drinking.

\*\*Exposure is sharing a household or having close contact with anyone with COVID 19 or has symptoms of COVID 19.

### Ask staff members:

- Are you concerned about being at higher risk for severe illness from COVID-19?**

Staff who are over 65 years of age, have serious underlying medical conditions might be at higher risk for severe illness from COVID-19. Staff who are pregnant are known to be at risk with severe viral illness, however, to date data on COVID-19 has not shown increased risk. Speak to your supervisor if you are concerned. Talk with your medical provider to assess your risk and determine if you should work.

**Screen children and staff by:**

- Making a visual inspection of the person for signs of infection such as flushed cheeks, fatigue, or irritability.
- Choosing to conduct temperature screening using the protocol below.
- Recording temperature and/or any symptoms on daily health screening log (see page 7).

Health screenings should be repeated periodically throughout the day on staff and children to check for new symptoms developing.

**Temperature protocol if facility chooses to take temperatures:**

- Individuals waiting to be screened should stand six feet apart from each other. Use tape on the floor to for spacing.
- For the staff person taking temperature, cloth face coverings should be worn. Stay six feet apart unless taking temperature.
- If possible, parents, family members, or legal guardians should bring a thermometer from home to check their own child’s temperature at drop off. A facility can choose to allow families to take and document temperature at home before dropping off.
- Use a touchless thermometer if one is available. If not available, use a tympanic (ear), digital axillary (under the arm), or temporal (forehead) thermometers.

**Do not take temperatures orally (under the tongue) because of the risk of spreading COVID-19 from respiratory droplets from the mouth.**

**If using the facility’s thermometer:**

- Wash hands or use hand sanitizer before touching the thermometer.
- Wear gloves if available and change between direct contact with individuals.
- Let staff take their own temperature and parents take their child’s temperature.
- Use disposable thermometer covers that are changed between individuals.
- Clean and sanitize the thermometer using manufacturer’s instructions between each use.
- Wash hands or use hand sanitizer after removing gloves and between direct contact with individuals.