



COVID-19 FAQ

Updated June 5, 2020

Q: WHAT ARE THE SIGNS AND SYMPTOMS OF SOMEONE INFECTED WITH THE COVID-19 VIRUS?

A: According to the CDC, the symptoms of COVID-19 are similar in children and adults. However, children with confirmed COVID-19 cases have generally shown mild symptoms. Reported symptoms in children include cold-like symptoms, such as fever (temperatures of 100.4 or higher). For a full list of the symptoms, please check out the CDC website, click [here](#).

Q: HOW CAN YOU PROTECT YOUR CHILD FROM COVID-19 INFECTION?

A: According to the CDC, you can encourage your child to help stop the spread of COVID-19 by practicing social distancing, washing their hands regularly, as well as by keeping the following in mind:

- Avoid close contact with people who are sick.
- Stay home when you are sick, with the exception of leaving for medical care.
- Cover your coughs and sneezes with a tissue, and throw the tissue in the trash.
- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing, going to the bathroom, and before eating or preparing food.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if your hands are visibly dirty.
- Clean and disinfect frequently touched surfaces and objects (e.g., tables, countertops, light switches, doorknobs, and cabinet handles).
- Launder items, including washable plush toys, as appropriate and in accordance with the manufacturer's instructions. If possible, launder items using the warmest appropriate water setting for the items and dry items completely. Dirty laundry from an ill person can be washed with other people's items.

Q: WAS GOLF AVAILABLE DURING COVID-19 STAY AT HOME ORDERS?

A: Golf was allowed under Governor Roy Cooper's and Wake County's safer-at-home order as it is a low-risk activity that allows people to maintain a safe social distance and not touch each other's equipment. For programs, each child will have their own sanitized set of equipment. Hand sanitizer will be available during class and we'll be taking "sanitizing" breaks, as well.

Q: ARE SOME OUTDOOR ACTIVITIES BETTER DURING COVID-19 PANDEMIC THAN OTHERS?

A: Some research suggests that outdoor activities such as golf, running, or walking can be great alternatives to contact sports. Dr. David Newman, Director of the Human Performance Lab at the NC Research Campus, is a proponent of maintaining outdoor exercise, with safeguards, during the pandemic. He says that 30-60 minutes of exercise per day can help to develop a stronger immune system, thereby helping to offset the effects of the coronavirus and its respiratory illness.

Q: WHAT PROCEDURES ARE FIRST TEE OF THE TRIANGLE TAKING TO MAKE THE LESSON EXPERIENCE SAFER?

A: Golf is already an inherently low-risk activity, but these are the steps and procedures we'll be taking before, during, and after each class to limit contact, increase sanitation and more. The **FORE categories** that include updated health and safety measures are:

1. Check-In and Check-Out
2. Sanitization
3. Physical Distancing
4. Clear & Concise Communication

***For a detailed explanation on each category please review the Fore Safety Updates Document.

Q: HOW DO I TEACH MY CHILD WHAT 6 FEET LOOKS LIKE?

A: There isn't one formula when teaching your child about social distancing as each child processes information differently, but here are some recommendations we think might help do the job! You can start by explaining that there are germs "going around" and that if we keep our social distance (6 feet apart) it will be harder for those germs to spread to us. An easy way for them to calculate and understand the 6-foot rule is by explaining that the distance is approximately their arm extended + their golf club! You can also practice at home measuring it from where they are standing until they get a hint of what 6 feet looks like. Are there 6 feet from the fridge to the sink? From the bedroom door to the bed? How many of their personal strides are 6 feet?

Q: IS THE 6-FOOT SOCIAL DISTANCING RULE REALLY NECESSARY?

Yes, yes, and yes! According to the World Health Organization, when someone coughs or sneezes, small drops of liquid travel from their nose or mouth through the surrounding air. If you're standing too close, you can breathe in the droplets, which may contain the coronavirus if the person coughing is infected. Let's work together to help flatten the curve and practice golf at the same time!

Q: WILL CLASS SIZES STAY THE SAME?

A: No. Class sizes are currently restricted to 10, and the different certification levels will begin and end at different times to minimize the potential of large gatherings.

Q: WHAT HAPPENS IF MY CHILD SEES SOMEONE DURING CLASS THAT'S NOT COMPLYING WITH THE SAFETY PROCEDURES AND RULES?

A: If your child feels comfortable reminding others of the rule, they can do so as long as it follows the First Tee's code of conduct (Respect for yourself, respect for others, and respect for your surroundings) Reminding someone about not touching their equipment or hand sanitizing, for example, should be done respectfully. If the issue persists, or the child is not comfortable asking someone to respect the rules, they should let a coach know of their concerns. Before programs begin again, all of our coaches will receive training on what the Safety Procedures are and how to correctly implement them.

Q: IS MY CHILD REQUIRED TO WEAR A MASK?

A: We encourage your child to bring their own mask, but it is not required.

Q: CAN I STAY DURING CLASS AND BE A SPECTATOR?

A: All parents are welcome to stay and watch, but we ask that you serve as role models by maintaining a safe distance from both the participants and other spectators. For PLAYer level and up, parents are **not required** to stay and watch the class. If the parent is going to leave, we will need to know who the participant is leaving with at the end of class. Little Linkster parents are **required** to stay, and they will be asked to watch from a designated area that is a safe distance away from class activities.

Q: WILL THERE BE HAND-SANITIZER AVAILABLE FOR MY CHILD?

A: Yes! We'll make sure to take breaks to sanitize our hands frequently during class. Your child also has the option to bring their own hand sanitizer.

Q: WILL THERE BE WATER AVAILABLE FOR MY CHILD?

A: Unfortunately no. In an effort to limit unnecessary contact, there will no longer be coolers and cups available. Both coaches and participants will need to bring their own *labeled* water bottles.

Q: IF MY CHILD DOES NOT HAVE THEIR OWN PERSONAL GOLF EQUIPMENT, HOW WILL I KNOW IF IT'S SAFE TO USE WHAT IS PROVIDED BY FIRST TEE OF THE TRIANGLE?

A: They will be given a small, sanitized set upon arrival that only they will use throughout the class. At check-out, participants with their own clubs will be directed towards their pick-up person. Participants who borrowed clubs will be directed to a drop-off spot, one at a time, and will then meet up with their pick-up person.

THINGS WE WILL KEEP REMINDING YOUR CHILD OF DURING CLASS AND WHAT WE ENCOURAGE YOU TO REVIEW WITH THEM AT HOME:

- 1) Practice Social Distancing Guidelines at all times.** Remain a minimum of at least six feet from others. Whenever possible, increase this to at least 12'. Maintain a distance of at least 50' between your group and other groups on the golf course.
- 2) Do not remove the flagstick while playing.** The flagstick is one area that can potentially harbor the COVID-19 virus, and we do not clean these between groups! We have implemented practices to make it easier to retrieve your ball from the hole without reaching deeply into the cup.
- 3) Please treat EVERY surface as a potential area from which you could contract the virus.** Avoid contact with anything someone else may have touched if possible; be sure to wash your hands frequently and use hand sanitizer as often as possible.
- 4) Do not be shy about enforcing social distancing on others; let someone know if they are getting too close for your own comfort level.** Most people are very respectful of this but simply forget – we are all social beings and this current situation is not the way we have lived at any point in our history.