



## Health and Safety Guidelines

Your family's health and safety is our top priority this season. Below are guidelines from the CDC and North Carolina Health Department that guests and staff are required to follow:

### **Follow the 3 W's**

**-Wait:** Appropriate physical distancing (6 feet apart) is necessary between all non-family members. Family groups will be seated 6 feet from other families during mealtimes, campfires, and other group activities. It is each parent's responsibility to ensure that their children maintain this social distancing. For this reason, a parent must accompany any child under 13 to any activity at Rockmont.

**-Wear:** Facial masks or coverings are required in Eden Hall and should be with you at all times for use when you are within 6 feet of another person. Skill instructors will be wearing masks when appropriate. There will be some activities where guests will be required to wear masks.

**-Wash:** Frequent hand-washing is essential. It is important for each guest to wash their hands for at least 20 seconds using soap and water. If soap and water is not available, use hand sanitizer. Wash your hands before eating food, upon entering your cabin, after touching frequently touched surfaces, after using the restroom, after using shared equipment, and after coughing/sneezing/blowing your nose. We also recommend that you wash or sanitize your hands prior to entering and leaving any activity site or the waterfront.

### **Skill and Activity Equipment**

-Limit sharing of sports equipment, electronics, etc. outside of your family unit.

-Outside of your family unit no contact sports are allowed per the recommendations of health officials. This includes basketball, football, soccer, etc.

-As a safety precaution, bring your own sports equipment whenever possible. Rockmont has some equipment for guests to use, and it will be sanitized after each use. Rockmont cannot be responsible for loss or damage to personal equipment.

### **Thorguard**

-At Rockmont, we use **THOR GUARD**, a lightning prediction and warning system, to determine when weather conditions are becoming unsafe for swimming and outdoor activities. Thor Guard will produce **ONE** distinctive, 15-second loud blast when lightning becomes a threat. If you hear Thorguard, seek shelter. **THREE** loud, 5-second short blasts **will let you know it is safe to resume all outdoor activities.**

**-Waterfront Thunder Protocols:** Our waterfront operates on the ACA standard recommendation of pausing all water activities for 30 minutes if thunder is heard. Waterfront activities may resume after thunder has not been heard for a 30 minute period.

### **First Aid and Urgent Care**

-General first aid supplies will be provided as needed. Our staff will be available to assist you or refer you to local medical facilities if additional medical treatment is necessary. Listed below are clinics available for urgent care/emergency treatment:

#### *Range Urgent Care - Black Mountain*

201 Highway NC-9  
Black Mountain, NC 28711  
rangeurgentcare.com  
828-412-0327

#### *Mercy Urgent Care - East Asheville*

1272 Tunnel Road  
Asheville, NC 28805  
mercyurgentcare.org  
828-210-8325

#### *Sona Clinic & Pharmacy - East Asheville*

805 Fairview Road  
Asheville, NC 28803  
[sonapharmacy.com/clinic/](http://sonapharmacy.com/clinic/)  
828-298-3636

#### *Fastmed Urgent Care - Hendersonville Road*

160 Hendersonville Road  
Asheville, NC 28803  
fastmed.com  
828-210-2835

#### *Mission Hospital Emergency Department*

509 Biltmore Avenue  
Asheville, NC 28803  
828-213-1111

### **EMERGENCY NUMBERS**

Medical or fire emergencies: 911

Roundhouse Office: 828-581-4173

Chuck Flournoy: 804-366-0607

Stan Wilson: 828-230-5018

Mike Peckham: 864-710-6116

Edward Leoshko: 828-273-7366