AQUATIC PARTICIPANT GUIDELINES FOR COVID-19 RISK REDUCTION AND CONTACT TRACING

BEFORE LEAVING HOME

- Take your temperature and complete COVID-19 daily health check. If you answer “Yes” to any COVID-19 health questions, stay home. Symptoms include mild to severe respiratory illness with fever, cough and difficulty breathing, or other symptoms identified by the CDC.
- Shower and dress for swimming or other aquatic activity before leaving home.
- Wear a facemask to/from the facility.

ENTERING AND EXITING FACILITY

- Arrive approximately 5-10 minutes prior to start time to maximize social distancing when entering the facility. All persons must wear a face covering upon arrival, starting in the parking lot. These safety protocols must resume when exiting the facility.
- Post instructions for entering and exiting the facility to provide for minimal contact and traffic.
- Provide parking lot signage marking paths throughout the facility to guide swimmers and staff for safe entry and exit procedures.
- Post signage denying entry to those answering “Yes” to any COVID-19 health questions.
- Arrive in swimsuits ready to swim, carry minimal personal belongings, and exit the facility immediately upon completion of swimming.
- Do not participate in extra-curricular or social activity while at the facility. Change clothes and shower at home to eliminate locker room use.
- Confirm contact information of anyone who enters the facility in the event they need to be notified for COVID-19 contact tracing.
- Staff should be responsible for opening entry and exit doors to limit contact of surfaces by swimmers.

ENTRANCE AREAS | LOBBY | STAFF AREA | LOCKER ROOMS | CLASSROOMS

- Conduct professional cleaning of the facility with CDC-recommended products and procedures prior to first opening as well as subsequent cleanings at intervals mandated by local health officials.
- Conduct full-facility cleaning following all CDC guidelines after closing and prior to opening the following day.
- Sanitize high-touch areas at high frequency throughout the day with CDC-approved cleaning products.
- Provide hand sanitizer and wipes throughout the facility for use by participants and staff. Participants are encouraged to also bring their own hand sanitizers and wipes to use as needed.
- Eliminate the use of low-ventilated spaces and rooms that prevent social distancing, such as locker rooms and small dryland rooms.
- For facilities in which deck showers are available, participants and staff should shower before entering the water to remove chemicals that might negate the effectiveness of chlorine.
- Facial coverings are required for staff and participants not in the water.
- Staff and participants should follow directional signage throughout the facility to direct traffic flow and maximize social distance.
- Provide CDC-recommended signage throughout the facility, including but not limited to 6-feet social distancing signage.
- Staff/participants who begin to cough/sneeze for any reason must move away from others until coughing/sneezing dissipates.
- All chairs should be set up at 6-feet social distancing and disinfected before each subsequent use.
- Conduct electronic customer check-in and paperless transactions for customers.
- Remove all shared items such as pens, flyers, toys, business cards, hairdryers (closed), suit dryers (closed).
- No retail or food sales (remove all such items).
• Close drinking fountains (if permitted by local law).
• Open doors, if appropriate, to increase outdoor air circulation.
• Close employee staff rooms or limit the number of employees in staff rooms at one time to maintain social distancing.

**POOL**

• Wash your hands with a disinfectant soap and water (for 20 seconds or longer) or use a hand sanitizer before entering the pool.
• Remove all unnecessary toys or pool equipment from the pool and pool deck.
• Any equipment will not be shared (e.g. goggles).
• Wear appropriate PPE if the facility has in-water instructors (such as “plastic shields” that allow ease of breathing for instructors).
• Reduce class sizes and limit the capacity of in-water participants to maintain proper social distancing (diagrams below).
• Establish appropriate start and stop points for participants to maximize social distancing.
• Follow directions for spacing and stay at least six feet apart from each other. Do not make physical contact with others, such as shaking hands or giving a high five.
• Maintain proper pool chemistry at all times.
• Facilities that can shift toward more outdoor-like environments should do so (i.e., open all window bays, bubbles, retractable roofs, etc.).

**ADDITIONAL MANAGERIAL TIPS**

• Each team/club will have a COVID-19 liaison responsible for staying current on community and state recommendations and any associated changes.
• Train staff on COVID-19 protocols prior to reopening.
• Establish staff working in “pods” with the same set of staff working together on shifts to limit exposure between staff.
• Maintain all required capacity limits in the facility as required by local or state law.
• Limit one adult present for each minor child (if possible).
• Ensure cleaning supplies are stored appropriately and out of reach of children.
• Share social media messaging to customers regarding preventing the spread of COVID-19.
• Keep a proper record of all employees and customers in the facility at any time in the event of a COVID-19 infection.
• Staff/participants must see a physician and be cleared for training after being diagnosed or suspected to have COVID-19.
• Make it clear that there is no penalty for missing practice for illness, and that if a participant or any member of their family does not feel well, they should stay home.
• During classroom portions of training, such as for lifeguarding or CPR/AED training, if social distancing modifications cannot be maintained due to limited classroom space, reduce the number of participants per instructor accordingly.
• Ensure adequate training equipment (CPR manikins, AED trainers, rescue tubes, etc.) is available to reduce the spread of disease for any staff training.
SAMPLE DIAGRAMS FROM USA SWIMMING:

SOCIAL DISTANCING PRACTICE LAYOUT
25-YARD, 6-LANE POOL

12 SWIMMERS

SOCIAL DISTANCING PRACTICE LAYOUT
25-YARD, 6-LANE POOL

18 SWIMMERS
SOCIAL DISTANCING PRACTICE LAYOUT
25-YARD, 6-LANE POOL

27 SWIMMERS

SOCIAL DISTANCING PRACTICE LAYOUT
50-METER, 10-LANE POOL

60 SWIMMERS
**Social Distancing Practice Layout**

**25-Yard, On-Deck, Sit Down Slide Sets in Circles**

- Swimmers maintain 6 feet apart. Mark deck with 2-inch wide colored duct tape.
- Sit down/slide in to enter water.
- End of set climb out and go to assigned spot.
- The more "eyes" on deck the better.
- Use cones or other barriers to help with separation – deck needs to be wide enough to accommodate 6' of social distance.

![Diagram of social distancing practice layout](Image)