

## LETTER TO RECREATIONAL SWIMMING PARTICIPANTS

While TAC staff are preparing the pool and the schedule for our safe return to recreational swimming, we want to provide the information and materials you will need to review to prepare for your return to our facility. Please read through all the information carefully as we believe it addresses many of the questions and concerns you may have.

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

- **Procedures for Drop-off / Pick Up / Parking 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 before the first swim session.
- **The Center for Disease Control's Coronavirus Disease 2019 (COVID-19) Guidance for Pools and Aquatic Facilities** The protocols and procedures that TAC will implement for our recreational swimming 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

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 yourself.
- **Take your temperature** each day before practice.
- **Please stay home if you are – or appear to be – sick.**
- **Please review these questions for – each day – before coming to swim:**
  - 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 answer to any of these questions is “yes”, then please stay at home.**

TAC Staff will not be performing a separate health screening for you 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 you are here, we will 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:

- During this phase of re-opening we are focused on meeting the needs of Active Participants ONLY. You must be scheduled to swim to be in the building.
- 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 or swimmers during drop-off and pick-up is voluntary and at your discretion. The same discretion is so for swimmers during all sessions, where applicable.
- Strict social distancing will be observed among rec swimmers and staff during the transitions between scheduled session times.
- TAC staff members will walk you 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 you return to the pool, the restroom will be sanitized after each individual use. You 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 this phase, we will communicate with you accordingly.

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

# Recreational Swimming Procedures

## DROP-OFF / PICK-UP /PARKING PROCEDURES

- **All Drop Off and Pickup** will now take place in the REGULAR Swimmer Drop Off area – To the left of the building. Entrance to Swimmer Drop Off/ Pickup can now take place through the normal entrance from Convention Drive.
- **DO NOT ENTER THE MAIN PARKING AREA IN FRONT OF THE BUILDING.**
- **DO NOT DROP OFF OR PICKUP IN FRONT OF THE BUILDING.**
- **DO NOT GET OUT OF YOUR CARS WHILE IN DROP OFF/PICKUP.**
- Parking for all swimmers, parents and staff is in the new parking area **ONLY**.
- All Swimmers will enter the building on their own through the open door (DO NOT OPEN A DOOR OR USE THE HANDICAP BUTTON).
- Go **DIRECTLY** you designated area in the TAC Lobby and sit on one of the chairs. Do not attempt to go down to the pool deck or use the restrooms.
- A TAC staff member will walk you down to swim and then, after your session, from the pool deck directly out of the building.
- **Please practice social distancing at all times while entering, exiting, and inside the building.**

## RECREATIONAL SWIMMING RULES

- **Please check your temperature prior to coming to rec swimming.** 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 rec swimming. No rec swimming participant may use or enter the locker space during their session.
- Only active participants and TAC staff are permitted in the building. In the event of an emergency, rec swimmers will communicate directly and TAC staff will make any necessary arrangements.
- **TAC staff will perform the following functions as related to rec swimming:**
  - Meet the group in the lobby and then take the group to the pool making no stops along the way. There will be no restroom usage by any rec swimming participant until everyone is in the assigned pool 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 rec swimming making no stops along the way.
- Rec swimming participants are permitted to bring **ONLY the following items in a single bag** to rec swimming:
  - Water bottle, Towel, Warmup clothes, rec swimming materials (please limit the equipment you bring)



## Coronavirus Disease 2019 (COVID-19)

# Considerations for Public Pools, Hot Tubs, and Water Playgrounds During COVID-19




As public aquatic venues open in some areas, CDC offers the following considerations for the safety of those who operate, manage, and use public pools, hot tubs, and water playgrounds. Public aquatic venues can be operated and managed by:

- city or county governments
- apartment complexes
- membership clubs (for example, gyms)
- schools
- waterparks
- homeowners' associations

All decisions about implementing these considerations should be made locally, in collaboration with [local health officials](#). Operators of public aquatic venues can consult with local officials to determine if and how to implement these considerations while adjusting them to meet the unique needs and circumstances of the local jurisdiction. Their implementation should also be informed by what is feasible, practical, and acceptable.

## Promoting Behaviors that Prevent the Spread of COVID-19

Public aquatic venues can consider different strategies to encourage healthy hygiene, including:

- Hand Hygiene and Respiratory Etiquette
  - Encouraging all staff, patrons, and swimmers to [wash their hands](#) often and cover their coughs and sneezes.
- Cloth Face Coverings
  - Encouraging the use of [cloth face coverings](#) as feasible. Face coverings are **most** essential in times when physical distancing is difficult.
    - Advise those wearing face coverings to not wear them in the water. Cloth face coverings can be difficult to breathe through when they're wet.
- Staying Home
  - Educating staff, patrons, and swimmers about when to stay home (for example, if they have [symptoms](#) of COVID-19, have tested positive for COVID-19, or were exposed to someone with COVID-19 within the last 14 days) and when they can safely [end their home isolation](#).
- Adequate Supplies
  - Ensuring adequate supplies to support healthy hygiene. Supplies include soap, hand sanitizer with at least 60 percent alcohol (for staff and older children who can safely use hand sanitizer), paper towels, tissues, and no-touch trash cans.
- Signs and Messages
  - Posting [signs](#) about how to [stop the spread](#)  of COVID-19, [properly wash hands](#), [promote everyday protective measures](#) , and [properly use a cloth face covering](#)  in highly visible locations (for example, at deck entrances and at sinks).
  - Broadcasting [regular announcements about how to stop the spread on PA system](#).
  - Including messages about behaviors that prevent the spread of COVID-19 in contracts with individual patrons or households, in emails, on facility websites (for example, posting online [videos](#)), through facility's [social media accounts](#), and on entrance tickets).

# Maintaining Healthy Environments

To maintain healthy environments, operators of public aquatic venues may consider:

- Cleaning and Disinfection
  - [Cleaning and disinfecting](#) frequently touched surfaces at least daily and shared objects each time they are used. For example:
    - Handrails, slides, and structures for climbing or playing
    - Lounge chairs, tabletops, pool noodles, and kickboards
    - Door handles and surfaces of restrooms, handwashing stations, diaper-changing stations, and showers
  - Consulting with the company or engineer that designed the aquatic venue to decide which [List N disinfectants approved by the U.S. Environmental Protection Agency](#) [↗](#) (EPA) are best for your aquatic venue.
  - Setting up a system so that furniture (for example, lounge chairs) that needs to be cleaned and disinfected is kept separate from already cleaned and disinfected furniture.
  - Labeling containers for used equipment that has not yet been cleaned and disinfected and containers for cleaned and disinfected equipment.
  - Laundering towels and clothing according to the manufacturer's instructions. Use the warmest appropriate water temperature and dry items completely.
  - Protecting shared furniture, equipment, towels, and clothing that has been cleaned and disinfected from becoming contaminated before use.
  - Ensuring [safe and correct use](#) and storage of disinfectants, including storing products securely away from children.
- Ventilation
  - Ensuring that ventilation systems of indoor spaces operate properly.
  - Increasing introduction and circulation of outdoor air as much as possible by opening windows and doors, using fans, or other methods. However, do not open windows and doors if doing so poses a safety risk to staff, patrons, or swimmers.
- Water Systems
  - [Taking steps](#) to ensure that all water systems (for example, drinking fountains, decorative fountains, hot tubs) are safe to use after a prolonged facility shutdown to minimize the risk of [Legionnaires' disease](#) and other diseases associated with water.
- Modified Layouts
  - Changing deck layouts to ensure that in the standing and seating areas, individuals can remain at least 6 feet apart from those they don't live with.
- Physical Barriers and Guides
  - Providing physical cues or guides (for example, lane lines in the water or chairs and tables on the deck) and visual cues (for example, tape on the decks, floors, or sidewalks) and signs to ensure that staff, patrons, and swimmers stay at least 6 feet apart from those they don't live with, both in and out of the water.
- Communal Spaces
  - Staggering use of communal spaces (for example, in the water or breakroom), if possible, and [cleaning and disinfecting](#) frequently touched surfaces at least daily and shared objects each time they are used.
- Shared Objects
  - Discouraging people from sharing items that are difficult to clean, sanitize, or disinfect or that are meant to come in contact with the face (for example, goggles, nose clips, and snorkels).
  - Discouraging the sharing of items such as food, equipment, toys, and supplies with those they don't live with.
  - Ensuring adequate equipment for patrons and swimmers, such as kick boards and pool noodles, to minimize sharing to the extent possible, or limiting use of equipment by one group of users at a time and cleaning and disinfecting between use.

# Maintaining Healthy Operations

To maintain healthy operations, operators of public aquatic venues may consider:

- Protections for Vulnerable Staff
  - Offering options such as telework or modified job responsibilities that reduce their risk of getting infected.
  - Limiting aquatic venue use to only staff, patrons, and swimmers who live in the local area, if feasible.
- Lifeguards and Water Safety
  - Ensuring that lifeguards who are actively lifeguarding are not also expected to monitor handwashing, use of cloth face coverings, or social distancing of others. Assign this monitoring responsibility to another staff member.
- Alterations of Public Aquatic Venues
  - Consulting the company or engineer that designed the aquatic venue before altering aquatic features (for example, slides and structures designed for climbing or playing).
- Regulatory Awareness
  - Being aware of local or state regulatory agency policies on gathering requirements or recommendations to determine if events, such as aquatic fitness classes, swim lessons, swim team practice, swim meets, or pool parties can be held.
- Staggered or Rotated Shifts
  - Staggering or rotating shifts to limit the number of staff present at the aquatic venue at the same time.
- Designated COVID-19 Point of Contact
  - Designating a staff member to be responsible for responding to COVID-19 concerns. All staff should know who this person is and how to contact him or her.
- Gatherings
  - Avoiding group events, gatherings, or meetings both in and out of the water if social distancing of at least 6 feet between people who don't live together cannot be maintained. Exceptions to the social distancing guidance include:
    - Anyone rescuing a distressed swimmer, providing first aid, or performing cardiopulmonary resuscitation, with or without an automated external defibrillator.
    - Individuals in the process of evacuating an aquatic venue or entire facility due to an emergency.
  - If planned events must be conducted, staggering drop-off and pick-up times, as much as possible, to maintain distance of at least 6 feet between people who don't live together.
  - Asking parents to consider if their children are capable of staying at least 6 feet apart from people they don't live with before taking them to a public aquatic venue.
  - Limiting any nonessential visitors, volunteers, and activities involving external groups or organizations.
- Communication Systems
  - Putting systems in place for:
    - Having staff, patrons, and swimmers self-report if they have [symptoms](#) of COVID-19, a positive test for COVID-19, or were exposed to someone with COVID-19 within the last 14 days.
    - Notifying [local health authorities](#) of COVID-19 cases.
    - Notifying staff, patrons, and swimmers (as feasible) of potential COVID-19 exposures while maintaining confidentiality in accordance with the [Americans with Disabilities Act \(ADA\)](#) [↗](#) .
    - Notifying staff, patrons, and swimmers of aquatic venue closures.
- Leave Policies
  - Implementing sick leave (time off) policies and practices for staff that are flexible and non-punitive.

- Developing return-to-work policies aligned with CDC's [criteria to discontinue home isolation](#).
- Back-Up Staffing Plan
  - Monitoring absenteeism of staff and creating a roster of trained back-up staff.
- Staff Training
  - Training staff on all safety protocols.
  - Conducting training virtually or ensuring that [social distancing](#) is maintained during in-person training.
- Recognize Signs and Symptoms
  - Conducting daily health checks (for example, temperature screening or [symptom checking](#)) of staff. Ensure safe and respectful implementation that is aligned with any applicable privacy laws and regulations.
    - Consider using examples of screening methods in CDC's [General Business FAQs](#) as a guide.

## Preparing for When Someone Gets Sick

To prepare for when someone gets sick, operators of public aquatic venues may consider:

- Isolating and transporting those who are sick to their home or a healthcare provider.
  - Immediately separating staff, patrons, or swimmers with COVID-19 [symptoms](#) (for example, fever, cough, or shortness of breath).
  - Establishing procedures for safely transporting anyone sick to their home or to a healthcare provider.
- Notifying health officials and close contacts.
  - Immediately notifying [local health officials](#), staff, patrons, and swimmers of any case of COVID-19 while maintaining confidentiality in accordance with the [Americans with Disabilities Act \(ADA\)](#) [↗](#) .
  - Informing those who have had [close contact](#) with a person diagnosed with COVID-19 to stay home and [self-monitor for symptoms](#), and follow [CDC guidance](#) if symptoms develop.
- Cleaning and Disinfection
  - Closing off areas used by a sick person and not using the areas until after cleaning and disinfecting them.
  - Waiting more than 24 hours before cleaning and disinfecting these areas. Ensuring [safe and correct](#) use and storage of [EPA-approved List N disinfectants](#) [↗](#) , including storing products securely away from children.

## Other Resources

- [Latest COVID-19 information](#)
- [Cleaning and Disinfection](#)
- [Guidance for Businesses and Employers](#)
- [CDC Healthy Swimming](#)
- [CDC Steps of Healthy Swimming](#)
- [COVID-19 Prevention](#)
- [Handwashing Information](#)
- [Face Coverings](#)
- [Social Distancing](#)
- [COVID-19 Frequently Asked Questions](#)
- [CDC communication resources](#)
- [Community Mitigation](#)