

Rockville Center Pool Phase 2 Compliance Plan

This document is a recommendation by the pool committee to allow the Rockville Pool to open for member use under the State of Virginia Safer At Home Phase 2 Guidelines, and is based upon the following assumptions.

- This plan works to implement the Safer at Home Phase Two mandatory requirements. (<https://www.governor.virginia.gov/media/governorvirginiagov/governor-of-virginia/pdf/Virginia-Forward-Phase-Two-Guidelines.pdf>)
- Amendments and adjustments may need to be made during phase 2 as we get a clearer interpretation of the requirements, member feedback, and best practices are established by the industry.
- Any plan must be approved by the board before opening.
- Exercise is defined as: A type of physical activity that involves planned, structured, and repetitive bodily movement done to maintain or improve one or more components of physical fitness. Per the CDC Glossary (https://www.cdc.gov/nchs/nhis/physical_activity/pa_glossary.htm#:~:text=Glossary,more%20components%20of%20physical%20fitness.)

General Facility Policies:

- Limit number of persons within the fenced in area to a maximum of 48.
- Tables will be spaced 10 feet or more apart.
- Tables and chairs will be cleaned with a bleach solution after each use.
- A sign will be put on each lounge chair, table, or chair grouping with a red and a green side. If green, it is an indicator that the furniture has been cleaned since the last use and is ready to get used again. If red, then it has not yet been cleaned and is not ready for use.
- Total available chairs and lounge chairs will not exceed 48.
- Members may bring their own chairs
- Entrance will be moved to the single gate along the side of the center.
- Signs marking safe social distancing while queuing to enter pool will be placed along the building wall.
- CDC Recommended signs regarding physical distancing, gatherings, options for high risk individuals, and staying at home when sick will be posted at the entrance and within the facility.
- Hand sanitizer stations will be provided at the entrance, the exit, the diving board, and each ladder / pool entrance with a railing.
- Baby pool gate will be locked and the baby pool will be closed.
- A bleach solution and disposable paper towels will be provided at multiple locations in the facility for members to sanitize and wipe down surfaces.
- Bathrooms will be checked every hour using existing checklists, plus sink handles, toilet, urinal, stall doors and seats, handles, paper towel dispenser will be sprayed with a bleach solution every hour.

- Complete bathroom spray with bleach solution will occur at the start and end of every shift.
- Handrails for ladders, stairs and diving board will be wiped down with bleach solution every hour.
- Tables will be sprayed / wiped down with a bleach solution every shift and at the end of each day.
- Refuse containers will be available with liners but no lids to allow for no touch disposal of refuse.
- No concessions will be available for sale.
- Lifeguards will use 3 short blasts of their electronic whistle to indicate emergency.
- Lifeguards will use a single blast of their electronic whistle to attract attention for providing instructions to members.

Member Sign In

- Members will be required to sign in upon arrival to the pool.
- Children under 16 years of age must be accompanied by a parent or guardian.
- To limit exposure to guards and members via cash we will bill members for their guests.
- Currently guests are not permitted.
- We will create an electronic sign-in form that can be completed from a mobile device by scanning a QR code and reading and completing the disclosures. IF member does not have access to a smartphone paper forms will be made available and provided with a clean pen and clipboard which will be disinfected between uses.
- Clean pens will be made available and dirty pens will be placed in the “dirty” area and cleaned before returning to the clean area.
- All names must be included on the form.
- The sign-in form will have the following items:
 - COVID-19 Screening questions:
 - Currently experiencing a fever (100.4 or higher) a infrared thermometer is available by request to take temperature by lifeguard attending the gate
 - Sense of having a fever
 - A new cough that cannot be attributed to another health condition
 - New shortness of breath that cannot be attributed to another health condition
 - New chills that cannot be attributed to another health condition
 - A new sore throat that cannot be attributed to another health condition
 - New muscle aches that cannot be attributed to another health condition or specific activity
 - Attestation that lifeguards will not be responsible for enforcing the distancing (per the American Red Cross), but that the member will be responsible for maintaining the required 10ft distance from non-household members while on the pool deck, and 10ft distancing while in the water exercising.
 - Attestation that they will be using the pool for exercise and not recreational purposes.

- They will wipe down tables, and chairs with bleach solution made available before departing the facility.
- No sitting on the sides of the pool or in entry exit points will be permitted.
- Maximum number of people in the pool at any time will 21 (based on 3 per lane, plus 3 in diving area) and members may be asked to wait to enter until space is available.

Pool

- Baby pool closed and gates will be locked.
- 1 lifeguard will be on duty at a time, with the chair position at the corner of the deep well.
- Maximum of 19-21 people can be in the pool at one time, with 21 total able to access it at any one time - this is based upon 3 per lane plus 2 for diving (but only 1 in diving well at a time OR if no one is diving, 3 in diving well).
- Lane lines will be placed in lanes 1 & 2 with max 3 per lane (provides option for those seeking a more dedicated area for their exercise).
- No lane dividers for lanes 3-6 max 12 people in this area (members are responsible for maintaining 10 ft of distance).
- 1 diving at a time.
- Can have 2 members waiting in designated position for diving board (10 ft apart) with queue designations placed on the fence.
- If no one is diving, up to 3 members can use the diving well for exercise.

Lifeguard Responsibilities

- Complete and sign the COVID-19 Employee Screening Questionnaire before the start of each shift. If they are unable to complete the questionnaire because of illness, they must report immediately to their manager and leave the facility.
- 2 Guards on duty during each shift. 1 on the stand and 1 attending gate and performing cleaning duties
- Must wear facemask, covering nose and mouth, except while on the stand, or to a swimmer in distress
- Maintain a safe distance of 6 feet from members when interacting or providing non-emergency care
- If it is necessary to make direct contact with a patron or staff member for a medical emergency, the number of providers should be kept to the minimum required to provide proper care. PPE should be chosen based on the person's condition.
- For people who are in cardiac arrest, one can consider immediate defibrillation, before donning PPE or donning additional PPE in situations where the provider assesses that benefits may exceed the risks.
- For aquatic rescues, every effort should be made to minimize direct contact and face-to-face interactions with patients

- Maneuvers to reach the person requiring a rescue while remaining on the deck, by way of extending or throwing a rescue device, should be prioritized if conditions permit.
- If direct contact is necessary based on the person's condition, employing a rear approach and rescue to return the person to the deck is ideal.
- For removal from the water, if possible, this should be performed by personnel on the deck who are wearing face coverings
- Modifying rescues to rapidly extricate the patient to the deck and initiate ventilations with a bag-valve-mask should be prioritized over mouth-to-mouth or mouth-to-mask ventilation.
- 1 guard on stand - rotations every 30 min. Must wipe down stand with bleach solution between change over
- Each guard will use their dedicated buoy for each shift and wipe it down at the start and end of each shift with a bleach solution
- Each guard will have an electronic whistle for their shift and will wipe it down with a bleach solution at the start and end of every shift.
- Create the daily bleach solution
- Guard in chair will be responsible for:
 - Responding to emergency situations
 - Enforcing the facility rules and guidelines pertaining to physical safety
 - Ensuring the maximum capacity of the pool is not exceeded
- Guard not in chair will be responsible for:
 - Member sign in
 - Ensuring no more that 48 people are inside the gates (updating the counts)
 - Completion of cleaning checklists
 - Completion of cleaning
 - Responding to emergencies
 - Furniture re-positioning
 - Ensuring adequate supplies are available
 - Checking CL levels and PH on regular schedule
 - Filing daily forms and checklists into designated locations.
 - Direct members to clean furniture

Manager Responsibilities:

- Ensure lifeguards are completing the duties as outline in the proposal and the handbook
- Verify all checklist are be completed on a daily basis - and file them
- Train employees on their responsibilities
- Ensure proper signage and marking at present at the facility
- Ensure proper supplies are available
- Respond to member issues or concerns

Additional Notes:

- We may need to amend these recommendations based upon clarifications, best practices and member feedback.

Resources:

Red Cross Scientific Advisory Council Answers COVID-19 and Aquatics

https://arc-phss.my.salesforce.com/sfc/p/#d0000000bxKz/a/3o000001Wn4e/I70pfBI_qDxPKIqx8RnnsozaSB6aoDz6wSc.9HRPgIE

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

<https://www.cdc.gov/coronavirus/2019-ncov/community/parks-rec/aquatic-venues.html>

Virginia Safer at home - Phase 2 Guidelines

<https://www.governor.virginia.gov/media/governorviriniagov/governor-of-virginia/pdf/Virginia-Forward-Phase-Two-Guidelines.pdf>

Exercise Definitions:

https://www.cdc.gov/nchs/nhis/physical_activity/pa_glossary.htm#:~:text=Glossary,more%20components%20of%20physical%20fitness

Bleach Solution / Cleaning:

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/disinfecting-your-home.pdf>

<https://www.cdc.gov/disasters/bleach.html>

<https://www.cdc.gov/coronavirus/2019-ncov/community/reopen-guidance.html>

Facility Guidance:

<https://cdn.swimswam.com/wp-content/uploads/2020/05/facility-reopening-plan-guidelines.pdf>

Other Resources:

<https://docs.google.com/document/d/1rNLW1ZEgG06x8rdozzOz631O0ppftZdBjqflwoFPDSY/edit?fbclid=IwAR2u5Pk8f3YqnUn0GivQIVPqmE3TFZ0hiRkdKA629MkgJhlt9IGf1wSR4mU#heading=h.ryx2upcwj1d>