



# RETURN TO LESSONS PLAN

JUNE 2020

Lawrence Swim School Pool | 510 N 1700 Rd | Lawrence, KS 66049

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# BACK IN THE WATER SAFELY

Thank you all so much for your support of the Lawrence Swim School through the COVID-19 pandemic. In unprecedented times, the LSS has shown tremendous unity and support.

After much discussion and research of the different policies and regulations pertinent to opening a new pool during this pandemic, we are ready to resume lessons at a new facility. The success of our return to lessons plan will require a team effort. That means swimmers, instructors and parents will need to follow the plan and help others adhere to the plan. We expect everyone to adhere to these plans, practice social distancing and proper hygiene at all times. Following the guidelines will help protect everyone in lessons as well to ensure our continued access to pool water.

The wellbeing of you and your family is our highest priority at Lawrence Swim School. Our commitment to safety includes taking the necessary precautions to ensure the health and safety of our members and staff.

# BEFORE LEAVING HOME

Any swimmer experiencing any of these symptoms below **should remain at home** and seek medical treatment.

- A fever (100.4°F or higher)
- Recent cough
- Shortness of breath or difficulty breathing
- Chills
- Muscle pain
- Sore throat
- New loss of taste or smell

Swimmers must be fever-free for 24 hours before returning to lessons.

# ARRIVING AT THE POOL

## Parking lot

- Families must not congregate in the parking lots.
- Swimmers will maintain social distancing (6 feet) if waiting in line.
- If parents are dropping off a swimmer, **the parent must stay until their swimmer is admitted to the pool deck.**

# LOCKER ROOM & RESTROOM ACCESS

**Changing rooms will be CLOSED.**

No changing allowed at the pool. Swimmers will arrive and depart in swimsuits.

## **Restrooms**

Restrooms will be for emergency use only. Please try to use the bathroom at home. Restrooms will be sanitized as needed per CDC guidelines.

## **Reminder**

Water bottles **cannot** be filled at the facility at this time.

# ENTERING THE FACILITY

- Swimmers will enter through the west door of the facility (our normal entrance)
- Swimmers will maintain social distancing if waiting in line.
- Swimmers will not enter the facility until previous group has exited the facility. The check-in instructor at the door will let groups know when swimmers may enter.
- Only one swimmer may enter at a time and may enter only after a health check, following best practices from the CDC.

# SWIMMER HEALTH CHECKS

**Only one swimmer may enter at a time following verbal confirmation of the swimmer's health status and a non-invasive, non-contact temperature check, following best practices from the CDC. During the health check a coach will ask:**

**1. “Today are you experiencing any of the following symptoms?”**

- Cough
- Shortness of breath or difficulty breathing
- Fever
- Chills
- Muscle pain
- Sore throat
- New loss of taste or smell

**2. “Have you or anyone you live with had a positive COVID-19 test in the past 14 days?”**

While waiting to enter the pool, swimmers must stand in a single file line 6 feet apart. **Parents dropping swimmers off must remain in the parking lot until they see their swimmer go into the pool.**

**Once inside, swimmers must go directly to assigned lane and position. This protocol is based upon guidance from the CDC and local health experts.**

# HEALTH CHECKS & COVID-19 CHECKS

We highly recommend that parents run through the health check questions with their child before driving to the pool. Any swimmer who has a fever (100.4 F or higher), or who reports “yes” to any of the health check questions, will not be allowed to enter. Parents should discuss their swimmer’s symptoms with a medical professional. If the medical professional recommends a COVID-19 test, the swimmer should not return until COVID-19 testing returns negative. Returning to the pool will require a doctor's note confirming the swimmer is cleared to return.

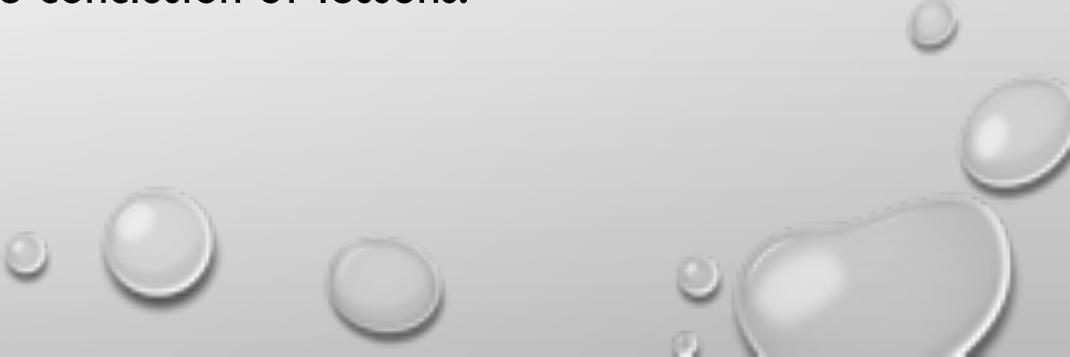
## **Reporting a positive COVID-19 test**

We ask parents report a positive test for their child to the LSS. Parents should also report if any of their family’s close contacts test positive. In the case of a reported positive test, the LSS will alert the rest of the swimmers who are in the positive swimmer’s group, without naming the swimmer who tested positive. Families in that group will be encouraged to consult with a medical professional to determine if a COVID-19 test is needed. If any swimmer begins to experience any symptom of COVID-19, the swimmer should stay home from lessons and seek advice from a medical professional.

# LESSON OBSERVATION

- We kindly request all parents to stay in their cars or sit outside during lessons during the initial phase of opening. We will provide updates if/when protocol changes.
- Parents of younger swimmers are encouraged to walk swimmers to the health check and then return to cars or relax outside until practice is complete.
- We understand some younger swimmers may be apprehensive, therefore parents of swimmers age 8 and younger will be allowed to enter the facility. They must enter during check-in, follow the same health check routine listed in the previous slides and remain in the viewing area in an assigned spot. There will be no admittance after lessons have begun.
- At this time, no siblings are allowed. Each 8 and under swimmer is allowed one adult.
- No pets or animals are allowed.

# EXITING THE POOL

- Swimmers must exit the facility per the instructor's instructions.
  - Swimmers must leave immediately at the conclusion of their lesson.
  - Swimmers must leave one at a time.
  - Swimmers must go directly to their car.
  - No congregating in the parking lot.
  - All swimmers must be picked up/leave immediately at the conclusion of lessons.
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# PROCEDURES ON DECK

- LSS will mark the pool deck to ensure that everyone can easily stay at least six feet away from each other while moving around the pool deck.
- Swimmers should plan on bringing (1) bag to contain their towel, cap and goggles and to contain their clothes and shoes during lessons. The bag must be placed at least six feet apart and the LSS will designate where each swimmer may place their bag.
- All swimmers must use the on-deck showers for 30sec prior to entering the pool.
- At this time, no personal equipment is allowed on deck. As we progress through the phases, this may become an option.

# PROCEDURES IN THE POOL

- Swimmers will be spaced out according to guidelines from USA Swimming and CDC.
- Siblings will be paired together at the ends and middles of lanes where possible.
- As we progress through the phases, updates will be provided.

# SWIMMER & FAMILY RESPONSIBILITIES

- If any swimmer experiences symptoms of COVID-19, they will not attend lessons until cleared by a medical professional.
- Swimmers will come dressed to swim. Swimmers will be turned away if they are not in a swimsuit.
- No use of the water fountain is allowed.
- No sharing of personal equipment or water bottles.
- **No changing at the pool.**

# INSTRUCTOR RESPONSIBILITIES

- LSS instructors will provide health checks.
- LSS instructors will clean restrooms between sessions, according to CDC guidelines.
- If any instructor experiences symptoms of COVID-19, they will not attend lessons until cleared by a medical professional.

# LSS RESPONSIBILITIES

- Provide personal protective equipment for instructors
- Keep abreast of city, facility, USA Swimming & CDC guidelines and make changes accordingly.
- Provide disinfectants for cleaning between and after lessons.
- Provide waivers, as necessary, to families before swimmers return to lessons.
- Clear and timely updates for LSS families about the ongoing situation and protocols.
- Clear and timely updates about facility use.

# SWIMMING IS SAFE!

- There is no evidence that COVID-19 can spread to people through the water used in pools, hot tubs, or water playgrounds. Proper operation and disinfection of pools, hot tubs, and water playgrounds should kill the virus that causes COVID-19.
- More information at: <https://www.cdc.gov/healthywater/swimming/index.html>