

King Aquatic Club

Covid19 Guidelines Per Pool

All pools require masks usage until entering the water and immediately upon exiting water. Social distancing is required at all locations.

Athlete Checklist:

1. BEFORE YOU GET TO THE POOL:
 - a. Have your mask and swimsuit on. There is no changing permitted in locker rooms* and masks must be worn until you get in.
*Covington requires shower prior to entering water. A waiver is required prior to entering water, which can be filled out prior to arrival.
2. ONCE YOU GET TO THE POOL:
 - a. Remain socially distanced and place bags 6 ft apart from your teammates. Coaches will instruct you where to place bags.
 - b. Get your temperature checked by a volunteer or coach. They should ask you if you've been exposed to Covid-19, along with a few other safety questions, before you're allowed to swim. 100.4 is determined a fever. If you have a temp of 100.4 or higher, you will be sent home. If you have any symptoms, you will be sent home.
 - c. Keep mask on until you're instructed to enter the water.
3. DURING PRACTICE
 - a. Avoid hanging at the wall where you could potentially be exposed to another athlete. This means one swimmer at opposite ends, at two swimmers 6' apart in the center of the lane, resting on the side of the deck or middle of pool.
 - b. Listen to your coach, as he/she is trained to keep you safe!
4. AFTER PRACTICE
 - a. Put your mask on immediately after leaving the water
 - b. Remain socially distant from other athletes and their gear
 - c. No changing is permitted. Go directly to your parents/your car when practice ends.

Procedures Per Pool

1. **AAA**
 - a. Sanitation: *Discontinue using the Bleach solution of 1/3 for cleaning the bathrooms and discontinue the practice of spraying on and leaving the solution to evaporate.* Any other surfaces touched need to be sanitized using a bleach solution of **1/64** that can be sprayed on surfaces, left for 5min and then wiped up. This Bleach solution of 1/64 should ONLY be used inside the pool for hard surfaces and NOT used in the bathrooms. For Bathrooms: Use an alcohol disinfectant (70% isopropyl) be used and that the solution be wiped clean after spraying

- b. Dryland: Grass area between the ballfield and the pool or the larger field at the Southwest corner of the campus for any outdoor dryland training. Please DO NOT use the area just outside the pool door to the east



***Reminder to keep athletes at least 6 feet apart. If outdoors and socially distant, masks can be pulled down IF doing an aerobic exercise.*

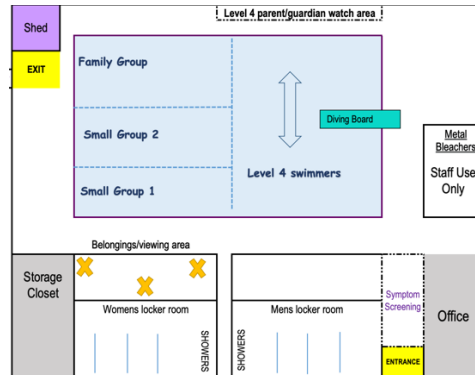
- c. Lane occupancy: 4 athletes per lane, limiting time at the wall
- d. Flow of traffic: Athletes continue to enter and exit buildings as they have been.
- e. Parents: Parents are not permitted to walk through campus. They may utilize the single loop area around RV park.

2. Covington

- a. Sanitation: Swimmers are asked to shower prior to entering the water. Any equipment borrowed (kickboards, primarily) should be returned to designated bin for sanitation by Covington staff.
- b. Dryland: Outdoors in grassy areas nearest the pool. ***Reminder to keep athletes at least 6 feet apart. If outdoors and socially distant, masks can be pulled down IF doing an aerobic exercise.*
- c. Lane occupancy: 2 swimmers per lane
- d. Flow of traffic: One way. After entering the building athletes will drop off waiver, receive a temperature check, enter locker rooms, shower, enter pool, enter water, and exit the building via Neptune's Alcove. All areas are clearly labeled. Showers not permitted after workouts. *On designated dryland days, temperature checks will be administered by King staff prior to dryland. Athletes will proceed to CAC lobby upon opening 10' before allotted practice time to drop waiver and take a CAC temp check.
- e. Parents: not permitted to view practice, except in safety related circumstances.

3. Lacey

- a. Sanitation: Spray commonly used surfaces with cleaning solution before, between, and after practices
- b. Dryland Location: On Deck
***Reminder to keep athletes at least 6 feet apart. If outdoors and socially distant, masks can be pulled down IF doing an aerobic exercise.*
- c. Lane occupancy: 4 swimmers per lane
- d. Flow of traffic: ONE WAY. Swimmers may arrive 10 minutes early, and checked in upon entry (temperature and Covid-related questions by volunteer or King coach) Athletes should shower prior to coming to practice and coming in swim gear, as locker room usage is minimal/should be omitted if possible. Exit is opposite of where you entered.



e. Parents: Closed practices

4. Marine Hills

- a. Sanitation: Continue to spray commonly used surfaces with an approved, non-corrosive chemical disinfectant (will be provided at pool) before, between, and after practices, focus on tables, doorknobs, bathroom faucets. Parent volunteer should assist.
- b. Dryland Location: Pickleball court. ***Reminder to keep athletes at least 6 feet apart. If outdoors and socially distant, masks can be pulled down IF doing an aerobic exercise.*
- c. Lane occupancy: 4 swimmers per lane
- d. Flow of traffic: Athlete's receive temperature check at front gate, enter to the right and place equipment down on marks 6' apart, wait to enter the water OR enter straight ahead to enter practice. Exit the same way you entered.
- e. Parents: Closed practices are preferred, but can view on upper deck. Masks and social distancing required.

5. Tacoma Lawn & Tennis

- a. Sanitation: Spray commonly used surfaces (chairs and single stall in bathroom) with cleaning solution before, between, and after practices with Lysol disinfectant. There will be one male and one female stall allotted for King swimmers to use. **Reminder for closing coach cover pool w/ thermal blanket.*
- b. Dryland Location: Pool deck.
***Reminder to keep athletes at least 6 feet apart. If outdoors and socially distant, masks can be pulled down IF doing an aerobic exercise.*
- c. Lane occupancy: 4 swimmers per lane
- d. Flow of traffic: Coaches may park in top lot and walk in to facility. Athletes may park in top lot or in legal, non-residential spots on adjacent road. Athletes will enter the pool to the left of the main office building via an open gate. From there, they will walk down the gated hill into the pool area to be checked in. Athletes will set equipment down on a chair 6' away from other athletes and enter the water when instructed to do so. Exit is the same way you came in. Pick up will be done in the top parking lot.
- e. Parents: Parents will drop off athletes and vacate the premise. The parking lot is too small to accommodate parking, and neighbors in the area are highly sensitive to street parking. Pick up will always be done in the top parking area.

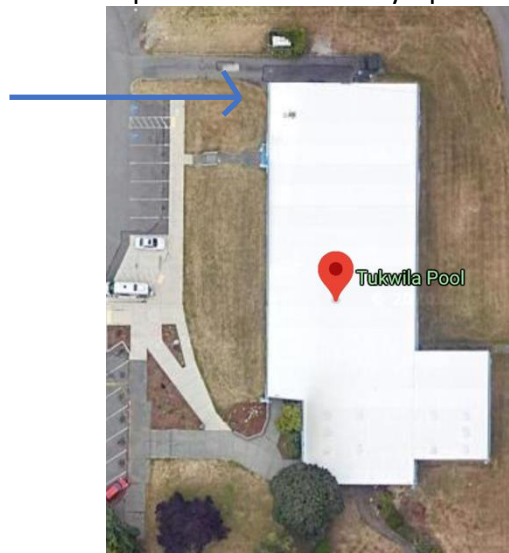
6. Fife

- a. Sanitation: Spray commonly used surfaces with cleaning solution before, between, and after practices.
- b. Dryland Location: On deck
***Reminder to keep athletes at least 6 feet apart. If outdoors and socially distant, masks can be pulled down IF doing an aerobic exercise.*
- c. Lane occupancy: 4 swimmers per lane
- d. Flow of traffic: Enter building, sanitize hands. Athletes may sign in for health records at the front office, or with a King coach via temp check. Bathrooms in the lobby may be used for relief, but please come dressed in swim wear as locker rooms are closed. Upon entering the pool deck, athletes will place belongings on first available "X."
- e. Parents: Parent viewing is not permitted. Please drop off and pick up athletes only.

7. Tukwila Covid Safety Protocol

*Special Notes:

Enter on the far side of the building, opposite the main entrance, using the doors on the grassy slope nearest the fields. This entrance leads directly to the deepest end of the lap pool, and is where temperature checks & symptom screening are completed.

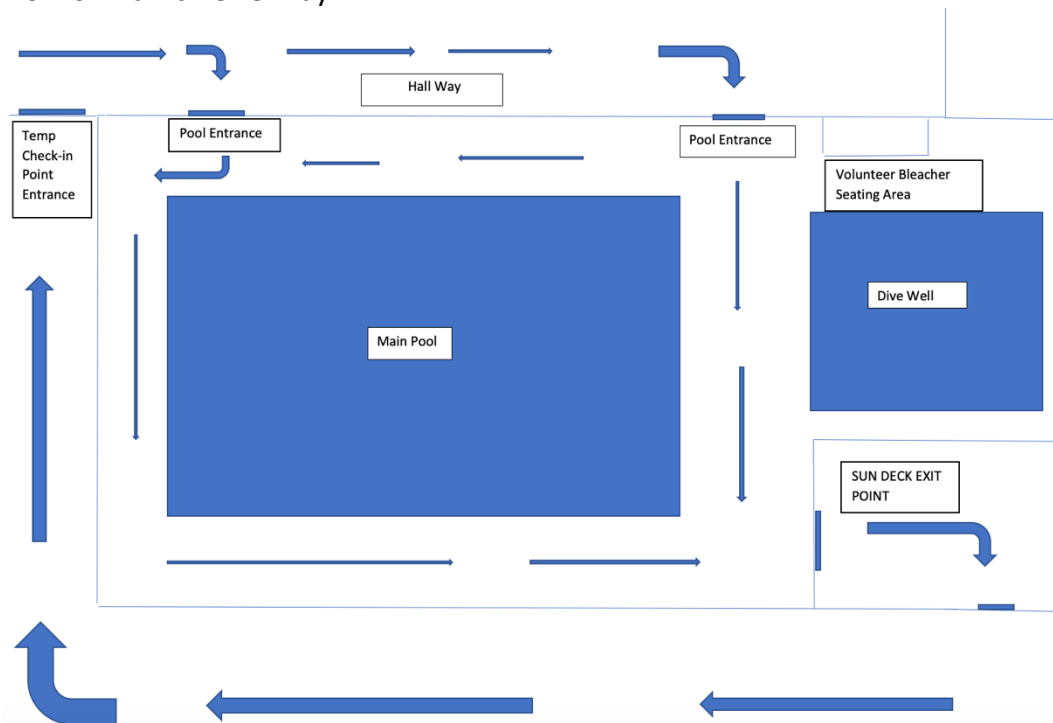


- A volunteer OR coach needs to submit attendance sheets to the front desk after each session. They need a copy for their records. We will also save our copy, so be sure to take it back! Communicate with the coach on his/her preference.
- a. Sanitation: All bathrooms and benches will be sanitized by the Tukwila staff. The benches have been marked 3' apart for bags, so if athletes sit on the bench please space them out every 2 "x's." Bathrooms are available, and are cleaned by the staff, but we suggest minimal usage when possible. Please come in your swim gear, as changing prior to practice and showering is still discouraged.

- b. Lane Occupancy: 3-4 per lane in triangulated pattern
- c. Flow of Traffic: Enter & Exit via farthest entrance, near the grassy hills/deep end of pool.
- d. Parents: Parent viewing is not permitted.

8. Evergreen

- a. Sanitation: Spray commonly touched surfaces (bleachers/bag area, any surface that was touched) and bathroom stall/sink/door handles using labeled King non-corrosive cleaners
- b. Lane Occupancy: 3-4 swimmers per lane
- c. Flow of Traffic: One Way

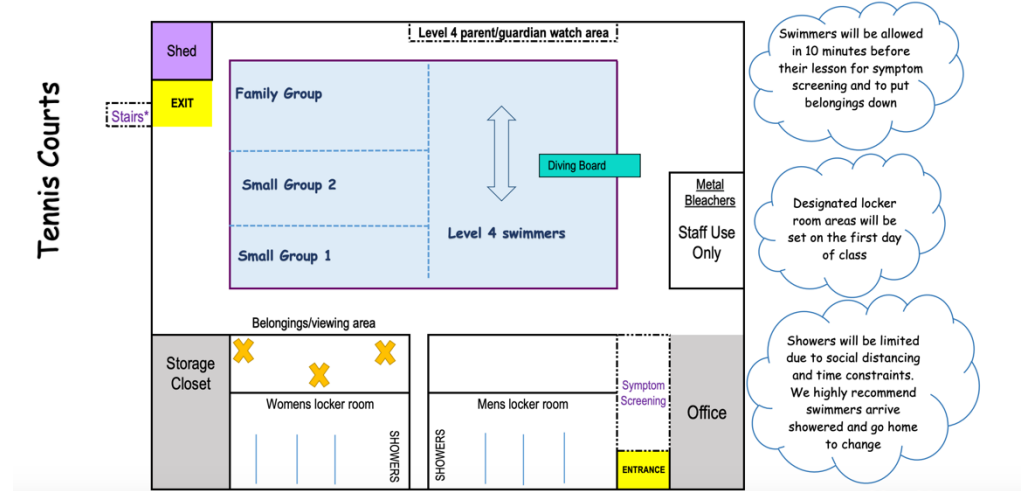


- d. Parents: Parent viewing is not permitted.
- e. Dryland: Currently virtual

9. Thurston/River Ridge/Timberline HS

- a. Sanitation: Cleaning solution provided by Thurston, paper towels will be provided by King for volunteers to use. We are in charge of cleaning highly touched surfaces utilizing checklist provided. One bathroom stall available for men/women which needs to be cleaned between uses. Athletes must place bags 3-6' apart.
- b. Lane Occupancy: 3-4 per most recent state mandate
- c. Flow of traffic: Temp check and symptom screen in the lobby, athletes proceed to pool room, place bags spaced out apart before entering the water. Exit the same way you entered, or through an alternative exit (depending on the pool)

There should be a staging area marked at each pool.



- d. Parents: No parent viewing
- e. Dryland: Currently virtual.
- f. Special Notes: Paper towels may not be provided but cleaning solution will be.

10. KCAC

No information currently released. Will update after December 31.