

COVID-19 Preparedness Plan for the Suburban Seahawks

The Suburban Seahawks Swim Club (SSC) is committed to providing a safe and healthy pool environment for its staff and patrons. To ensure the health and safety of our pool and facility, we have developed the following COVID-19 Preparedness Plan in response to the COVID-19 pandemic. Our goal is to mitigate the potential for transmission of COVID-19 and that requires full cooperation among our staff, swimmers and swim families.

Coaches, lifeguards, swimmers and families are responsible for implementing and complying with all aspects of this COVID-19 Preparedness Plan. The SSC staff have our full support in enforcing the provisions of this policy.

Our COVID-19 Preparedness Plan follows Centers for Disease Control and Prevention (CDC), Pennsylvania Department of Health (PDH) guidelines, Delaware County guidance, and federal OSHA standards related to COVID-19 and addresses:

- hygiene and respiratory etiquette;
- engineering and administrative controls for social distancing;
- cleaning, disinfecting, and ventilation;
- communications and training that will be provided to staff members;
- protection and controls for swimmer drop-off and pick-up;
- Communications and instructions for family members.
- Management and supervision necessary to ensure effective implementation of the plan.

Phased Return

A reduced capacity camp for swimmers will begin on June 15, 2020. Potential new members will only be considered if space is available and we are able to safely do so. "Out of water" socially distanced swim lessons will also begin on June 15, 2020 and we are planning for the "in-water" lessons to resume on June 22, 2020. We are hopeful to reintroduce limited capacity general lap swimming on or after June 22, 2020 but this will depend on when our safety efforts will safely permit this. The specific dates for the reintegration may change and will depend on the success of tiered return efforts.

Cleaning, disinfection, and ventilation

Regular housekeeping practices are being implemented, including routine cleaning and disinfecting of facility surfaces, including restrooms, doors, and drop-off and pickup locations. The plan was developed using USA swimming and CDC guidelines. Cleaning and disinfecting will be conducted between each swim session in high-touch areas, such as the areas the swimmers will store their belongings while swimming. Each evening (7 days a week) the facility will be professionally cleaned and sanitized by Dr. Clean Janitorial Services using a professional cleaning staff and a disinfectant fogger.

Appropriate and effective cleaning and disinfectant supplies have been purchased and will be available for cleaning the facility. A comprehensive evaluation of our HVAC system was completed during the shutdown and our system was certified as safe. The air circulation has been inspected and is operating at an optimum flow. Three industrial fans will be used to direct air to the return flow. The doors into and leading out the facility will remain open, maximizing the percentage of fresh air in the facility. The ventilation systems are being effectively used and maintained.

COVID-19 Screening for staff and swimmers entering the building

SSC staff and swimmers will be encouraged to self-monitor for signs and symptoms of COVID-19 and stay home if they feel sick. Swimmers (or their parents) will be required to complete a health check before each session and each swimmer will have their temperature taken when they enter. If a swimmer is denied entry due to their health check responses or their temperature is found to be 100.4°F or over, the swimmer will not be admitted to the session. Parents are required to wait in the parking lot in their car to ensure that their child is admitted to the session.

Infection Prevention

Basic infection prevention measures are being implemented at our facility. Good hygiene practices are posted throughout the facility and staff are instructed to wash their hands for at least 20 seconds with soap and water frequently throughout the day. All swimmers entering the facility will be required to sanitize their hands immediately upon entering the facility. Hand-sanitizer dispensers are available in the facility and staff and swimmers are encouraged to bring their own if they prefer. Swimmers should shower at home before coming to the facility to avoid the use of the restrooms.

Respiratory etiquette: Cover your cough or sneeze

All swimmers over the age of 2 years old will be required to wear a mask at all times on SSC property, except when in the pool. Respiratory etiquette will be demonstrated on posters and supported by making tissues and trash receptacles available to all staff and swimmers.

Social distancing

Social distancing of six feet will be implemented and maintained between staff and all members at the SSC facility through the following engineering and administrative controls: Parents of members may drop off the swimmers but may not enter the building. Swimmers will line up at the front door not earlier than 5 minutes before their session and following social distancing protocols. Swimmers should not enter the facility without being prompted by an SSC employee. When approved, swimmers will enter the building one at a time and check in and be screened. Swimmers will be assigned a lane and will progress to the pool through the office doors, following the arrows and marked spaces directly to their lane. Swimmers will place their belongings on the chair behind each lane. Swimmers who ignore the proper protocol may be removed from practice and/or have their membership suspended or revoked for repeated or egregious failure to follow policy. It is everyone's responsibility to keep our facility, staff and swimmers safe.

Swimmers will not have access to the locker room or bathrooms unless it is an emergency and swimmers should plan to use the bathroom prior to arriving at SSC. If an emergency exists, they must receive approval from the coach to use the facility so that staff can be notified and the area can be sanitized following use. No parents will be permitted to enter the facility without prior approval from management.

Swimmers must exit the pool at the end of their session, put on their mask, and follow SSC instructions on how to properly depart the building while maintaining social distancing. Swimmers must leave one at a time and proceed directly to their cars. Parents should arrive prior to the end of practice and neither parents nor swimmers should congregate in the parking lot. This is to ensure the smooth operation of the sessions and to avoid violating the social distancing requirements on SSC property. Members that fail to follow protocol or demonstrate resistance towards SSC employees enforcing the policy will jeopardize their child's ability to swim and place their membership in jeopardy.

Communications and training

Instructions will be communicated to swimmers and swimmer's families about: how drop-off and pick-up will be conducted to ensure social distancing; required hygiene practices; and the required use of masks. Staff and swimmers are to work through this new program together and SSC will update the communications and training, as necessary. This COVID-19 Preparedness Plan will be updated, as necessary.

When to stay home?

Although we would love for you to be at SSC every day, there are certain instances when it is important to not compromise the safety of others by staying home.

- Employees and swimmers should stay home if they have tested positive for or are showing COVID-19 symptoms.
- Employees and swimmers who have recently had close contact with a person with COVID-19 should also stay home and monitor their health.
- Sick staff members or swimmers should not return to camp until they have met [CDC's criteria to discontinue home isolation](#).
- In addition, those who are sick should notify SSC at office@sscswim.org if they or anyone in their family becomes sick with COVID-19 symptoms, test positive for COVID-19, or has been exposed to someone with symptoms or a confirmed or suspected case.

If someone gets sick at SSC or we receive a confirmed COVID-19 report.

- We will isolate the sick individual and contact emergency medical help.
- SSC may need to stop operations for a recommended period of time.

Notification

- In accordance with state and local laws and regulations, SSC will notify local health officials, staff, and families immediately of any case of COVID-19 while maintaining confidentiality in accordance with the Americans with Disabilities Act (ADA).
- We will advise those who have had close contact with a person diagnosed with COVID-19 to stay home, self-monitor for symptoms, and follow CDC guidance if symptoms develop.