



Frederick Area Swim Team

COVID-19 2021 Indoor Pool Opening Guidelines

1. Plan for entry and exit points:

- a. What is the layout?
 - Entrance is through one door and exit is through another door at both WHS and MHS.
 - A Coach will be monitoring who is allowed to come into the pool.
 - Coaches will have masks on at all times.
 - Swimmers have been notified to follow 6 feet social distancing at all times.
- b. Can there be a separate entrance and exit, if there will be cross traffic?
 - Yes, there will be a separate entrance and exit at both WHS and MHS.
 - The entrance will be 'one-way' only. The exit will be one-way only, thus eliminating cross traffic.
- c. How will congestion be prevented for people entering and exiting at same time?
 - The entrance and exit will be marked with bright colored tape, as well as signage to promote social distancing.
 - A Coach at the entrance will also help coordinate.
- d. How will physical distancing be maintained in lines?
 - Signage and bright colored tape will be utilized to promote social distancing.
 - Swimmers have been notified to follow social distancing requirements.

2. Plan for overseeing and managing the number of guests:

- a. How is the number of people being limited?
 - 30 swimmers in the water (TOTAL) at any time.
- b. Who is in charge of overseeing that the number of guests is adhered to?
 - The Head Coach will be in charge of checking number of swimmers/coaches (combined) and recording number per rented usage.

3. Plan for maintaining physical distancing on the deck and in the water:

- a. What is the layout for maintaining 6 feet between people on the deck?
 - Bright colored tape and signage will be on the deck and walls.
 - Furniture has been removed.
 - All swimmers have been notified that all bags/equipment must be placed 6 feet apart at all times and swimmers will have a designated place to place their bags.



- b. How will 6 feet between people be maintained in the pool?
- The coaches, to the best of their ability, will be supervising and enforcing social distancing requirements in the pool.
- c. Who is in charge of what parts?
- The coaches on duty will be in charge of maintaining distancing.

4. Plan for cleaning the facility, bathroom, and equipment between uses and at night:

- a. How will each of the above be cleaned and with what chemical(s)?
- All required cleaning supplies/equipment will be provided by FCPS.
 - Hand Soap, Acid Bowl Cleaner, EPA approved disinfectant, Hand Sanitizer, Gloves, products for pool tile cleaning, etc.
- b. Is the cleaning product on the EPA list and how long should the contact time be to inactivate the virus, per EPA? (<https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>)
- Yes, the product is on the EPA list, the contact time to inactivate the virus is 10 minutes.
 - Product spec sheet to be provided to the FCHD.
- c. Who is in charge of what part of cleaning?
- FCPS Pool lifeguards will be cleaning during the allocated time, at least twice a day as required.
 - Swimmers will only use the locker rooms for emergency bathroom use.
 - Swimmers will arrive in swim suits and leave in swim suits.

5. Plan for procuring and providing adequate supplies:

- a. General supplies (i.e. soap for sinks and showers, hand sanitizer, paper towels, tissues, and no-touch trash cans).
- Janitorial supplies will be provided by FCPS.
 - Trash cans are already no-touch.
 - Entrances to bathrooms are already propped open during normal pool hours.
- b. Masks and gloves for coaches:
- Each coach will have their own disposable gloves and face mask.
 - FAST will have a supply of disposable gloves and masks, in case any swimmer/coach requires them, this will be available on site.
 - The coaching staff will be trained and encouraged to keep a mask(s) on them at all times. All swimmers have been notified to keep a mask(s) on them at all times.



6. Plan for where the three MDH COVID information sheets will be posted?

- a. Information sheets will be posted on the main bulletin board/front door/lobby as you enter the building.

7. Plan for coach training on safety protocols and physical distancing:

- a. All coaching staff will be trained, on site, on supervision and enforcement of social distancing measures, as well as other, COVID-19 requirements set by the State, and the County.
- b. All measures set by FCPS will be part of the training, as well (i.e. scheduling and cleaning times).
- c. Coaches, swimmers, and parents will be required to wear masks whenever possible.

8. Plan for staff wellness checks at the beginning of each shift:

- a. As coaches for FAST arrive each day for their practice shifts, they will be required to take their temperature and provide the results via email to the Head Coach of FAST.
 - The Head Coach will retain these records for 1 year.

9. Plan for COVID-positive coaching staff:

- a. How is a coach to report illness?
 - The Coach will contact the Head Coach, who will then get in contact with FCHD and FCPS.
- b. What is the leave policy?
 - No leave policy for part-time employees.
- c. How will other staff, guests, and FCHD be notified?
 - Head Coach will notify staff at the FCPS and FCHD by phone and follow their specific directions.
 - Swimmers who were at the pool when the Coach becomes ill will be notified via email and follow up phone calls as necessary.
- d. What is the plan for back-up coaches?
 - FAST has a number of available staff in which case additional coaches could cover shifts if necessary.
- e. What is the plan for pool closure due to positive staff?
 - The pool would be closed until everyone has been properly notified, tested, and the facility has been thoroughly cleaned and disinfected.



10. Plan for COVID-positive swimmers:

- a. How will swimmers with COVID know whom to contact?
 - Swimmers have been notified to contact Head Coach, who will then notify FCPS and will contact FCHD and follow protocols similar to #9 above.
- b. How will coaches, swimmers, other guests, and FCHD be notified?
 - They will be notified by email and follow up phone calls as necessary.

11. Plan for designating a single staff member to respond to all COVID concerns from guests. Coaches should know the name and contact information of designated staff in order to direct guests.

- a. The single point of contact for all COVID related concerns will be the Head Coach.
- b. All coaches, swimmers, and parents have been given contact information for Head Coach.