



15622 Country Club Drive
Mill Creek WA, 98012
office@westswimteam.com
425-379-8806

**West Coast Aquatics
COVID-19 Reopening Guidelines
Consent of Risk & Waiver Form**

West Coast Aquatics will reopen the facility in conjunction with Washington State's COVID-19 Reopening Requirements and the Department of Health recommendations for Reopening Water Facilities. Below is a breakdown of how we specifically plan to resume operations. Detailed information regarding individual COVID-19 policies and procedures is available online and by request at the front office.

Maximum Facility Capacity by Phase

In accordance with Washington State's reopening plans, we are allowed a percentage of our Facility Fire Code Capacity in each phase. Below is a breakdown for each phase:

Phase 2: 25% capacity = 42 people

Phase 3: 50% capacity = 85 people

Phase 4: 100% capacity = 170 people

Symptom Screening

Before entering the facility, ALL patrons and employees must self-screen for symptoms. Do not enter the facility if you have been in close contact with someone showing symptoms or a known case of COVID-19. If you think you or your swimmer may have COVID-19, please get tested and do not return to the facility until symptom free for at least 72 hours without the use of medicine, as recommended by the CDC.

Anyone entering the facility must be free of the following symptoms for at least 72 hours, without the use of medicine:

- A cough
- Shortness of breath or difficulty breathing
- A fever of 100.4°F or higher or a sense of having a fever
- A sore throat
- Chills
- New loss of taste or smell
- Muscle or body aches
- Nausea/vomiting/diarrhea
- Congestion/runny nose – not related to seasonal allergies
- Unusual fatigue

Additionally, do NOT enter the facility if:

- anyone in your household has any of the above symptoms.
- you have been in close contact with anyone with suspected or confirmed COVID-19.
- you have had any medication to reduce a fever before coming to the pool.



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Anyone showing any of the above symptoms will be sent home immediately. If there is a confirmed COVID-19 case by an employee or patron who had previously used the facility, we will close the facility to thoroughly clean and disinfect everything. If any employee or patron is confirmed to have COVID-19 infection, we will inform other staff and members of the possible exposure and will have to maintain confidentiality as required by the Americans with Disabilities Act. We will plan to reopen the facility 72 hours following when the person with the confirmed case was last present.

Arriving at Parking Lot

Arrive no earlier than 10 minutes prior to your scheduled start time. Do your best to park away from others and stagger yourself between others as you exit your car and approach the facility.

Entering / Exiting the Facility

Patrons shall enter through the main front door and lobby area and exit through the weight room doors. Avoid touching the door with your hand, use your sleeve, arm, back, etc whenever possible. All patrons must wear masks when entering and exiting the facility.

All patrons and employees must immediately wash hands or use hand sanitizer upon entering the facility and whenever entering the restrooms.

Lobby Area & Front Office

No waiting in the lobby area, only one person may be in the lobby area while conducting business with the front office. Patrons must pass through the lobby along with all hallways, entrances and exits in an efficient and safe manner. Patrons are encouraged to handle all registrations online and communicate with the office via email or by requesting a call-back.

Payments

All payments must be made through the members account. All swimmers must have an active West account, including those with punch cards. Contact the office for assistance in setting up an account.

Personal Hygiene

Soap will be available at all sinks and hand sanitizer will be made available at locations throughout the facility. All staff and patrons are encouraged to regularly wash hands with soap and water for at least 20 seconds and/or use hand sanitizer with at least 60% alcohol. We also encourage patrons to disinfect frequently touched objects and surfaces prior to individual use, such as workstations, keyboards, telephones, pens or pencils, door knobs and handles, along with other hygienic recommendations by the CDC. Everyone must cover their mouth and nose when coughing or sneezing and move away from others as possible. Everyone must immediately wash hands when entering the facility and whenever entering the restrooms.

Masks must be worn at all times in the facility (when not in-water).



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Locker Rooms & Bathrooms

No changing will be allowed in the locker rooms and the showers will remain closed. Swimmers must arrive and leave in their bathing suits.

Bathroom use will be limited to one person at a time. Everyone must use hand sanitizer before entering the restroom. Disinfectant is available for patrons to individually clean before use. Staff will clean the bathroom and common surfaces between groups.

Sanitation

Disinfecting of common surfaces, restrooms, doorways will occur between groups and programs. Patrons are asked to arrive no earlier than 5 minutes prior to and depart no more than 5 minutes following their scheduled start and end times to limit foot traffic. The chlorine level in the pool water has been increased and our HVAC system has been serviced.

Everyone entering the facility must immediately wash hands or use hand sanitizer. Everyone must use hand sanitizer before entering the restroom. Disinfectant is available for patrons to individually clean before use.

COVID-19 Supervisors

The following individuals will act as the COVID-19 Supervisor on duty:

Nick Chevalier
Bryan Collado
Tim Senholtz
Emily Murray
Keagan Gale

Employee Safety

WEST Coast Aquatics currently has a no tolerance for illness policy. If an employee is sick, they must remain at home after notifying their immediate supervisor. If an employee has been in close contact with a confirmed positive case, they must notify their supervisor immediately. If an employee develops any COVID-19 symptoms, they must stay home and not come to work until free of symptoms for at least 72-hours without the use of medicine, as recommended by the CDC.

Employees will have their foreheads scanned upon their arrival at work with a temporal thermometer. If the employee has a temperature above 100.4 degrees, they will be sent home. Staff must self-monitor for symptoms of fever, coughing, or shortness of breath each day before, during and after their shift. If any employee is confirmed to have COVID-19 infection, we will inform other staff and members of the possible exposure and will have to maintain confidentiality as required by the Americans with Disabilities Act. A daily log of all staff, customers, and visitors will be maintained at the front office.



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If an employee or patron develops COVID-19 symptoms while in the facility, they will be sent home, and the area will be cleared and disinfected immediately.

On-Deck Physical Distancing

Spectators are only allowed during designated programs (Swim Lessons Only) and only one family member is allowed to attend lessons class along with the swimmer. Sufficient space is available on benches and in the [green] viewing room for spectators to space out. Benches have been marked every 6ft to allow proper distancing. Swimmers storing belonging on the bench during their workout must space their belongings 6ft from others.

Only one person at a time is allowed to be in the front lobby area and hallway into the restrooms. Only two people at a time are allowed in the front office and one person at a time allowed in restrooms, closets, maintenance rooms, and sheds.

In-Water Physical Distancing - Swimming Lessons

Group Lessons Beginner and some Intermediate levels will be taught as Parent & Child classes with an instructor running the class from the pool deck and only the Parent having physical contact with the child. Group Lessons with independent swimmers will be taught with the instructor on the pool deck.

Private Lessons will be offered on a week-by-week basis. Registrations for the following week will open on the Friday before at 12pm and will remain open until filled. Space is on a first-come, first-served basis. Private Lessons will follow the same skill curriculum as our Group Lessons. All Beginner levels and Intermediate 1 classes will be taught from the shallow end with the instructor in-water and wearing a mask. Intermediate 2 and Advanced classes will be taught from the deep end, with the instructor out-of-water and wearing a mask.

Youth lesson swimmers may be accompanied by ONE family member, either a parent or guardian. Parents / guardians may wait on the bench or outside and must wear a mask and adhere to proper distancing along with the remainder of our Reopening Guidelines.

In-Water Physical Distancing - Swim Team, Pre-Comp, SwimFit

Practices will be limited to 3 swimmers per lane, with even and odd lanes starting from alternating sides of the pool. Swimmers will leave on 10 second intervals between each other and limit all physical contact within the lane. Training groups have been combined to accommodate these lane restrictions and all swimmers will be assigned a specific lane for each practice. Swimmers must bring their own equipment to each practice, none will be provided by the facility. No spectators allowed.

Masks must be worn when arriving and leaving the facility and are only removed when entering the water for practice. Swimmers will enter the water in heats (one per lane), with the first



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swimmer in each lane starting on opposite ends. When resting between sets, swimmers must remain 6ft apart from each other (one swimmer on wall at the corner, one swimmer opposite side of lane by the T, one swimmer behind the flags).

In-Water Physical Distancing - Lap & Open Swim

Lap Swim will be available on a very limited basis. All participants must have a WEST account and there are monthly and punch card payment options. Contact the office for assistance in setting up an account. Lap Swim will be limited to one swimmer per lane unless they are from the same household. No more than 2 lap swimmers allowed per lane and lane space is available by reservation ONLY and on a first-come, first-served basis. Swimmers must arrive and leave in their bathing suits. No equipment will be provided by the facility. Lap swimmers must be 16 years old to use the facility alone, children under 16 years old may share a lane with a parent or guardian. No spectators allowed.

All lap swim times are for fitness swimming ONLY. We do not allow recreational “playing” in the pool during Lap Swim time. Open Swim will resume under Phase 4 when we completely return to normal operations.

In-Water Physical Distancing - Water Aerobics

Water Aerobics classes will be limited to 10 participants at one time and participants must sign up ahead of time. Email Instructor Lori at lorijfannin@yahoo.com to reserve your spot. All participants must have a WEST account and there are monthly and punch card payment options. Contact the office for assistance in setting up an account.

Dryland

With the weight room acting as the exit for the facility, no dryland programs will be run indoors during Phase 2. We may possibly add Outdoor Dryland and will reevaluate Indoor Dryland at the start of Phase 3. Challenge, Accelerate and all Senior swimmers are expected to continue following the Engineered Sports Swimmer's Performance mobile app on their own, at home.

Consent of COVID-19 Risk & Facility Use Waiver

All swimmers must sign below, acknowledging they have read West's Reopening Guidelines and agree to all procedures and requirements. Detach the next page and return to the office upon first visiting the facility.



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**West Coast Aquatics
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& Waiver Form**

Swimmer's Name: _____

Program / Group: _____

Parent / Guardian: _____

I, _____, acknowledge that I have read, in its entirety, the West Coast Aquatics COVID-19 Reopening Guidelines and agree to act in accordance with all procedures and protocol. I understand that attending practices is done at-my-own risk and will not hold West Coast Aquatics employees, coaches or Board Members liable. I understand that any failure to follow the West COVID-19 Reopening Guidelines will result in immediate dismissal and repeat failures will result in further disciplinary action in accordance with the West Code of Conduct.

Participant or Parent Guardian Signature: _____

Date Signed: _____