

**Title:** Virginia Hills Swim Club (VHSC) Operating Procedures – Phase II

**Scope/Purpose:** The purpose of this document is to detail the steps we are taking at VHSC to open and operate the pool in a way that complies with the Governor’s and the Virginia Health Department’s Phase II guidelines for aquatic facilities.

**Audience:** All VHSC member families need to read, understand and adhere to the procedures set forth in the following pages.

**Overview:** The “new normal”, a phrase we all love to hate right now, is coming to a pool near you this summer. Yes, our pools can open but there will need to be social distancing, limits on swimmers, pre-entry symptom screening, PPE, and other changes related to the COVID-19 pandemic which will make it look like a very different summer season. During Phase II you may not be able to have the same social pool experience from summer’s past.

The Phase II mandates set forth by the Governor’s office and the VDH make the focus of pools on structured exercise and fitness activities, not recreational “free” swim. Put another way, Phase II will not allow this:



or any use of the pool that could manifest as this in a matter of minutes. To that end, Phase II limits in water pool activities to lap lane swimming, diving, and water exercise classes. Phase II for pools wants 10ft distancing between swimmers. Phase II expressly forbids recreational swimming and splash pads, spray pools, and water play areas.

Yes, you probably heard correctly that the virus is not transmitted through chlorinated water and more recent information suggests surface contamination is lower risk. However, there is very real risk of airborne person-to-person transmission at swimming pools (even in an open air setting) which is what the rules of Phase II are attempting to mitigate.

“The pool is probably safe. It’s the people you need to worry about.”

<https://www.nationalgeographic.com/science/2020/05/pool-probably-safe-its-people-you-need-to-worry-about-cvd/>

**Phased Approach Review:** A review of timelines and guidelines from the Virginia Governor

**Phase 0:** No pools were allowed to open.

**Phase 1:** Began on May 29<sup>th</sup>, 2020 for Northern VA.

“Hot Tubs, spas, splash pads, spray pools, interactive play features, outside basketball courts, racquetball courts, and all seating in pool areas must be closed. *Outdoor swimming areas may be open for lap swimming only with one person per lane.* Indoor swimming pools and related areas must remain closed.”

**Phase 2:** Began on June 12<sup>th</sup>, 2020 for Northern VA.

- Phase Two allows indoor and outdoor pools to open. Activities allowed include lap swimming with 3 swimmers per lane, diving, and exercise classes with participants spaced 10' from each other. All participants in pool activity must be 10' from other participants to the greatest extent possible, and 10' from other patrons not of their household while on deck.
- Hot tubs, spas, splash pads, spray pools, interactive play features, saunas, and all water play areas are to remain closed.
- Recreational swimming (as opposed to exercise; free swim) is not allowed.
- Pools cannot be opened for activities other than lap swimming, swim instruction, diving, or other exercise (aqua aerobics, facilitated fun with stationary participants observing physical distancing). Swim instruction participants must maintain 10' distancing from other participants.
- Seating in pool areas may open with 10' of physical distancing between seating groups. Patrons may sit around the pool (i.e. all patrons are not required to participate in swimming activities).
- Facilities should screen patrons for COVID-19 symptoms prior to admission to the facility. Patrons should be asked if they are currently experiencing fever (100.4 degrees Fahrenheit or higher) or a sense of having a fever, a new cough that cannot be attributed to another health condition, new shortness of breath that cannot be attributed to another health condition, new chills that cannot be attributed to another health condition, a new sore throat that cannot be attributed to another health condition, or new muscle aches that cannot be attributed to another health condition or specific activity (such as physical exercise). Anyone experiencing symptoms should not be permitted in the facility. Screenings should be conducted in accordance with applicable privacy and confidentiality laws and regulations.

Sources:

<https://www.vdh.virginia.gov/environmental-health/phase-1-considerations-for-aquatic-facilities/>

<https://www.governor.virginia.gov/media/governorvirginiagov/governor-of-virginia/pdf/Virginia-Forward-Phase-Two-Guidelines.pdf>

**Phase 3:** Unknown ETA. Unknown guidelines for outdoor pools.

**Disclaimer:** VHSC along with Titan Pools are taking extreme measures to ensure your safety this summer, however your family assumes an inherent risk while visiting a public swimming pool during a global pandemic. Sunlight, open air, chlorine, disinfecting surfaces, handwashing, wearing masks, and social distancing are all helpful to reduce the risk of spreading COVID-19 but without a vaccine the virus remains among us this summer. VHSC members that are immunocompromised or in high-risk categories should consider following the “safer at home” guidance. We reserve the right to refuse entry to any member exhibiting COVID-19 symptoms and to eject any member not adhering to the new rules set forth herein.

### **VHSC Phase II: SUMMARY of new Operating Procedures**

- ✓ Be kind.
- ✓ Do not come to the pool if you are sick or showing symptoms of COVID-19.
- ✓ Take your temperature at home and come prepared with your mandatory pre-screening form.
- ✓ Choose from one of the pre-set seating areas.
- ✓ Bring your own face mask and wear it while entering, exiting, and anytime you need to be within 10 feet of fellow patrons or staff (not necessary while in the water).
- ✓ Phase II social distancing for pools is 10ft, not 6ft.
- ✓ Fill out your one-time *Emergency Care Form* and your one-time *Rule Acknowledgement & Waiver Form* prior to your first visit to the pool.
- ✓ Bathroom toilets & sinks are open but showers and changing areas will be closed. One family at a time is permitted in the bathhouse.
- ✓ Come to the pool ready to swim and leave when your allotted time is up.
- ✓ Use of the main pool during Phase II is for structured exercise (lap swimming) with a maximum of 3 persons per lane, maintaining a distance of 10ft apart.
- ✓ Baby pool, shallow well, and water slide will be closed for Phase II.
- ✓ Diving is permitted with social distancing and no playing in the dive well.
- ✓ Make a reservation for pool use in Phase II until instructed otherwise. Reservations are offered in 75 minute time slots from 11:00am to 6:30pm.
- ✓ 1 family = 1 lap lane.
- ✓ Check in and Check Out every time, even if you are not using the pool.
- ✓ Do not bring guests.
- ✓ You may bring exercise equipment such as kickboards or flippers but pool toys, balls, and rafts are not permitted.
- ✓ No food or drink except water on deck.
- ✓ The snack bar will not open initially however the upper seating area will have tables available for extra seating or snacks from home.
- ✓ No water basketball, 4 square, playground, or grilling. We will also not offer raft nights, parties, or float-in movies in Phase II.
- ✓ Leave with what you came with, we will not hold items in Lost & Found.
- ✓ Respect the directions of all lifeguards, Titan Staff, and VHSC Board members.
- ✓ Follow all posted signage and deck markings.
- ✓ Have patience. We will make adjustments as we learn while staying within our government’s mandates.

## VHSC Phase II: Operating Procedures

### Hours of Operation / Cleaning Breaks

The pool will be open to members from 11:00am – 7:45pm daily. When we open initially, members will have the option of reserved access to the pool in 75 minute time blocks. *11:00-12:15, 12:30-1:45, 2:00-3:15, 3:30-4:45, 5:00-6:15, 6:30-7:45*

There will be no admittance for pool use without a reservation, however we promise to continuously and diligently evaluate and update our reservation procedures and make whatever adjustments we need to best serve our members. It probably won't work perfectly the first time, please remember this is new to everyone this season.

It is recommended by VDH to clean and disinfect all common use and frequently touched surfaces every 2 hours. Titan staff will be responsible for surface cleaning of used areas every 75 minutes between groups (items such as deck seating, pool ladders, hand rails, toilets & sinks, door handles, and any check-in equipment touched by members).

### Pre-entry Screening

VHSC is **required** to post symptom screening signage at the entrance, please read it while you wait to enter 😊

**Do not come to the pool if you are sick or showing any symptoms of COVID-19, or have had known exposure to a COVID-19 case in the prior 14 days.**

Symptoms include: Fever (100.4 or greater) in the last 48 hours, cough, shortness of breath, sore throat, muscle ache, chills, or loss of taste or smell

We are also **required** to perform symptom screening before admitting you to the pool, so we're making it as easy and non-intrusive as possible:

- take your own temperature at home
- pre-print the screening form that will be available on the website, fill it out, and be ready to hand it in already completed when you check in

### Face Coverings

To reduce the risk of infection during Phase II and to protect each other and our lifeguard staff who come in contact with several hundred people a day, we require all members to wear a face covering when checking in and checking out and during any necessary close-proximity (within 10ft) interactions with pool staff or fellow patrons. Face coverings are not required in the water.

### Deck Usage

Unlike in Phase I, pool decks are open for use in Phase II. Pool deck furniture will be available for member use, pre-spaced at least 10 ft apart. There will be an adequate number of socially distanced seating areas in the shade and sun for your family to choose from during your time slot. Please do not drag chairs from their pre-measured

spots. When not in the water, please sit together as a family and remain socially distanced from those not in your family.

Of note: Pools are required to have 10 ft separation between members while on deck, not 6ft.

### **Member Liability Waiver & Rule Acknowledgement**

In addition to your annual Emergency Care Form you will be required to review and sign a one-time liability release prior to your first visit. With this release you acknowledge that you voluntarily assume the risk that you may be exposed to or infected by the virus that causes COVID-19 while using the VHSC facilities and that you will hold harmless the VHSC Pool Board and its affiliates from any ensuing illness. The liability release will also contain a summary of the Phase II rules in this document and you must acknowledge that you will abide by them

### **Bathhouse**

To reduce the risk of possible exposure to COVID-19 via surface contamination only the toilets and sinks will be available for use. Changing areas and showers will be closed for Phase II.

Only one family at a time is permitted in the bathroom.

### **Pool Use**

Come to the pool ready to swim. Leave when your allotted time is up.

For Phase II the pool is available for ***non-social structured swim and dive exercise only***. Recreational swimming is not allowed. Spray pools, splash pads, and interactive play features are to remain closed.

- **Baby Pool** = closed for Phase II unless the mandates are amended
- **Slide** = closed for Phase II unless the mandates are amended
- **Shallow Well** = closed for Phase II unless the mandates are amended
- **Dive board** = open for Phase II, but playing in the dive well is not allowed. Up to 3 members may take turns using the diving board. Maintain 10ft social distancing while waiting your turn.
- **Main Pool** = open for Phase II for lap swimming. We will leave the lane lines in at all times unless mandates change. Lap swimming has been explained by VDH as “structured movement making forward progress”. There may be no more than 3 persons per lap lane and they must maintain 10ft separation from each other as much as possible, though it is recognized that swimmers will pass each other while exercising and may have incidental contact.

In order to keep everyone socially distanced and be as flexible as possible while adhering to the strict mandates for pool use, Virginia Hills will have 1 membership = 1 lap lane policy when we open in Phase II.

A membership/family of 5 or fewer may reserve one lane during their visit. A membership/family of 6 or more may reserve 2 lanes per visit. *We will adjust these*

*numbers as needed based on demand. Only 3 family members at a time may be in their lane for structured swim. We can't adjust that number.*

During your family's allotted time slot you should be using your lane for structured swim exercise with forward movement and 10ft physical distance. Children must be able to swim the length of the pool unassisted unless they are receiving instruction or require aide to exercise in the pool, in which case they need to be within an adult's reach at all times.

Enjoy your lane but please keep us all out of trouble by avoiding socializing with your lane neighbors and anything that could be interpreted as just playing around.

Think of it this way. We all started adding exercise and family time back into our lives when forced to stay at home these past months. Some nights after dinner your family may go on a walk. Some nights you may open the backdoor and let everyone play in the yard. Visiting the pool is the same as the walk. A family walk can be fun and give you a change of scenery and fresh air but its purposeful, structured exercise. And remember those walks in the early days when you waved to your neighbors but everyone stayed on their side of the street? Yes, that also needs to happen when you exercise at the pool.

## **Guests**

Members may not bring guests during Phase II.

## **Maximum Occupancy/ Capacity limits**

For Phase II outdoor pools there are no mandates for maximum number of occupants at your facility nor are there capacity restrictions (25%, 50%) like in other business sectors. Therefore, we won't be forced to count heads or make anyone wait outside the main gate.

Occupancy will naturally be limited by the other restrictions placed on outdoor pools: 3 swimmers max per lane, 3 divers at a time, no spray pools, and 10ft separation between groups on deck.

With our reservation system for lanes we estimate occupancy anywhere between 10 and 30 individual members during a 75 minute time block. These low occupancy numbers will help mitigate the risk of spreading infection.

*(Note, the gathering limit is 50 people for Phase II but this applies to planned parties, sports events, etc. It's not meant to double as a capacity number.)*

## **Check in/ Check Out Procedures**

An accurate account of facility use is critical during a public health crisis, therefore anyone who comes to the facility must check in and check out with a staff member, who will record their attendance and time at VHSC \*. Please practice social distancing while you wait in line to check in and out.

We are responsible for screening all patrons for COVID-19 symptoms prior to allowing admittance. Please assess your health at home (stay home if you have symptoms) and

bring the completed screening questionnaire with you. We will have copies available but the staff cannot let you enter without having completed this. **It is required every time you visit.**

To reduce the risk of surface contamination only the staff member will handle any clipboards, pens, or electronic check in equipment which they will be responsible for sanitizing.

*\* In a public health crisis such as the COVID-19 one, it's not entirely up to the person's individual rights to privacy and confidential information if the limiting or non-disclosure can harm others. This information helps protect the health of the public. If a Public Health organization contacts VHSC for information regarding case/contact tracing, VHSC is obligated to provide the name and date/time the person in question was on the premises and the names of individuals who were also on the premises at the same time.*

### **Reserved times/ time limits**

When we open in Phase II please make a reservation to use the pool until instructed otherwise. We will use signupgenius.com for pool reservations. You are signing up for a lap lane for your family/membership. Initially, a membership of 5 or fewer may sign up for 1 lane per visit and a membership of 6+ may sign up for 2 lanes per visit. The links to sign-up will be emailed to you. The instructions with the signup will indicate how many times you may sign-up (i.e. 2x/week, 1x/weekend)

We have approximately 200 memberships to VHSC. If each membership used the pool for lap lane swimming in Phase II in 75 minute time slots, it would take us 5 days to get everyone wet once. We are not anticipating this high a demand by our full membership right away but at this point "we don't know what we don't know". Our sign-ups the first 7 to 10 days will hopefully point us in the direction we need for future weeks. Perhaps demand exceeds what we anticipated and we explore extending hours or shortening visit length. Perhaps there is minimal demand and everyone can sign-up every day. Perhaps pool use can be easily controlled without a sign-up during the week but we need reservations to be fair to everyone on the weekends.

Please be patient while we try this new system of fairly allocating pool time that we never-in-a -million years thought we'd have to do. Please use the signup before showing up at the pool, it's going to make it very difficult on the young guard staff if you don't.

*Inclement weather will forfeit your current reservation but you are free to make a follow-up reservation without restrictions.*

In the Sign Up is the contact email for the board member who can help you with any reservation questions or issues.

### **Equipment/Toys**

You may bring your own equipment for exercise in the pool such as kickboards, flippers or pullboys. Do not bring pool toys, balls, or rafts.

## **Food/Beverage**

Only water needed to sustain exercise is allowed on deck. Should you need to eat or drink during your 75 minute time slot the tables on the upper deck under the green canopy will be available. Please let a lifeguard know if you used them so they can be properly sanitized after your visit.

## **Other Amenities**

Due to the non-social nature of swimming pools in Phase II we will not offer Raft Nights, Movie Nights, parties, or family socials. The Grill will be off limits and the Snack Bar will be closed initially. The Playground will be closed, water basketball will not be available, and no 4 square ☹️

## **Respect for Life Guards**

We expect every member of our pool community will show respect for the health and safety of the guard staff and their fellow members by following the Phase II rules. Life Guards are not able to bend these rules or let things slide, so please do not ask.

## **Designated COVID-19 rep**

### **Additional sources:**

*CDC Considerations for Public Pools:*

<https://www.cdc.gov/coronavirus/2019-ncov/community/parks-rec/aquatic-venues.html?fbclid=IwAR1CkKvb0aBfKdKoTCQMLrjOLGxxwd-G5s0GXSBLDpMgFsM2HZb9lpPt0D8>