



Indianola YMCA COVID-19 SAFE OPERATING PLAN

Updated November 2, 2020



Competition Returns to the Indianola YMCA

In efforts to control the spread of COVID-19, USA Swimming suspended swim meet competitions from mid-March through June 30, 2020. The YMCA of Greater Des Moines also closed facilities to slow the spread and prepare for reopening with updated protocols to reduce the risk of Covid-19. Our plans to return to the pool and competition follow our state, USA Swimming and YMCA of the USA guidelines. We are excited to welcome you back to the Indianola YMCA for some fun and fast racing.

For the meets this season, we have updated our aquatic center protocols for all to enjoy and remain as safe as possible. We know it will take everyone, swimmers, coaches, staff, volunteers and spectators, to do their part to be socially responsible as we are still in the midst of a pandemic and in order for us all to participate and remain healthy and safe at the same time.

In the next few slides, we will outline the safety measures in place to host meets/events at the Indianola YMCA and adhere to the latest safety guidelines laid out by the governor of Iowa, YMCA of Greater Des Moines, the CDC, USA Swimming and YMCA of the USA. This plan will be updated as new information and guidelines become available. This safety plan will be adhered to as long as these entities have recommendations and guidelines.

We thank you in advance for following our aquatic center protocols so we may all continue to return to competition at the pool safely.



General Safety Guidelines

There are three main recommendations to reduce the risk of Covid-19: social distancing, face masks and frequent hand washing. These and additional measures are in effect at the Indianola YMCA.

- **SCREENING QUESTIONS:** Everyone (swimmers, coaches, volunteers, staff and spectators) attending an event at the Indianola YMCA aquatic center will be asked Covid-19 screening questions prior to entering the facility. Members of the YMCA checking in for the meet will be asked verbally. Those who are from visiting teams (swimmers/coaches) volunteering (official), YMCA staff and spectators will additionally be asked for their first and last name and telephone number for contact tracing. Hand sanitizer will be made available near the entrance. We ask everyone entering the facility to utilize hand sanitizer.
- **FACE MASKS:** Everyone (swimmers, coaches, volunteers, staff and spectators) attending an event at the Indianola YMCA is required to wear a face mask. No coverage, no entry.
- **SOCIAL DISTANCING:** Each swimmer will have a socially distanced personal space either on the pool deck or gymnasium holding area. Swimmers are to remain in their personal space unless they are entering or exiting the pool for warmup/competition. Swimmers may remove their face mask once in their personal space and leading to and from the pool. All other times, face masks must be worn. (For example, face masks on when heading to the bathrooms.)
- Spectator seating has been pre-marked and is limited seating to ensure 6 feet of social distancing. Seating areas are all in pairs but may be utilized as single seats. We ask you do not remove the social distance markings from the spectator bleachers.
- Please pay attention to all posted signs and floor markings to help ensure six feet of distancing in common areas including entrances, hallways, restrooms and concession stand lines. The overall capacity of the pool deck and spectator seating area will be limited to maintain these protocols.



Swimmer/Athlete Details

- Swimmers will enter the main doors of the YMCA. At the entrance swimmers will utilize the hand sanitizer, will be asked screening questions and proceed towards the gymnasium or recreation pool holding area.
- Swimmers will have their own socially distance personal space marked with Y sticker in the gymnasium. Please bring an extra towel or blanket to sit on within your personal spot (no chairs).
- Swimmers need to arrive and leave in their swimsuits as locker rooms are not available; single use bathrooms are located off the pool deck..
- Swimmers will wait until the pool deck is ready for them to enter. A YMCA staff member or coach will guide you from the gymnasium or recreation pool to the competition pool for warmups and meet races.
- Swimmers will be assigned a specific warmup lane and position. All swimmers will enter the pool with a 3-point entry and exit from the shallow end of the pool deck as directed by their coach. Swimmers will exit the pool deck as directed by their coach at the end of the session.
- Warmup/cool down lanes will not be provided during the meet. Warmups will may include the use of starting blocks.
- Swimmers in upcoming heats will be socially distancing one to three heats prior to their event. The next heat ready position is on the pool deck, the second on the adjacent bleachers and the third is the bleachers at the shall end of the pool. All “ready” areas will be marked to ensure social distancing. Swimmers are not to congregate behind the blocks.
- After each race 50 yards or greater, swimmers will push off for a 25 yard easy to exit the pool from the shallow end. Swimmers, please only have your suit, cap and goggles when reporting to the ready areas. Towels, parkas, flip flops, etc should be left in the swimmer’s personal spots in the recreation pool OR if coming from the gymnasium your towel and mask will be stationed in the family changing hallway lockers.
- When not warming up or competing, swimmers are to be seated in their socially distanced personal space.
- Swimmers may leave after the completion of their races. To exit, use the front doors of the YMCA.



Aquatic Center Cleanliness

At the Indianola YMCA, our goal has been to provide an environment and atmosphere which is clean and fun for all who are participating. Our staff has always followed thorough cleaning procedures. Moving forward, we have added steps in order to minimize the risk of Covid-19 following specific to the guidelines currently established by the governor of Iowa, USA Swimming, YMCA of the USA and the CDC.

WHAT WE'VE ALWAYS DONE:

- Daily we have done the following to ensure cleanliness within our facility:
 - Thorough cleaning of restrooms before every event
 - Thorough removal and safe disposal of trash away from public areas
 - Pressure washing of the pool deck before and after each meet/event
 - Spectator seating cleaning after each event.
 - Pools vacuumed multiple times per week.
 - Daily surface cleaning of high touch points such as door handles and hand-rails plus mopping of floors lobby and hallways.
 - Provide free access to hand sanitizing stations throughout the facility.
- **NEW PROCEDURES WE ARE ADDING:**
 - Following general cleaning, we will use eco-friendly disinfectant and cleaning spray before and after every event in all restrooms, concession stands and elevators.
 - A routine scheduled protocol of disinfecting and cleaning used touch point surfaces within the aquatic center.
 - Locker rooms are not available to ensure social distancing.



RESTROOM DISTANCING POLICIES

In addition to cleaning procedures, it is important to pay attention to markings for distancing and best practices for safe use of the restroom facilities. Please be aware of the following guidelines for reducing the risk of Covid-19 at the Indianola YMCA.

- Spectator bathrooms are located within the aquatic center under the “crow’s nest” timing area near the start end of the pool.
- In addition to traditional cleaning measures, each restroom will receive a treatment of disinfecting cleaning nightly.
- All restroom surfaces will get wiped down a minimum of twice during the day of the meet/event

SINGLE OCCUPANT RESTROOMS:

- There are a multiple single-occupant/family restrooms for swimmers to use off of the pool deck. Coaches and on deck volunteers may use the single use bathroom located on the pool deck. All will be clearly marked who is to utilize each restroom. Please observe social distancing markings to maintain 6 feet a part at any time a line may form for use of those facilities.



Spectator Seating & Concession Stand

- Each meet invite will address spectator seating as it is limited. Seating is available for single spots.
- There is an admission price for spectator seating.
- Spectators are to fill in the top and middle sections first.
- Spectators may be dismissed at the end of each session by sections to ensure social distancing.
- Spectators will need to exit the stands prior to the next session of spectators to enter.
- Please do not remove the social distancing markers from the spectator bleachers.
- No outside food or drinks are allowed.
- Our concession stand may be available with limited items (drinks and packaged items). Please adhere to the social distancing markers. Currently, we accept cash only. Concession stand attendants will be required to wear face masks and gloves when appropriate. High touch surfaces will be disinfected and cleaned in between sessions.
- Heat sheets/programs will be made available on the DSMY Marlins website prior to the meet/event for spectators to download at no cost. They will not be for sale on site.
- When possible, the events at the aquatic center will be live streamed through [DSMYTV.com](https://www.dsmymarlins.com)