

# SWIMMING SAFETY GUIDELINES AND RECOMMENDATIONS

## PREPARING TO SWIM

- **Know Your Ws:** Wear, Wait and Wash. We recommend all members coming into the facility wear a cloth face covering while not in the pool, maintain appropriate physical distancing with other members and staff, and wash/sanitize their hands often while in the center.
- **STOP!** Do NOT come to the center if you have the following symptoms: cough, shortness of breath, fever, chills, muscle pain, headache, sore throat, loss of taste or smell.
- Bring a full water bottle to avoid touching a water fountain handle.
- Towels will not be available. Bring a towel to dry off after using the pool.
- Arrive as close as possible to your lap lane reservation time to their reservation time to minimize the number of people on the pool deck.
- When you arrive in the aquatics area, please wait on one of the benches on the side of the pool before your reservation starts. This will ensure appropriate physical distancing and allow the current pool user time to exit the pool, dry off and gather his/her belongings before exiting the pool. There is a gap time before and after each reservation to ensure appropriate physical distancing between reservation times.
- Come ready to swim if possible. Locker rooms are closed. Minimize the items you are bringing to the wellness center.
- Sani-cloth disinfectant wipes will be available on each seating bench at the lap lane entry point for members to wipe down the bench before use. These wipes meet EPA's criteria for use against SARS-CoV-2, the virus that causes COVID-19.
- Please clean all personal swim items with soap and water before entering the aquatics area.

## WHEN SWIMMING

- Maintain appropriate physical distancing at all times with members and staff while in the pool and on the pool deck.
- Avoid touching your face.
- Exit the pool lane at the end of your reservation time in the same location you entered to ensure appropriate physical distancing. The next swimmer's start time in your lap lane is staggered to allow you time to dry off, gather your belongings and exit before the next swimmer's reservation start time.

## AFTER SWIMMING

- Dry off with your towel and leave the deck and center as soon as reasonably possible after your reservation time is over.
- Pool deck shower is available for a quick rinse if needed.
- Sani-cloth disinfectant wipes will be available on each seating bench at the lap lane entry point for members to wipe down the bench after use. These wipes meet EPA's criteria for use against SARS-CoV-2, the virus that causes COVID-19.
- Exit the aquatics area through the pool area's emergency exit doors that lead directly into the parking lot.
- Wash your hands thoroughly or use a hand sanitizer after leaving the pool area.
- No congregating after swimming.