

2020

AQUATIC CENTRE COVID-19 PROTOCOLS



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John W. Lindsay YMCA

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1. Introduction to COVID-19 Awareness

The YMCA of Greater Halifax/Dartmouth has responded to the COVID-19 global pandemic in alignment with the most accurate and up-to-date information and guidance from the Province of Nova Scotia, and the Nova Scotia Department of Health. As always, we are committed to providing healthy, safe spaces for all staff, volunteers, visitors, participants, and members.

As we work on opening our facility, we have a number of systems, policies, and activities that occur on a daily basis in our ongoing effort to keep our programs safe, and we are working hard to meet all of the protocols and guidelines set forth by our Provincial Health Authority.

Our YMCA is guided by core values including respect, responsibility, honesty, caring and inclusion. It is through this lens we are approaching our operational plans, working to ensure the YMCA continues to be safe and welcoming.

We will ensure:

- **Experiences are Safe:** Our approach to member and staff safety will include safe access, adhering to social distancing rules and protection from the spread of the virus.
- **Building Relationships:** We will continue to build positive relationships with our members, while simultaneously reducing administrative staff face-to-face contact for health and safety.
- **Clean Facilities:** We will enhance our cleaning measures to ensure a well-maintained experience that is safe and pleasant.
- **Communicate Expectations:** We will provide clear and concise communication ahead of time for members to learn about health and safety procedures. When members are informed, and know what to do, everyone is safer.
- **Convenience for Members:** We will deliver friendly and welcoming services that are convenient and consider member needs.
- **Expect Personal Responsibility:** It is everyone's responsibility to make safe choices at the YMCA so that we can all be safer together. It is the YMCA's role to educate people by teaching them what our new normal looks like and how they can contribute to community safety.

NOTE: For further information on the John W. Lindsay YMCA COVID-19 protocols, please see the **COVID-19 Operational Plan for the John W. Lindsay YMCA** in the COVID-19 Information binder.

2. Mandatory Use of Mask or Face Covering

In compliance with the government response to COVID-19 restrictions, everyone entering the Aquatic Centre must be wearing a mask or a face covering. To assist the Aquatic Centre staff, and members, to adhere to these requirements, there are a few measures in place:

- Members using the Aquatic Centre, are required to wear a mask until they are ready to enter the water.
 - Individual Lane Swims:
 - Swimmers are to wear their masks until they are ready to enter the water, e.g., walking down the ramp/ladder, sitting on the side of the deck. **Once they are entering the water, their mask is to be placed in their ziplock bag then into the lane basket which will be placed on the side of the pool deck.**
 - Double Lane/Multi-person Swims
 - Swimmers are to wear their masks until they are ready to enter the water, e.g., walking down the ramp/ladder, sitting on the side of the deck. **Once they are entering the water, their mask**

is to be placed in their ziplock baggie then into one of the lane baskets which will be placed on the side of the pool deck.

- Aquatic Fitness Classes
 - Aquatic Fitness participants are to wear their masks until they are ready to enter the water, walking down the ramp/ladder, sitting on the side of the pool.
 - At the sanitation stations, they are to collect their “mask basket” and ziplock baggie.
 - The colour of the basket will determine which row the participant will be in.
 - The Instructions will lead the participants in which colour basket will enter the water first, e.g., back to front on entering and front to back on exiting. **NOTE: Participants are NOT to enter the water early. They MUST be directed to enter and exit the water by the instructor.**
 - Once in the water, participants are to place their basket on the edge of the pool and position themselves on the floor lane marker and in front of a cone for the duration of the class.
 - Instructors will need to ensure that they are not using travel movements in their routines and to encourage participant to remain in place.
- Sanitation Stations will be available for members to sanitize their hands and create their own personalized ziplock bags. Lifeguards are to ensure there are 6 NEW baggies at each station.
 - These items will be sanitized and replenished while swimmers are swimming.
- Additional masks will be available for members in the lifeguard station.

3. Aquatic Centre Layout and Distribution

3.1 Entry and Exit

All pool users are to enter and exit the Aquatic Centre via the changerooms wearing a mask. They will be asked to go to a mask station immediately upon entering the Aquatic Centre. Here they will sanitize their hands, collect their ziplock bag (using a permanent marker to write their name on it), and to check in to their lane/program.

Lifeguards are to ensure that there are new OR sanitized permanent markers available before each new booking arrives on deck. Lifeguards will replace any missing ziplock baggies at the sanitation station before each new booking.

NOTE: All pool users **MUST** take a cleansing shower **BEFORE** entering any of the pools. Lifeguards are to redirect members who enter the Aquatic Centre to a shower area before they enter the water.

3.2 Maximum Capacities

Ensuring that maximum capacities in aquatic facilities is extremely important in maintaining swimmer safety. To assist our team in remaining within our capacity numbers, the John W. Lindsay YMCA has put a few things in place:

- All areas in the Aquatic Centre must be booked through our My Y app.
 - Therefore, swimmers are **NOT** to be arriving on pool deck more than a couple of minutes **BEFORE** their booking time and will be asked to leave the deck immediately after their booking.
 - Lifeguards are to ensure that swimmers are **NOT** entering the water outside of their booking times.
- Signage has been posted with the COVID compliant maximum capacities.
- Every member who enters the Aquatic Centre, should be getting into the water and are not to be loitering on deck.

a. Lane Pool Capacities

The Lane Pool has a maximum capacity of 42 swimmers at a time. Swimmers are asked to enter and exit via the pool ladders or ramp. It is important to note that despite the above maximum capacity, each program will have a different maximum.

i. Lane Swim

The maximum capacities for lane swims will depend on the number and size of the lanes available:

- Individual lanes, which is a normal size lane, allows for 1 swimmer.
- Double lanes, which is two normal size lanes merged, allows for 6 swimmers.

NOTE: while there is community transmission, double lanes are **NOT** available.

ii. AquaFit/AquaFree/Adult Open Swim

The maximum capacity for these programs will depend on the number of lanes that will be available for the program and whether swimmer is in the deep or shallow end.

- 4 lanes
 - Shallow end: 12 swimmers
 - Deep end: 8 swimmers
- 2 lanes
 - Shallow end: 6 swimmers
 - Deep end: 4 swimmers

iii. Family Bubble/Youth Drop-in Swims

The maximum capacity of a Family Bubble swim is 20.

b. Teaching Pool Capacity

The Teaching Pool has a maximum capacity of 8 swimmers at a time. Swimmers are asked to enter and exit via the pool ladders and PoolPod.

NOTE: This pool is not currently open due to delay in the movable floor installation.

c. Hydrotherapy Whirlpool Capacity

The Hydrotherapy Whirlpool has a maximum capacity of 2 users at a time. Users are asked to enter and/or exit via the stairs or the chairlift **ONLY**.

NOTE: Due to extreme heat, users are only to remain in this pool for a maximum of 15 minutes.

Unfortunately, the Lifesaving Society recommends that pools of this nature are **NOT** available for use while there is community transmission of COVID-19 within HRM. For more information, please refer to the Lifesaving Society's Guide to Reopening Pools and Waterfronts in the COVID-19 Information binder.

4. Maintaining Safety Measures to Decrease Risk of Infection Spread

4.1 Drinking Water

To reduce the spread of COVID-19, the Aquatic Centre fountain is **NOT** be available for use. This means that staff and members will be asked to bring their drinking water in a reusable or disposable bottle what will **NOT** break when dropped, e.g., bottles not made of ceramic or glass.

4.2 Equipment

As per the COVID-19 guidelines from the Nova Scotia Government and the Lifesaving Society, all shared equipment **MUST** be sanitized between uses. As part of their secondary (float) duties, all Aquatic Centre staff are asked to clean and sanitize equipment and areas of the pool deck.

a. Member Equipment

As per the Lifesaving Society Guidelines, members will be asked to bring their own equipment and disinfect them before they use them. By allowing members to bring their own equipment and having them disinfect them upon entry to the Aquatic Centre, it reduces the risk associated with shared equipment. However, the equipment they will be allowed to bring with them will be limited:

- Fins
- Hand Paddles
- Goggles – Strongly Recommended
- Towel – to be hung up
 - Swimmers will be encouraged to shower using the on-deck showers to assist with keeping their towels dry.
 - **NOTE:** Swimmers who wish to bring their towels on deck will need to ensure their towels are **DRY**. **WET** towels are not permitted on pool deck.

NOTE: Snorkels will **NOT** be permitted as it encourages spitting of the contents of the person's mouth.

b. Facility Equipment – Member Usage

As per the Lifesaving Society Guidelines, member's access to facility equipment will be limited. The amount of access will greatly depend on the level of transmission within our community.

i. Community Transmission

While there is community transmission, there will be a very limited in equipment available to members:

- Safety Equipment, e.g., PFDs and Belts
- Flutter Boards and Pull Buoys

ii. No Community Transmission

When there is not community transmission, more programs will be available which means more equipment:

- All lesson equipment
- All equipment required for specific programs.

c. Facility Equipment – Staff Usage

Aquatic Centre staff safety is just as important as member safety, which means that it is important to sanitize equipment used only by staff.

i. Shared Equipment

Shared equipment must be sanitized before and after use, e.g., lifeguard station, lifeguard chair, pens, chemistry test kit, deck phone.

ii. Non-Shared Equipment

Equipment that is not to be shared between staff will be sanitized **BEFORE** and **AFTER** a lifeguard's shift, e.g., rescue tube and hip packs. Should the lifeguards choose to share equipment, it **MUST** be sanitized **BEFORE** passing it over to another lifeguard.

iii. Minimum Use Equipment

Equipment that is not used very often, such as rescue equipment, should be sanitized before the Aquatic Centre opens and after it closes for the evening. This is to ensure that it remains clean if it is needed.

4.3 Towels

Members will be permitted to bring their towels onto the pool deck. However, any towels brought onto the deck **MUST** be placed on the towel hooks. Members will be asked to move their towels should they place their towels elsewhere on the pool deck.

4.4 Member Guidelines

a. BOOKING YOUR TIME - My Y App

- Before coming into the YMCA, log into your My Y app and book your time.
- All Aquatic Centre bookings, except for AquaFit, can be found under Plan my Bookings.
- **NOTE:** the lifeguards will not allow you into the pool if your time is not booked.

b. PREPARING TO SWIM - Protect against infections:

- Shower with a disinfectant soap and water (for 20-seconds or longer) before going into the pool.
- Avoid sharing equipment.
- Avoid bring equipment other than your own PDF, goggles, and flutter boards.
- If you need to sneeze or cough, do so into a tissue or upper sleeve/arm area.
- Arrive as close as possible to when booking time begins.
- Avoid touching equipment belonging to another swimmer if you can.
- Avoid attending YMCA programs if you, or a member of your household, do not feel well.

c. WHEN SWIMMING

- Follow directions for spacing and stay at least 2-metres apart from others.
- Avoid making physical contact with others, such as shaking hands.
- Avoid touching your face. Goggles are **STRONGLY** encouraged.
- Avoid actively spitting and/or blowing your nose in the pool/gutter.
- Avoid sharing equipment, water bottles, or towels.
- Maintain appropriate social distancing from other members when taking a break.

d. AFTER SWIMMING

- Leave the facility as soon as reasonably possible after booking time.
- Wash your hands thoroughly or use a hand sanitizer after leaving the Aquatic Centre.
- Limit the time spent in the changerooms. Where possible, change quickly and shower at home.
- Keep your mask on while in the Changerooms (you can take them off only while taking the shower.)
- Avoid extra-curricular or social activity after your swim.
- Avoid congregation after swimming in the changeroom or Great Hall

5. Appendix

8.1 Safe Swimming with COVID-19



YMCA of Greater Halifax/Dartmouth / John W. Lindsay YMCA

Swimming Safely

BOOKING YOUR TIME - My Y App

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- All Aquatic Centre bookings, except for AquaFit, can be found under Plan my Bookings.
- NOTE: the lifeguards will not allow you into the pool if your time is not booked.

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- If you need to sneeze or cough, do so into a tissue or upper sleeve/arm area.
- Arrive as close as possible to when booking time begins.
- Avoid touching equipment belonging to another swimmer if you can.
- Avoid attending YMCA programs if you, or a member of your household, do not feel well.

WHEN SWIMMING

- Follow directions for spacing and stay at least 2-metres apart from others.
- Avoid making physical contact with others, such as shaking hands.
- Avoid touching your face. Goggles are STRONGLY encouraged.
- Avoid actively spitting and/or blowing your nose in the pool/gutter.
- Avoid sharing equipment, water bottles, or towels.
- Maintain appropriate social distancing from other members when taking a break.

AFTER SWIMMING

- Leave the facility as soon as reasonably possible after booking time.
- Wash your hands thoroughly or use a hand sanitizer after leaving the Aquatic Centre.
- Limit the time spent in the changerooms. Where possible, change quickly and shower at home.
- Keep your mask on while in the changerooms (you can take them off only while taking a shower).
- Avoid extra-curricular or social activity after your swim.
- Avoid congregation after swimming in the changeroom or Great Hall

Building healthy
communities

8.2 Daily Aquatic Centre Disinfection Records Sheet



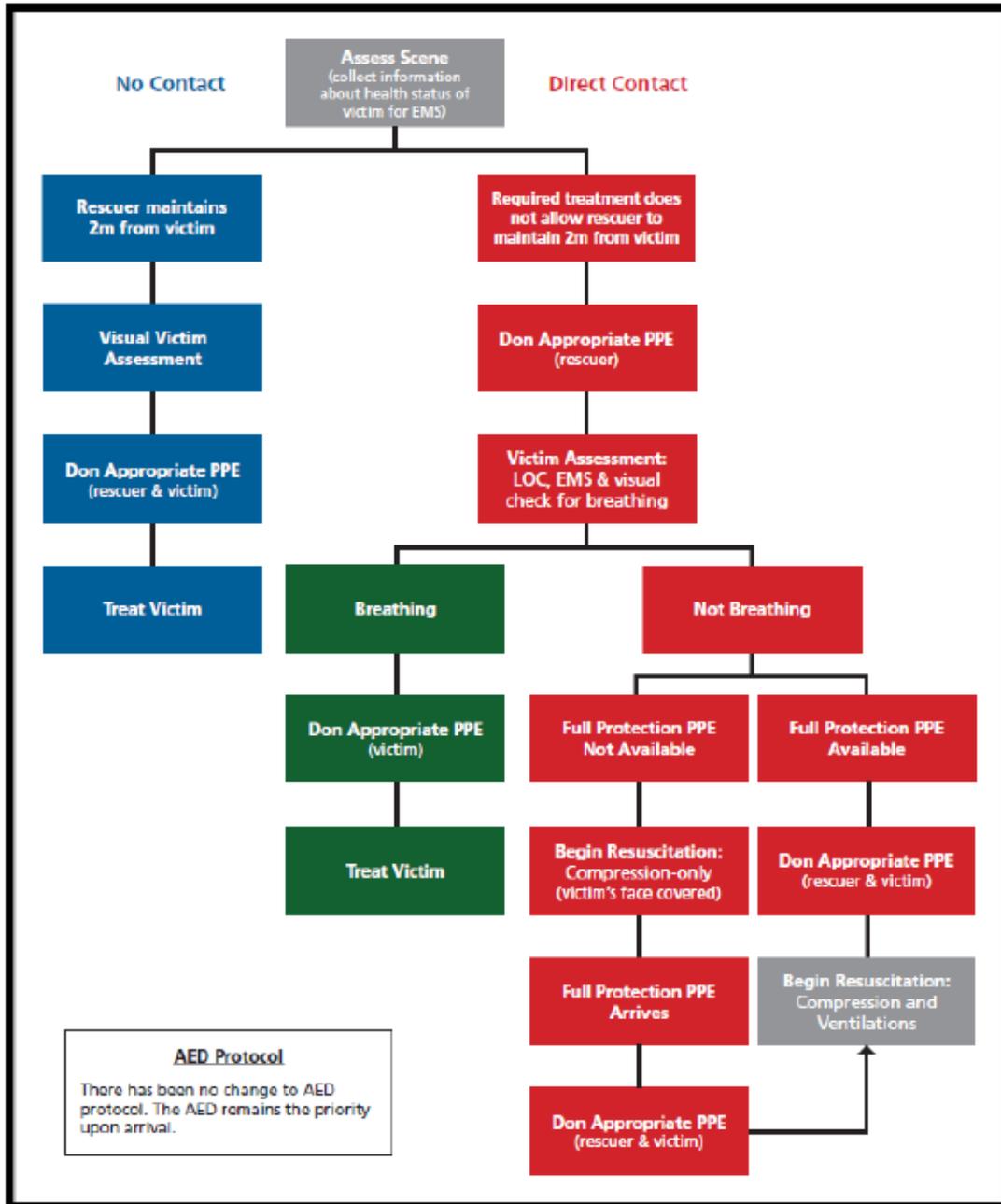
Aquatic Centre staff are asked to assist us in maintaining our COVID-19 disinfection standards. We will be doing this by completing DAILY, by shift, disinfection. When each duty/task is complete, please initial when it has been completed.

NOTE: These WILL be tracked, and should something be missed, the Aquatics Manager will follow-up with the staff who were on duty.

DAILY SHIFT DUTIES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rescue Tube							
Hip Pack							
Lifeguard Chair							
Lifeguard Station							
First Aid Kit – Lifeguard Station							
First Aid Kit – Lifeguard Chair							
Spine Board							
Spine Board							
Lane Pool Railings							
Whirlpool Railings							
On Deck Shower Handles							
On Deck Elevator Buttons – Deck Level							
On Deck Elevator Buttons – Plus Change Room Level							
Emergency Stop Button (DO NOT PUSH)							
Emergency Stop Button (DO NOT PUSH)							
Emergency Phone							
Ring Buoys							
Shower Handles (On-deck Showers)							
Changeroom Door Handles (Aquatic Centre Side ONLY)							
Light Switch in Equipment Room							

8.3 COVID-19 Decision Tree for First Aid and Resuscitation

Appendix O:
COVID-19 Decision Tree for First Aid & Resuscitation



8.4 Lifeguard Personal Protective Equipment

Appendix P:
Lifeguard Personal Protective Equipment

NO CONTACT	DIRECT CONTACT	
<p>2 m physical distancing is maintained between the rescuer and victim</p>	<p>LOW-RISK Non-aerosol-generating treatment 2 m physical distancing will compromise victim outcome</p>	<p>HIGH-RISK Aerosol-generating treatment 2 m physical distancing will compromise victim outcome</p>
<p>RESCUER: gloves, surgical mask with face shield/goggles</p> <p>VICTIM: surgical mask if possible</p>	<p>RESCUER: face shield/goggles, gloves, surgical mask</p> <p>VICTIM: surgical mask if possible</p>	<p>RESCUER: face shield/goggles, gloves, surgical mask, gown optional</p> <p>VICTIM: (in order of preference) BVM with viral filter & continuous seal <i>OR</i> Pocket mask with viral filter & continuous seal <i>OR</i> Non-rebreather face mask with supplemental oxygen and open airway <i>OR</i> Pocket mask with viral filter and head strap (single rescuer only) <i>OR</i> Surgical mask (compression-only CPR)</p> <p>NOTE: When continuous seal cannot be maintained during compressions, a pocket mask with a head strap to maintain a seal must be put over the victim's mouth and nose (i.e. while the AED is being applied).</p>