

## Waterloo Swimming in the time of COVID-19

### Waterloo's Expectations of Customers:

- Do not come to practice if you're having a bad allergy day. We understand it's allergies, but it makes everyone else extremely uncomfortable.
- Come 10 minutes before your practice time.
- Come prepared for your practice/dry land
- Utilize the [info@waterlooswimming.com](mailto:info@waterlooswimming.com) for questions and concerns.
- Contact us immediately if anyone in your family is diagnosed with COVID-19 or anyone is compromised so that we can assist with contact tracing.

### Social Distancing:

#### For Swim Team and Swim Fitness:

- Please drop swimmers off. Swimmers will line up outside the swim center, standing on the markers placed on the sidewalk.
- We are setting up a check in station outside the swim center. A Waterloo Staff member will be at the front door assisting entrance, asking COVID Symptom questions and checking temperatures of anyone entering the building. We reserve the right to send anyone home who has a fever or is exhibiting symptoms of illness.
- Swimmers over the age of 10 must wear a face mask or face shield while inside the building. It will be removed for swimming and should be removed for any dry land workouts.
- Locker rooms are closed for the foreseeable future. Swimmers should arrive in their suits, ready to swim. The family bathrooms are available if necessary.
- Water fountains for direct drinking are closed. The bottle filler will be available for water bottles.
- Parents who want to watch their swimmer may park and watch from the garage windows only on the bleacher side of the building. Masks or face shields are required for watching swimmers through the windows.
- Parents in the parking lot who are walking or waiting by their car are NOT required to wear masks. However be aware that not wearing a mask makes some people nervous, so please approach others cautiously.
- Swimmers must bring their own equipment. We are unable to store equipment at this time, so swimmers must take it with them after practice.

#### For Dry Land Workouts:

- All dry land workouts will be outside. Athletes will be separated at least 6 feet apart.
- If your dry land workout is before swimming, swimmers must still check in at the front for health screening and then go to the workout area.
- All swimmers must have tennis shoes and a yoga mat. Some may be asked to bring other equipment.
- Sunscreen is encouraged.

- Dry Land will be cancelled if rain forecast is  $\geq 50\%$ . Email for morning workouts will come out the night before. Email for afternoon workouts will come out by noon that day.

#### Masters Swimmers:

- Masters Punch Cards are NOT an option at this time.
- Please arrive ready to swim.
- Bring all equipment and take it with you after practice.
- Locker rooms are closed. We will have the changing rooms and family bathrooms available if needed.
- Maintain 6' distance from your fellow swimmers.

#### Private Swim Lessons:

- Please arrive ready to swim.
- **One parent** may watch lessons from the lobby. A face mask/shield is required to be worn in our lobby.
- Please wrap and go after the lesson is over. A deck shower is available for a quick rinse off, but once that is done, please wrap your child up and take them quickly out of the swim center so that we can disinfect and start the next round of lessons.
- Please understand that with this pricing and this unique situation, we are unable to accommodate changes or cancellations for any reason.

#### Group Swim Lessons:

- Please arrive ready to swim.
- One parent may watch the lessons from the lobby. Face masks or face shields are required to be worn in the lobby.
- Please wrap and go after the lesson is over. A deck shower is available for a quick rinse off, but once that is done, please wrap your child up and take them quickly out of the swim center so that we can disinfect and start the next round of lessons.

#### Other Important Information:

- For the foreseeable future, we are requiring all persons over the age of 10 to wear a face mask while inside our swim center. Outside, masks are not required, but are encouraged. Swimmers will not wear masks while swimming.
- Waterloo staff will be checked within 5 minutes of the beginning of their shifts. This will include questions about wellbeing, potential exposure, and temperature. If there is a reason for concern, the employee will not be permitted in the building.
- We have set up acrylic barriers around the front desk to protect you as well as our front desk staff. Please do not reach around or talk around these barriers. **We would prefer you send questions to [info@waterlooswimming.com](mailto:info@waterlooswimming.com) to minimize potential exposure to everyone.**
- Coaches and instructors not in the water will be wearing face masks or face shields while coaching their swimmers.

- Instructors in the water with students will be wearing face shields. We understand that these are strange and may be a bit odd for your children. We will be working to make the shields as fun as possible.
- Goggles will not be able to be shared at this time. Please bring your own goggles, or know that we have some for sale at the front desk.

### **Waterloo Cleaning Procedures**

- We have always followed CDC cleaning protocols and those set out by other health professionals and authorities. We also use CDC recommended cleaning products.
- The facility will be wiped down between programs, including high traffic areas and all door handles, tables, chairs, toilets, etc.
- Disinfecting wipes will continue to be available throughout the facility and in changing areas.
- The use of pool toys in our lessons is being scaled back. All toys and equipment that are used will be disinfected before next use.
- Cleaning by our professional agency will continue and, as always, they will use commercial-grade cleaning supplies approved by the CDC. Additional deep cleans will be utilized as needed or recommended.
- Hand sanitizer will remain available throughout the facility.

### **What is Waterloo doing to keep the pools properly maintained?**

- Waterloo will continue to follow State and County regulations on pool maintenance.
- We use liquid bleach for sanitization of the water. In addition to the appropriate use of chlorine, each pool has a high-quality UV water purification system that keeps the water clean. When water is pumped through our UV system, ultraviolet light rays kill dangerous germs and inactivates viruses.
- We will continue to monitor the pools chemistry throughout the day as well as our state-of-the-art electronic pool monitoring systems.
- Weather pending, we will keep the windows around the Olympic pool open for fresh air re-circulation and fans on in the rest of the pool area.

### **Re-Opening Guides:**

- USA Swimming: [HERE](#)
- CDC Guidelines: [HERE](#)