

**Lower Merion Township
Ardmore Ave and Belmont Hills Pool
COVID-19 (Coronavirus)
Health and Safety Plan**

This plan was developed in accordance with the CDC's guidance for those who operate, manage, and use public pools. It will be reviewed as additional guidance becomes available. During Montgomery County's green phase, we will operate the both the Ardmore Avenue and Belmont Hills Pools.

We will operate at 25% of the batherload at each pool in the initial stages of operation (including staff). Visitors must obtain a membership and register for each usage (separated by date and time). Signage will be placed throughout the facility reminding individuals to stay home when sick, to practice physical distancing and how to properly wash hands. Staff and members will adhere to the following health and safety procedures:

Movement and Guides

- Physical cues and guides (e.g. arrows, signs, cones) will be used to ensure movement throughout the facility which allows staff and members to maintain at least six (6) feet apart from those that they do not live with, both in and out of the water.
- Movement throughout the facility will flow in one direction to assist with physical distancing.
- Staff and members will be able to enter the facility in two locations after checking in. Opposite paths will be used for individuals exiting the facility.
- Lower Merion Township staff members will be easily identified by their staff shirts and will assist with directing desired movement throughout the facility.

Health Checks

- Daily health temperature checks of staff will be completed when they arrive at the facility, safely and respectfully, and in accordance with any applicable privacy laws and regulations.
- Temperatures will be taken with an infrared no-touch forehead thermometer. Anyone with a temperature of 100.40 or above will be sent home.

Group Size/Physical Distancing

- Registration will be limited to a percentage of the batherload (including staff) to ensure space to allow for social distancing.
- Physical distancing of at least six (6) feet will be practiced when feasible.
- Individuals will stand at least six (6) feet apart while waiting in line.
- Staff and members should avoid gathering or meeting both in and out of the water if physical distancing of at least six (6) feet cannot be maintained between individuals outside of your social circle. Exceptions include:
 - Anyone rescuing a distressed swimmer, providing first aid, or performing CPR, with or without an automated external defibrillator.
 - Individuals in the process of evacuating an aquatic venue or entire facility due to an emergency.
- Parents should consider if their children are capable of staying at least six (6) feet apart from people they do not live with before bringing them to the facility.
- Guests, nonessential visitors, volunteers or external groups will not be permitted at the pool for the 2020 season.

Hand Hygiene and Respiratory Etiquette

- All staff and members will be encouraged to wash their hands regularly and as needed.
- When washing hands, use soap and water for at least 20 seconds.
- If soap and water are not available, hand sanitizer will be used. Hand sanitizer must be alcohol-based with at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Hand washing/sanitizing is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Soap and water are the best option, especially if hands are visibly dirty.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover coughs and sneezes with a tissue. Used tissues should be thrown in the trash and hands washed or sanitized immediately. If a tissue is not available, cough into your elbow.

Cleaning and Disinfection

- Frequently touched surfaces used by members (e.g., hand rails, door handles, sink handles, toilets) will be cleaned and disinfected at the end of each time slot. As well as between use, as much as possible.
- Use of shared objects (e.g., rescue tubes, fanny packs, lifeguard chairs) will be limited and cleaned between use.
- Disinfectants will be labeled/used properly and safely and kept securely away from children.
- Cleaning products should not be used near members, especially children, and staff should ensure that there is adequate ventilation when using these products to prevent members or themselves from inhaling toxic fumes.
- Gloves should be used when removing garbage bags or handling and disposing of trash. Hands should be washed/sanitized after removing gloves.

Cloth Face Coverings

- Staff and Members should plan to bring their own mask which they are comfortable wearing throughout the day. Masks will be provided to Staff that do not have a preferred mask.
- Cloth face coverings are meant to protect other people in case the wearer is unknowingly infected but does not have symptoms. Cloth face coverings are not surgical masks, respirators, or other medical personal protective equipment.
- Face coverings should be worn as feasible and are most essential in times when physical distancing is difficult. Cloth face coverings should not be placed on anyone who has trouble breathing or is unconscious.
- Face coverings should NOT be worn in the water, Cloth face coverings can be difficult to breathe through when wet.
- Wash your hands before putting on your face covering.
- Put it over your nose and mouth and secure it under your chin.
- Try to fit it snugly against the sides of your face.
- Make sure you can breathe easily.
- Take off your face covering carefully, when you return home. Untie the strings behind your head or stretch the ear loops, handle only by the ear loops or ties, fold outside corners together and place covering in the washing machine (or wash by hand). Be careful not to touch your eyes, nose, and mouth when removing and wash hands immediately after removing.

Lost and Found

- All items left behind by members will be thrown away at the end of each time slot. A lost and found will not be available for the 2020 season.

Shared Objects/Communal Spaces

- Please do not share items that are difficult to clean, sanitize, or disinfect (e.g. goggles, kick boards, noodles).
- Please do not share items such as food, equipment, toys, and supplies with those outside of your social circle.
- No touch trash cans will be available on site at each location.
- Belongings should be kept separated from others' and will not be permitted to remain at the facility for future use.
- Restroom usage should be staggered, and all common/frequently touched surfaces will be cleaned and disinfected at the end of each time slot and between use, as much as possible.
- Staff and members are encouraged to bring their own water to minimize use and touching of water fountains.
- If available, drinking fountains will be cleaned and sanitized prior to use.

Protections for High Risk Members

- Members and staff will be educated on the risks of COVID-19.
- Registration for each facility will be limited to those individuals who live in the local geographic area.

Staff Expectations

- Staff will be trained on all safety protocols while maintain at least six (6) feet of physical distancing at all times.
- Lifeguards who are actively lifeguarding will not be expected to monitor handwashing, use of face coverings, physical distancing, etc. Others will be assigned to monitor safety measures.
- Rotating shifts will be implemented when possible to limit the number of staff at the facility at the same time.

Staying Home when Appropriate

- Stay home if you have tested positive for or are showing COVID-19 symptoms. Staff and members can return to the pool (as availability allows) after three (3) days with no fever, all symptoms have improved, and it has been at least ten (10) days since symptoms first appeared.
- Anyone who has recently had a close contact with a person with COVID-19 should also stay home and monitor their health for at least fourteen (14) days after exposure based on the time it takes to develop illness.

Signage and Messages

- Signage will be posted throughout the facility in visible locations, including but not limited to:
 - Stopping the spread of COVID-19
 - Reminders to wash hands and how to properly do so.
 - Promote everyday protective measures.
 - Reminders to stay home if feeling sick, have come in direct contact with someone with COVID-19 or have tested positive for COVID-19.

- Email communications will be sent to remind members regarding behaviors that prevent the spread of COVID-19.

Preparing for When Someone Gets Sick

The following strategies will be practiced within our programs to prepare for if someone gets sick.

Recognize Signs and Symptoms

- People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus**. People with these symptoms may have COVID-19:
 - Fever or chills
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Muscle or body aches
 - Headache
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea

Sick Individuals

- Staff that are not feeling well should stay home to protect members and other staff.
- Staff or members must **not** report to the pool and immediately self-report to the Parks and Recreation Department if they have virus-like symptoms, test positive for COVID-19, or have been directly exposed to someone who has tested positive for COVID-19 within the last 14 days.
- Families are required to self-report to the Parks and Recreation Department if they have virus-like symptoms, test positive for COVID-19, or have been directly exposed to someone who has tested positive for COVID-19 within the last 14 days.
- Reporting should be handled in accordance with health information sharing regulations for COVID-19 and other applicable privacy and confidentiality laws and regulations.

Sick Individuals at the Facility

- Staff and members with COVID-19 symptoms (such as fever, cough, or shortness of breath) at the pool will be immediately separated. Individuals who are sick should go home and or to a healthcare facility depending on the severity of symptoms.
- An isolation area will be identified to separate anyone who has COVID-19 symptoms until they can exit the facility.
- If emergency care is needed, alert first responders that the person may have COVID-19.

Clean and Disinfect

- Sanitization of all areas/equipment which may have been compromised will begin immediately, including, properly ventilating the area and completing a deep cleaning of the room, common surfaces, door handles, equipment, etc.
- Areas/items that were utilized by a sick person will be closed off and not available for use until after they have been cleaned and disinfected. This includes surfaces or shared objects in the area.
- Disinfection products should be properly stored in a secure location away from children.

Notify Health Officials and Close Contacts

- The Recreation Supervisor will be responsible for responding to COVID-19 concerns. Staff and families will be notified who this person is and how to contact them.
- In accordance with state and local laws and regulations, administrators should notify local health officials, staff, and families immediately of any case of COVID-19 while maintaining confidentiality in accordance with the Americans with Disabilities Act (ADA).
- When the Parks and Recreation Department has been notified that someone has tested positive or has been directly exposed to COVID-19, contact tracing will be conducted. Staff will identify others that have been in close contact with the infected or exposed individual without violating their personal protected health information and will inform those which may have been exposed to COVID-19.
- Anyone who had close contact with a person diagnosed with COVID-19 should be advised to stay home, self-monitor for symptoms and follow CDC guidance if symptoms develop.
- Staff and families which have had direct contact with the sick individual will be notified and instructed to not come to camp and to notify the Parks and Recreation Department if they become sick with COVID-19 symptoms or test positive for COVID-19.
- Families and staff will be notified of any camp closures or restrictions put in place to limit COVID-19 exposure.

Returning to the Pool

- Sick staff or members should not return to the facility until they have met CDC's criteria to discontinue home isolation which depends on the individual's situation.
 - Those that think or know they have had COVID-19 and had symptoms should not be around others until after three (3) days without a fever **and** symptoms have improved **and** ten (10) days have passed since symptoms first appeared **or** you receive two (2) negative test results in a row, at least 24 hours apart.
 - Those that have tested positive for COVID-19 but have not had symptoms can return when ten (10) days have passed since testing **or** you receive two (2) negative test results in a row, at least 24 hours apart.
 - People with conditions that weaken their immune system should talk to their healthcare provider for more information.
 - Those who have had close contact with someone with COVID-19 should stay home for fourteen (14) days **after exposure** based on the time it takes to develop illness.

Support Coping and Resilience

- Employees and members are encouraged to take breaks from watching, reading, or listening to news stories about COVID-19, including social media if they are feeling overwhelmed or distressed.
- Employees and members are encouraged to eat health, exercise, get adequate rest, and find time to unwind.
- Employees and members are encouraged to talk with people they trust about their concerns and how they are feeling.