

UPPER MORELAND SWIM CLUB COVID-19 POLICY SUMMARY

Center for Disease Control and Prevention (CDC) (CDC.GOV)

According to the CDC, COVID-19 most commonly spreads between people who are in close contact through respiratory droplets or small particles produced when an infected person coughs, talks, or breathes. Growing evidence shows that droplets can remain suspended in the air and travel distances beyond six feet, according to the CDC. Indoor environments with poor ventilation increase the risk of transmission.

To prevent infection and to slow transmission of COVID-19, do the following:

- Wash your hands regularly with soap and water or clean them with alcohol-based hand rub.
- Cover your mouth and nose with a mask when in public settings or around others.
- Maintain at least six feet distance between you and people coughing or sneezing.
- Avoid touching your face.
- Cover your mouth and nose when coughing or sneezing.
- Stay home if you feel unwell.
- Refrain from smoking and other activities that weaken the lungs.
- Practice physical distancing by avoiding unnecessary travel and staying away from large groups of people.

Upper Moreland Swim Club (Club) Policy

The Club has established COVID-19 mitigating measures, policies, and guidelines (policies) to ensure a safe and healthy environment at the Club. The complete policies and this summary are available on the website and posted at the Club. All visitors to the club should become familiar with these policies. Staff is available if you have any questions or concerns.

- At each visit, complete a COVID-19 Entrance Self Certification (Form available on website & at the Club entrance).

- Comply with CDC and other regulatory authorities' COVID-19 guidelines.
- Do not enter the Club if you are sick (return to Club when you have completed quarantine period).
- Do not enter the Club if you have a body temperature of 100.4 degrees F. or higher (no-contact temperature checks may be administered by pool staff).
- Follow physical distancing policies, including:
 - 5 years and older wear face coverings when feasible.
 - Physical distancing is 6 feet, avoid congregating without face coverings.
 - Follow safe distancing markings, physical barriers and guides.
- Follow facial coverings policies (exceptions are while eating, drinking, or in the pool, and within each household gatherings on the lawn) .
- Each household gatherings should be 6 feet apart from the other household gatherings.
- Pool capacity will be limited to around: (Limits are estimates to maintain 6 ft separation)
 - 75 swimmers @ Tilman pool
 - 125 swimmers @ Berkoff pool
 - 10 swimmers @ baby pool
- Club capacity may be limited
- Follow snack bar ordering and pick-up window procedures.
- Proper hand sanitizing should be followed (Club sanitizing stations will be available).
- Bring your own sporting equipment (the loan program will be limited).
- Contact sports and activities not permitted.
- Use of recreational areas may be used only if physical distancing is maintained.
- Bring your own chairs (the Club chairs will not be available).
- Take your chairs out of the Club each visit (Club storing of chairs is prohibited).
- No face coverings, toys, or other objects of play are allowed in the pools.
- Do not use communal drinking fountains.