

Upper Moreland Swim Club

Swim Season 2021

COVID 19 Mitigating Measures & Guidelines (Policies)

Introduction

To promote the best and safe experience, Upper Moreland Swim Club's Board of Directors and Club Management are providing these COVID-19 policies. A summary of these policies are included at the end of this document for your convenience. The additional Upper Moreland Swim Club (club) policies are being implemented to mitigate the spread of COVID-19. They specifically address concerns with physical distancing, face coverings, hand hygiene, and cleaning and disinfecting. These policies reflect currently endorsed public health best practices from the PA Governor's Office, the PA Department of Health (DOH), the Center for Disease Control and Prevention (CDC), and local authorities. The public health considerations relative to operating our pool facility is likely to continue evolving. The Board of Directors and management (management) will monitor COVID-19 metrics and reserves the right to adjust these policies as the circumstances warrant.

The bondholders are asked to ensure adherence by all members of their household to these policies. These policies function along with and in addition to the other club rules. Individual(s) unable to comply with these policies due to a disability or chronic health condition should advise management of this exception. Everyone using the club are asked to exercise best practices when possible, avoid gathering in groups of any size, mitigate common areas by physical distancing, wash and sanitize hands frequently, and wear a face covering. Best practices poster would be hung throughout the club as well as announced over the club speakers.

When conditions warrant, open facility hours may vary, and snack bar may be on a limited schedule and/or operate with a limited menu. To ensure proper physical distancing the capacity of the club may be limited to around 500 individuals. Accordingly, there may be times when guests will not be permitted. Any limitation know ahead of time will be posted on the webpage (please refer to the webpage often).

Since on-duty lifeguard's responsibility is to ensure the safety of the swimmers, management will have dedicated club attendants and off-duty lifeguards available to address the requirements of frequently cleaning high touch areas and assisting parents and guardians with monitoring physical distancing in the pools. Some of the high touch areas will include bathroom surfaces, handrails, deck area benches, snack bar counter and benches, door handles, etc. We ask the parents and guardians to play a primary role in ensuring that the child(ren) under their care are complying with the physical distancing requirement. It may be necessary to enforce pool capacity limits to ensure proper physical distancing. The pool capacity limits are estimated as follows: the Tilman pool will be limited to around 75 swimmers, the Berkoff pool will be limited to around 125 swimmers, and the baby pool will be limited to around 10 swimmers.

To ensure adequate time for deep cleaning of the facility, the club may need to close intermittently throughout the day. The intermittent closing will last no longer than an hour. The timing of these intermittent cleanings is dependent on club usage. To augment the hygiene requirement hand sanitizer will be available at the club. We ask that as an additional precaution that those utilizing the club also bring their own hand sanitizer and face coverings.

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Please refer to the Pennsylvania Governor's office at <https://governor.pa.gov/covid-19/business-guidance/#foremployers> for specific guidelines regarding the pandemic that directly affect the operation of the club. The other main references for any health orders are: Center for Disease Control and Prevention at <https://cdc.gov/coronavirus> , and the Pennsylvania Department of Health at <https://health.pa.gov> . Direct inquiries relative to the club, please discuss with pool management when possible. You can contact the UMSC Board of Directors at contact.umswimclub@gmail.com .

Maintain a Safe Environment - Overview

1. A COVID-19 self-certification form is required to be completed each day you enter the club (Forms available at front desk or on the website)
2. Anyone feeling ill for any reason should not come to the club. Body temperature checks with a non-contact thermomator maybe utilized to ensure no one enters the club with a temperature above 100.4 degrees Fahrenheit.
3. Please do not come to the club if:
 - a. there is a concern about your exposure to COVID-19
 - b. If you are in quarantine
 - c. If you were or believe you were exposed to someone with COVID-19
 - d. If you have open wounds, sores, etc.
4. Anyone that has tested positive or been in contact with an individual that has tested positive for COVID-19 should report the incident to management and quarantine for 14 days. However, quarantine can end after day 10 and if no symptoms have been reported during daily monitoring and a diagnostic specimen tests negative.
5. Those utilizing the club are expected to know and comply with all COVID-19 policies as set forth by governing bodies such as the Centers for Disease Control and Prevention (CDC), the Pennsylvania Department of Health (DOH), Pennsylvania Governor's Office, etc.
6. All individuals age 5 years or older are required to wear face coverings when not in the pool, or entering or exiting the pool deck, or with household gatherings. CDC guidelines for swim clubs encourages the use of face coverings as feasible. Face coverings are most essential in times when physical or social distancing is difficult. As defined by DOH, face coverings mean covering of the nose and mouth with material that is secured to the head with ties, straps, or loops over the ears or is wrapped around the lower face. An alternative to a face covering may include a plastic face shield that covers the nose and mouth, extends below the chin and to the ears and leaves no exposed gap between the forehead and the shield's headpiece. The face shield should be utilized only when wearing a face covering is not otherwise feasible.
7. The social distance recommendation while at the club is six (6) feet from other adults not part of your household to the maximum extent feasible. Social distancing is also referred to as physical distancing and it means a safe space between yourself and other adults not from your household.
8. Household gathering restrictions in the lawn areas must be six (6) feet apart from other household gatherings. The mutual gatherings of multiple households in the lawn area should be done with caution keeping in mind the health and wellbeing of other individuals.

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9. Exceptions to social distancing and wearing a face covering may occur during eating, drinking, while in the pool, entering and exiting the deck area, or in a household gathering in the lawn area.
10. Those utilizing the club are expected to avoid congregating to the extent feasible in shared spaces, such as snack bar, bathrooms, pool, pool deck, etc.
11. Contact sports or activities that are in non-compliance with social distancing will be required to wear face coverings.
12. The requirement to wear face coverings is especially important while entering the club as well as when utilizing the bathrooms and while at the snack bar area.
13. Expectorating or blowing of the nose and spitting into the pools or around pools is prohibited.
14. The club's chairs will not be provided to minimize surfaces that may be unsafe.
15. Please bring your own chairs to and from the pool per visit. The storing of chairs at the club is not permitted. Again, this is to minimize surfaces that maybe unsafe.
16. The club is limiting the practice of providing sporting equipment for loan. Those utilizing the pool facility should bring their own sporting equipment to and from the pool per visit. Again, this is to minimize surfaces that maybe unsafe.
17. The club requires at a minimum that those utilizing the club to wash their hands and use hand sanitizer before and after use of the bathrooms and after eating at snack bar.
18. The club requires that the sharing of food and utensils at the snack bar with non-household members should be avoided.
19. No toys, or any other objects of play, are permitted in the pools.
20. A parent or guardian is required to accompany the child(ren) under their care in the baby pool and/or playground to assure the child(ren) maintain safe distances.
21. The club will set physical guides, such as tape, or markings on paved areas or sidewalks, marking safe distancing in areas such as snack bar, entrance and exit area, around slides and diving boards. All are expected to follow these designations to help assure physical distancing.
22. Communal drinking fountains are not to be used.

Maintain a Safe Environment – Specifics & Review

23. **Club Entrance:**
 - a. Wear your face coverings
 - b. Membership cards will not be retained by the front office
 - c. Visitors may have their body temperature checked by a non-contact thermometer
 - d. To maintain a one directional flow, enter and exit the pool by the assigned gates
 - e. Complete a COVID-19 self-certification each day you visit
 - f. Front desk will supply pens and will separate and clean the used pens
 - g. Use hand sanitizer before and after leaving the club entrance

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24. Recreation Areas:

- a. Wear your face coverings
- b. The club will limit sporting equipment for loan
- c. Bring your own sporting equipment to and from the club per visit
- d. Contact sports or activities are allowed if face coverings are worn
- e. Use of recreation areas such as the playground, tennis and basketball courts, etc., are to be used while maintaining physical distancing and wearing face coverings
- f. Child(ren) are to be supervised to ensure physical distancing
- g. Use hand sanitizer before and after play in recreation area

25. Lawn Areas:

- a. Use face coverings where feasible
- b. Club chairs will not be available for use
- c. Storing of chairs overnight is prohibited
- d. Bring your own chairs and take them home each day
- e. Household gatherings must be at least six (6) feet apart from other household gatherings
- f. Clean your household gathering area when you leave

26. Snack Bar:

- a. Wear your face coverings
- b. Avoid congregating
- c. Follow designated windows for ordering and pickup
- d. Follow safe distance indicators on the pavement
- e. Wash hands and use hand sanitizer before and after eating
- f. Avoid sharing food and utensils with non-household members
- g. Clean up your area when done

27. Pools:

- a. Wear face coverings on deck when feasible
- b. No blowing of the nose into the water
- c. No spitting into the water
- d. No face coverings in the water
- e. Do not share goggles with others
- f. No toys, or any other objects of play, in the pool
- g. Parents and guardians are to ensure proper distancing of child(ren) under their care.

28. Bathrooms:

- a. Wear your face coverings
- b. Avoid congregating
- c. Wash your hands
- d. Clean locker room area after use

29. Cleaning: The club will have in place procedures to wipe down hourly or as needed high usage areas such as:

- a. Restrooms (sinks, toilet handles, counter tops)

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- b. Handrails of ladders, guard stands, pool steps, diving boards, and slide
 - c. Benches on the decks around the pools
 - d. Snack bar (counter tops, tabletops, and benches)
- 30. Face Coverings:**
- a. Are to be worn upon entering the club.
 - b. Are to be compliant with DOH requirements
 - c. Are to cover both the mouth and nose
 - d. Are to be worn when feasible
 - e. No face coverings should be worn in the swimming pools
- 31. Hand Hygiene:**
- a. All should bring their own hand sanitizer
 - b. Hand sanitizer will be available for use at various locations throughout the club.
 - c. Wash your hands with soap and water frequently
 - d. Keep your hands away from your eyes and nose

Thank you in advance for your support in maintaining these safe environmental policies. Management and staff are committed to making the club the safest place we can throughout the 2021 season.

For your convenience, a summary of policies is included on the next page.

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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 without facial coverings.
- 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.