

LONG ISLAND SWIM SCHOOL

RETURN TO POOL PLAN – SYOSSET

SWIM LESSONS SAVE LIVES



PURPOSE

It is the goal of this plan to provide a blueprint to open the Long Island Swim School for drown proofing and learn to swim in a safe and limited way.

- Pool Companies are considered an essential service and have been opening backyard pools since April.
- COVID-19 has had families rethink sending kids to camps where these children participated in supervised swimming lessons and recreational swimming.
- Beaches are now open.
- Without opening pools and providing swimming lessons for youth, drowning will increase. This is a significant safety issue.
- Opening pools and providing swimming lesson should be an essential service.



POOLS ARE SAFE

The CDC States:

“There is no evidence that the virus that causes COVID-19 can be spread to people through the water in pools, hot tubs, spas, or water play areas. Proper operation and maintenance (including disinfection with chlorine and bromine) of these facilities should inactivate the virus in the water. (CDC 4/27/20)”

Swimmers immersed in a chlorinated pool presents one of the safest environments physical activities can be conducted in. Further, proper social distancing, PPE use by instructors in the pool and barriers between swimmers will provide significant safety upgrades.

In developing this plan, we are following guidelines set out by the New York State Safety Precautions for Business and the CDC “Considerations for Public Pools, Hot Tubs, and Water Playgrounds During Covid-19.” Additionally, OSHA guidelines and CDC guidelines for cleaning and disinfecting community facilities are being followed.



CONTENT SCHEDULE

- Chlorine & COVID-19
- Pre-Opening Information and Understanding New Signage
- Facility Operations Considerations
- Daily Facility Operations Plan
 - Staff
 - Students / Families
 - Communications
- Return to Pool Road Map and Procedures
- FAQ
- References and Resources



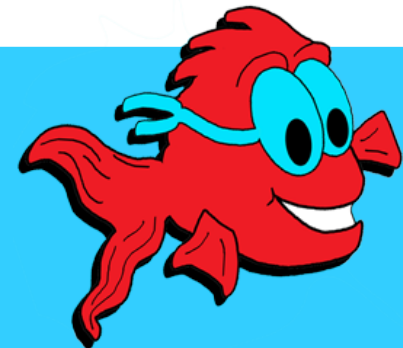
CHLORINE AND COVID - 19

From the CDC...

- **Can the virus that causes COVID-19 spread through pools?**
 - Proper operation, maintenance, and disinfection (with chlorine or bromine) of
 - swimming pools should kill the virus that causes COVID-19.
 - Maintain proper disinfectant levels (1–10 parts per million free chlorine or 3–8 ppm bromine) and pH (7.2–8).
 - CDC’s Model Aquatic Health Code has more recommendations to prevent illness and injuries at public pools in parks.

From the WHO...

- **Virus type that causes COVID-19 is killed easily**
 - Enveloped viruses are easier to kill than non-enveloped viruses: “Sars-CoV-2, the virus responsible for the Covid-19 outbreak, is an enveloped virus and therefore the easiest to kill of the three types of viruses”.
 - The World Health Organization recommended chlorination level of 15mg.min/liter is sufficient to kill non-enveloped viruses such as poliovirus, rotavirus and coxsackie virus, and an enveloped virus such as Covid-19 would be inactivated at even lower levels.



PRE - OPENING

Long Island Swim School will designate a Covid-19 Liaison. The Liaison will serve as the School point of contact for all Covid-19 issues.

- The Covid-19 Liaison will be responsible for interfacing with appropriate agencies to report any potential cases of Covid-19.
- The LISS Liaison will designate individual staff members to serve as the Monitors and enforcers of the specific entry/exit procedures, mask adherence, and social distancing adherence during pool hours.
- Long Island Swim School Syosset's COVID-19 Liaison is:
 - Karla Spiegel
 - syswimlessons@longislandswimming.com
 - (516) 378-8467



NEW POOL SIGNAGE YOU WILL SEE

ENTRY CONDITIONS

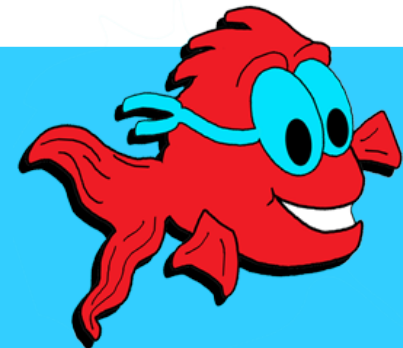
Do not enter pool if you:

- Are sick,
- Have symptoms of COVID-19,
- Have a temperature above 100.4 F,
- Have been exposed to someone with COVID-19 within the last 14 days.

You must wear a cloth mask covering mouth and nose to enter facility

HELP STOP THE SPREAD

- Wear cloth face covering when not swimming,
- Wash hands use hand sanitizer,
- Stay 6' apart upon entering, exiting, on deck, in the pool,
- Cover coughs and sneezes.



ADDITIONAL SIGNAGE AND INFORMATION

Additional Signage that will be posted in appropriate where all who enter facility will see.

- [COVID-19 Information](#)
- [Handwashing](#)
- [Cough etiquette](#)
- [Symptoms associated with COVID-19](#)
- [Social Distancing](#)

Supplementary Supplies:

- Long Island Swim School will supply to its members face coverings. Appropriate hand sanitizer will be supplied at facility entrance, and rest rooms.



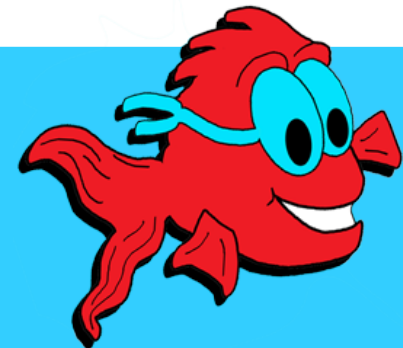
FACILITY CONSIDERATIONS

- Pool Entrances will be opened in a way to allow entry to pool area without touching anything.
- Entry areas will be marked to assist in 6' social distancing.
- Reception desk will be fitted with clear pvc partition.
- Pool deck will be fitted with partitions to ensure social distance space for students.
- Pool deck will be marked with 6' x 6' spaces designated for social distance space.
- Complete pool will use lane lines to provide physical guide for spacing.
- Locker rooms will be used as restrooms only. No changing and showering until further notice.



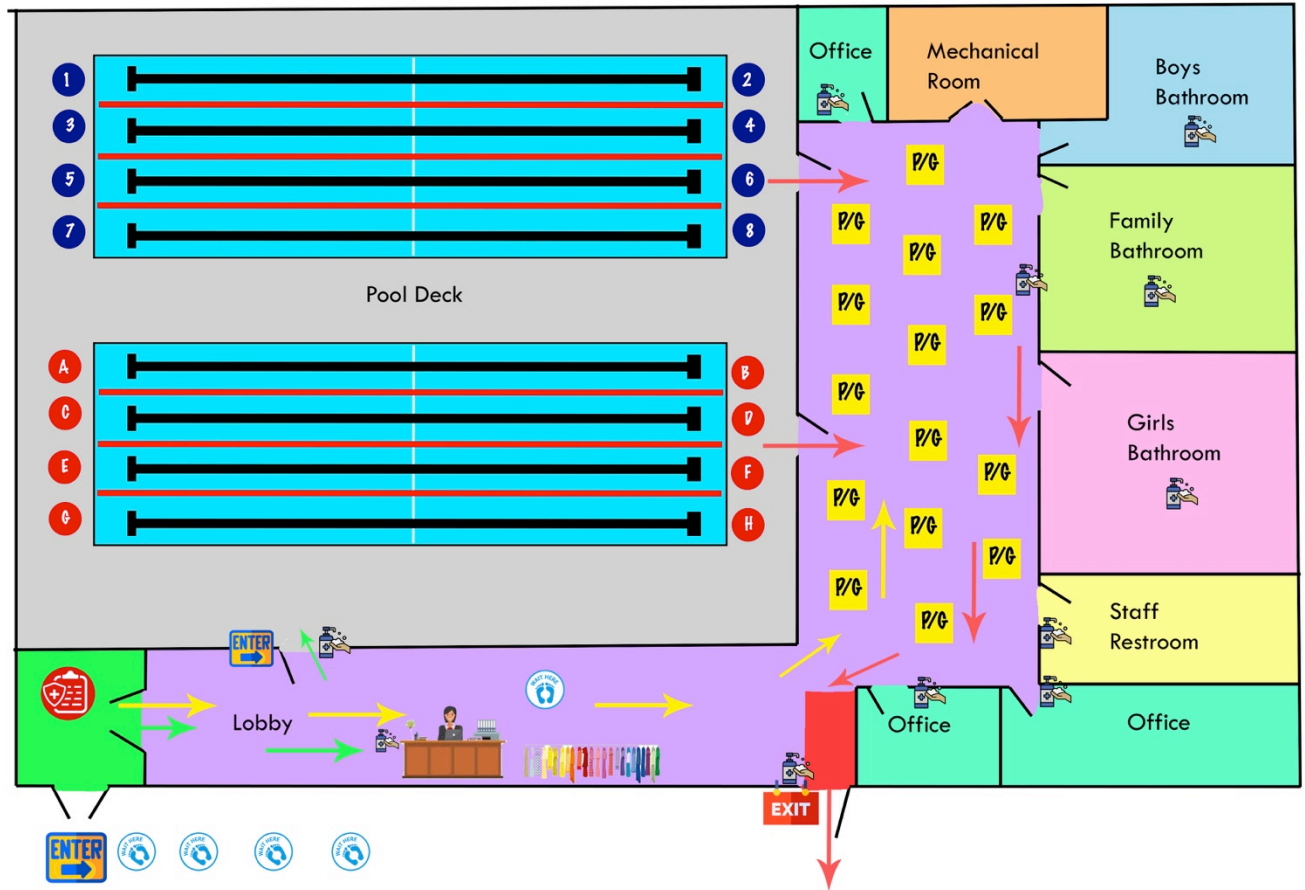
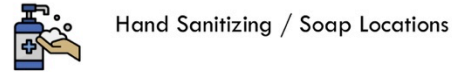
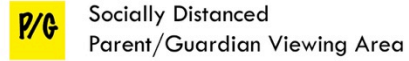
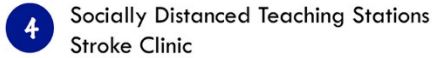
FACILITY OPERATIONS CONSIDERATIONS

- Cleaning and Disinfection will be frequent during sessions with disinfecting occurring between each session. Initially 15 minutes will be built into each session for cleaning and disinfecting.
- Pool Staff will follow “CDC Cleaning and Disinfection for Community Facility Guidelines”.
- Capacity will be limited to reduce density. Limited capacity will allow us to ensure safety and to control and teach proper behaviors. The County has designated 50% occupancy for beaches. We plan to start much smaller, (less than 15%) and build slowly as we achieve success in operating safely.
- No spectators will be allowed on deck of facility.



Plan for Limited Reopen - Key

SYOSSET



DAILY OPERATIONS PROCEDURE - STAFF

- OSHA considers Long Island Swim School Staff to have “Medium Exposure Risk”. All OSHA recommendations for this level will be followed.
- Staff and swimmers will enter from outside to main foyer.
- Facility Staff will enter School first with PPE masks on.
- Temperature checks for staff will be recorded. Staff over 100.4F will be sent home.
- Staff will undergo verbal screening by Monitor or Liaison.
- Covid-19 Liaison or Monitor will enact state policies.
- Staff who are sick are instructed to stay home. No loss in pay.
- Staff is responsible for taking attendance and recording lane assignments for potential tracking needs.



DAILY OPERATIONS PROCEDURE – STUDENTS / PARENTS

(SLIDE 1)

- Students will enter School through main foyer, (one family at a time) with face masks covering mouth and nose on. PPE Masks are always required to be worn out of the pool.
- All students and accompanying parent/caregiver observing social distancing will undergo temperature check. Any person with temperature above 100.4 will be sent home.
- All persons will undergo age appropriate verbal screening by Monitor or Liaison.
- Covid-19 Liaison or Monitor will enact state policies.
- Swimmers will only be permitted to enter waiting area 5 minutes before scheduled lesson.
- Only 1 Parents/Caregiver will be allowed to stay in facility viewing area.
- Parent/Caregiver must stay socially distanced with face mask on properly.
- Students leave Pool immediately at the completion of their lesson.



DAILY OPERATIONS PROCEDURE STUDENTS/PARENTS

(SLIDE 2)

- Anyone who is experiencing any symptoms of Covid-19 should remain home and see physician.
- There will be no locker room use for showering or changing. Students will come and leave pool in suits and sweats. Showering will be done at home.
- Locker rooms will be for bathroom use only.
- Students upon deck entrance will go with the instructor to their assigned lane.
- Students will practice proper distancing in and out of the water.
- No sharing equipment, food, drinks.
- No congregation after swimming.
- Swimmers will leave the deck through marked exit doors and will leave the facility through the emergency exit door under direction of monitor.



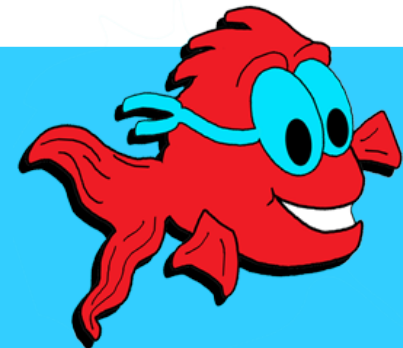
DAILY SWIMMER & PARENT CHECK – IN / SCREENING

- Athletes will be temperature checked upon check-in
- Athletes will be screened on the following questions:
 - Do they have a fever?
 - Do they have a cough?
 - Do they have shortness of breath or difficulty breathing?
 - Have they had the chills, headaches, sore throat in the last 24 hours?
 - Do they have new loss of taste or smell or other symptoms listed by the CDC?
- Temperatures and screened responses will be recorded for tracking purposes



COMMUNICATIONS PROCEDURES

- Web based communication will be provided through longislandswimschool.com
- Long Island Swim School utilizes email, SMS, and push notification to communicate with the parents.
- LI Swim School will distribute documentation to parents/legal guardians of students to explain rules and guidelines for parents and students to follow during their time at pool.
- Staff and Families must self-report to our Covid-19 Liaison if they have symptoms of COVID-19, a positive test for COVID-19, or were exposed to someone with COVID-19 within the last 14 days.
- COVID-19 Liaison will notify local health authorities of COVID-19 cases.
- COVID-19 Liaison will notify staff, and families of potential COVID-19 exposures while maintaining confidentiality in accordance with the American Disabilities ACT.
- Long Island Swim School will notify staff, and families of Pool closures.



FAQ'S PAGE 1

COVID 19 SYMPTOMS

- What if my swimmer is having symptoms or suspected exposure?
 - Swimmers who are ill are not able to attend lessons. Swimmers who have had any members in their household ill may not attend lessons for 14 days. Report any illness to Long Island Swim School's **COVID-19 Liaison** so staff can trace and ensure the safety of all families.

- What protective equipment is required?
 - Families are required to wear a mask into and out of the facility.

- What precautions is staff taking to keep swimmers safe?
 - Out of water staff will wear masks. In water instructors will wear face shields. Hand sanitizer will be available.



FAQ'S PAGE 2

LESSON PREPAREDNESS

- Can my swimmer participate if they are late to lessons?
 - No, swimmers will not be permitted to enter the facility or participate if they are more than 5 minutes late to lessons.
 - If an unforeseen circumstance arises please call the facility to let us know you will be late. A staff member will inform you how to proceed.
- Can my swimmer borrow equipment?
 - Long Island Swim School will provide a kickboard and bubble for the class. These items will be sanitized after each use.
 - Swimmers are responsible for bringing their own towel, suit, and goggles should they wish to use them.
 - For health and safety reasons we will no longer be able to hold on to Lost and Found items.



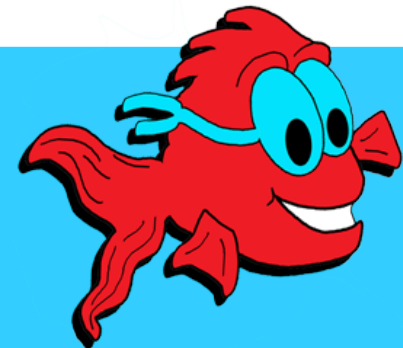
FAQ'S PAGE 3

PARENTS & SPECTATORS

- Are parents or spectators allowed into the facility?
 - One parent or guardian per family will be admitted into the facility at a time
 - Parents/Guardians with a child not participating in a class must maintain social distance while waiting in the facility.
 - Parents/Guardians may choose to wait outside or in their vehicle until the class has finished at which time one parent / guardian will be admitted to pick up the swimmer.

CHANGING & LOCKER ROOM ACCESS

- Can my swimmer take a shower after their lesson?
 - No, the locker rooms will not be available for use.
- Can my swimmer change in the locker room after lessons?
 - No, locker rooms will not be available for use.
- Where should my swimmer go the bathroom?
 - The locker rooms will be available for bathroom use only. Cleaning supplies will be left for families to use as needed.



FAQ'S PAGE 4

CLASS FORMAT

- Will my swimmer be in the same lane as before COVID 19?
 - In order to comply with local laws, guidelines, and reduce risk, we will be putting a smaller number of swimmers in the pool than normal. Your child will continue to work on skills appropriate for their age and ability no mater the location.
- Will my swimmer be able to move-up a lane?
 - Children will be consistently evaluated on their progressed and will be challenged to meet new skills as appropriate.
- Will my swimmer have the same instructor each class?
 - We are never able to guarantee an instructor. We will do our best to keep it as consistent as possible.



FAQ'S PAGE 5

- Will skill cards and evaluations continue to be available?
 - For the safety of students and instructors all skill cards have been removed from the facility. Instructors will be available after class to discuss student progress.
 - We are in the process of updating and implementing an online evaluation system. Parents will be able to view children's skills from their parent portal at any time.
 - Please be patient as we work to implement this new technology.
- Will the class time I registered for in the Spring be held?
 - No. When we reopen it will be a completely new session. Registration will open for all returning customers at the same time.
 - For safety and health purposes the class sizes have been reduced. Therefore, it will not be possible to accommodate the scheduling requests of every family. We will do our best to help you find a class time that works for your schedule.



FAQ'S PAGE 6

AFTER LESSONS

- What are swimmers advised to do after lessons?
 - Families will collect their belongings, dry off, and follow the flow out of the facility and head directly to their vehicle. There is to be no congregating anywhere in the swim school parking lots.

ADDITIONAL POOL TIME

- Will family fun days be available
 - Due to the continuing restrictions family fun days are suspended at this time.
- If my child is sick, or we are sent home, how will my class be made up?
 - Long Island Swim School has amended our make up policy. Classes missed due to illness will be made up. Contact your supervisor with questions.



REFERENCES AND RESOURCES

- [New York State Safety Precautions for Business](#)
- [Considerations for Public Pools, Hot Tubs, and Water Playgrounds During COVID-19](#)
- [OSHA Guidelines](#)
- [CDC guidelines for cleaning and disinfecting community facilities COVID-19](#)
- [USA Swimming Reopening Guidelines](#)
- [Pools Can Open Safely](#)

