

Suggestions for Opening ND Aquatics Facilities

General

- Follow all state and local guidelines for your area
- Increase signage
 - o Proper hand washing, not letting people into your facility that have been/feel sick, they are coming at their own risk, etc.
- Have limited ways into your aquatic area to limit the area people are around in your facility/facilities
- Sanitize more than you think you need to
 - o Locker rooms, bathrooms, pool deck, lifeguard equipment, equipment used by the public, etc.
- Potentially screen people that are coming into your facility

Staff Precautions

- Washing hands when they get into the facility
 - o Have hand sanitizer available as well
- Asking your staff questions and/or taking temperature before their shifts
 - o Do you feel sick?
 - o Do you have a cough/wet cough?
 - o Have you left the county in the last 14 days? If yes did they take proper precautions (gloves, masks, etc.)
 - o Have you been around anyone that you know has or potentially have Covid-19?
- Encourage staff to tell their supervisors/managers if they feel sick that they should tell someone or not come in.
 - o Staff should feel safe coming to work
- There will be no repercussion if staff is sent home sick or cannot come to work due to illness
- Have extra gloves and masks available for staff to use
 - o Doesn't have to be mandatory but staff should feel safe and have options
 - o Provide reusable masks for guards to keep with them
 - o For disposable masks and gloves, throwing away appropriately

Lifeguard Uniform, Equipment and Stations

- Have guards sanitize chairs, tubes, fanny packs (if needed) and any other guard equipment used or handled before and after shift changes
 - o Example: in Valley City we have guards scheduled for 4 hours at a time, the guards would use the bleach and water cleaning mixture to spray and wipe down anything used at the beginning and end of that shift
- Have a designated uniform for staff to wear, if they don't have one already
 - o Staff shirt along with guard suit

- Make sure guards have their own equipment to use while working
 - o Fanny packs, whistles, water bottles, sunscreen, etc.
 - o If that is not an option, sanitize appropriately
- Guard Rotations
 - o Minimize verbal communication amongst guards- keep conversations brief and work related
 - o Rotate to designated areas as usual but encourage social distancing if possible
 - o Sanitize chairs/stations in between rotations if need be- provide sanitizing materials at stations if possible (disinfecting wipes, hand sanitizer, etc.)
- Be specific to your facility and what your guards use

Training Your Staff, New Staff and New Lifeguards

- Lifeguard classes
 - o Follow Red Cross, state and local guidelines
 - o Once your facility can train new guards again, further practice social distancing by limiting classes and spreading kids out if doing classroom work
 - o Try the blended learning class- students do a lot of work from home rather than at your facility
 - o Before getting in the water, make sure everyone is feeling healthy (use the above questions) and wash hands before getting into the water
 - o Limit the sharing of whistles and masks
 - o Try to do all individual activities first- limit contact as much as possible
 - o Have students partner up and have them stay with the same partner the entire class
 - o Once all in water activities are done, have students shower with soap and water
- For in-service ideas and training the Red Cross is a great tool with online training and resources to help your guards stay ready
- Additional staff (slide attendants, cashiers, etc.)
 - o Follow state and local guidelines
 - o While training to your facility, limit size of training class, encourage masks and gloves and properly sanitize training areas before and after
- More information to come on concessions, slides, play features etc.

Swimming Lessons

- Follow state and local guidelines for swimming lessons
- Practice social distancing
 - o Space classes out in according to your pool size and shape
 - o Space out time slots for lessons
- Limit class sizes
 - o Potentially go to a 1-5 ratio of instructors to swimmers
- Reduce instructor physical contact with students as much as possible

- Having instructors do more on deck instructions
- Potentially have parents in the water for younger lessons
- No sharing of equipment
 - Each student gets their own barbell, kickboard, etc.
 - Sanitize equipment with bleach and water before and after class
- Limit spectators
 - If you have spectators, enforce being 6 feet apart
 - Sanitize any chairs, benches or anything people touch
- The options for masks and gloves need to be available swim instructors

Open Swim/Lap Swim/ Fitness Classes/ Hot Tub

- Follow state and local guidelines
- Encourage social distancing and limit the amount of people in your pool
- Hot Tubs
 - Limit the number of people in your hot tub to encourage social distancing
- Limit your class size for fitness classes
- Limit the use of equipment for lap swimmers
 - Encourage people to use their own equipment
 - Have lap lanes in to promote social distancing in the water
- If your facility provides equipment for people to use, make sure it is sanitized before/after use
 - Potentially have staff sign equipment out so you can track equipment and cleaning
- Have staff cleaning commonly touch areas more
 - Door handles, water fountains, sitting areas, etc.

Pool/Facility Capacity

- Follow state and local guidelines on limiting number of people in a designated area at a time based on square footage
 - The current plan for Phase 2 is to limit 50 people to an area at a time
 - Potentially having blocked times with limited patrons
 - Governor will provide more information on dimensions later

Saving Modifications

- Normal saving techniques can still be practiced by lifeguards on people in need
- Things only need to be changed if someone is suspected to have or are around people who have Covid-19
 - Use BVM's to avoid contact with people