



# Long Island Aquatic Club

Return to Pool Plan - Freedom Pool at Nassau Aquatic Center

Enabling Athletes to Return to the Pool Safely

UPDATED: 6/12/2020

# Purpose

- ▶ It is the goal of this plan to provide a blueprint to open the Freedom Pool for competitive swimming instruction and team practices in a safe and limited way.
- ▶ **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)”
- ▶ The Freedom Pool is an outdoor (2 acre) facility from May through October. There is growing evidence that outdoor activities with proper social distancing are safe. Swimmers immersed in a chlorinated pool presents one of the safest environments physical activities can be conducted in.
- ▶ 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 and COVID-19
- ▶ Pre-Opening Information and Understanding New Signage at the Freedom Pool
- ▶ Facility Operations Considerations
- ▶ Daily Facility Operations Plan
  - ▶ Staff
  - ▶ Athletes
  - ▶ 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 coxsackievirus, and an enveloped virus such as Covid-19 would be inactivated at even lower levels.



# Pre-Opening

- ▶ Long Island Swimming will designate a **COVID-19 Liaison**. The Liaison will serve as the Freedom Pool 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 COVID-19 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 Aquatic Club's **COVID-19 Liaison** is:
  - ▶ Christopher Fay
  - ▶ [cfay@longislandswimming.com](mailto:cfay@longislandswimming.com)
  - ▶ 516-378-8467



# New Pool Signage You Will See

## ▶ ENTRY CONDITIONS

- ▶ Do not enter the Freedom 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.
  - ▶ do not wear a cloth mask covering mouth and nose.

## ▶ 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 areas where all who enter facility will see.
  - ▶ [COVID-19 Information](#)
  - ▶ [Handwashing](#)
  - ▶ [Cough etiquette](#)
  - ▶ [Symptoms associated with COVID-19](#)
  - ▶ [Social Distancing](#)
- ▶ **Supplementary Supplies:**
  - ▶ Long Island Aquatic Club will supply face coverings to its staff. Appropriate hand sanitizer will be supplied at facility entrance, exit, 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
- ▶ The pool deck will be painted with 6' x 6' grids designated for social distance space.
- ▶ The pool is set up as outdoor facility to increase ventilation.
- ▶ All seating will be removed from deck.
- ▶ The pool will use lane lines to provide physical guide for spacing.
- ▶ Individual use restrooms, (separate from Aquatic Center) will be provided for the Freedom Pool use during initial phases.





# Facility Operations Considerations

- ▶ Cleaning and disinfection will be frequent during practice sessions with disinfecting occurring between each session. Initially, every 1-2 hours.
- ▶ Freedom 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.
- ▶ Individual equipment will no longer be stored in the facility.
- ▶ No spectators will be allowed on deck of the facility.



# Daily Operations Procedure - Staff

- ▶ OSHA considers Freedom Pool staff to have “Medium Exposure Risk”. All OSHA recommendations for this level will be followed.
- ▶ Staff will enter from North End gate to avoid entering Aquatic Center.
- ▶ Freedom Pool Facility staff will enter the Freedom Pool area first with PPE masks on.
- ▶ Temperature checks for staff will be recorded. Staff with temperature over 100.4F will be sent home.
- ▶ Staff who are sick will be instructed to stay home. No loss in pay.
- ▶ Coaching Staff is responsible for taking attendance and recording lane assignments for potential tracking needs.



# Daily Operations Procedure - Athletes

- ▶ Athletes will enter the Freedom Pool through the North Gate with face masks covering mouth and nose on. **PPE Masks are always required to be worn out of the pool.**
- ▶ Athletes will only be permitted to enter area **5 minutes** before scheduled practice.
- ▶ Athletes will leave the Freedom Pool immediately at the completion of their practice.
- ▶ Athletes will observe social distancing waiting in the check-in line to undergo a temperature check and informational screening.
- ▶ Any athlete with temperature above 100.4 will be sent home. Athletes who are experiencing any symptoms of COVID-19 should remain home and see their physician.
- ▶ There will be no locker room use. Athletes will come and leave the pool in suits and sweats. Showering will be done at home.
- ▶ Athletes will bring their own labeled water bottles to practice.
- ▶ Upon entrance to pool deck athletes will place belongings in grid space and head to assigned lane.
- ▶ Athletes will practice proper social distancing in and out of the water.
- ▶ No sharing equipment, food, drinks.
- ▶ Athletes must take their training equipment home with them after each practice.
- ▶ No congregation after swimming - **THIS INCLUDES IN FRONT OF AQUATIC CENTER AND PARKING LOTS.**
- ▶ Athletes will leave through the North Gate under the direction of a monitor.



# Daily Athlete 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 potential contact tracing purposes.



# Communications Procedures

- ▶ Web based communication will be provided through [LongIslandSwimming.com](http://LongIslandSwimming.com).
- ▶ Long Island Aquatic Club utilizes Team Unify email, SMS, and push notification to communicate with the athletes and their parents.
- ▶ It is **critical** that you have enabled SMS messaging through your Team Unify account. Please make sure it is activated and ask for assistance if you need help in setting it up!
- ▶ Long Island Aquatic Club will distribute documentation to parents/legal guardians of athletes to explain rules and guidelines for swimmers to follow during their time at pool.
- ▶ Staff and athletes 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, athletes and families of potential COVID-19 exposures while maintaining confidentiality in accordance with the American Disabilities ACT.
- ▶ Long Island Swimming will notify staff, athletes, and families of Freedom Pool closures.



# Freedom Pool Road Map and Procedures

- ▶ The next few slides will present the road map and procedures that will be followed at the Freedom Pool to ensure sanitation and safety for all LIAC athletes and staff.
- ▶ Please review this information thoroughly and direct any questions to our COVID-19 Liaison.



# FREEDOM POOL

HOME OF THE  
LONG ISLAND AQUATIC CLUB



FREEDOM POOL  
PUMP ROOM

AQUATIC CENTER MAIN BUILDING

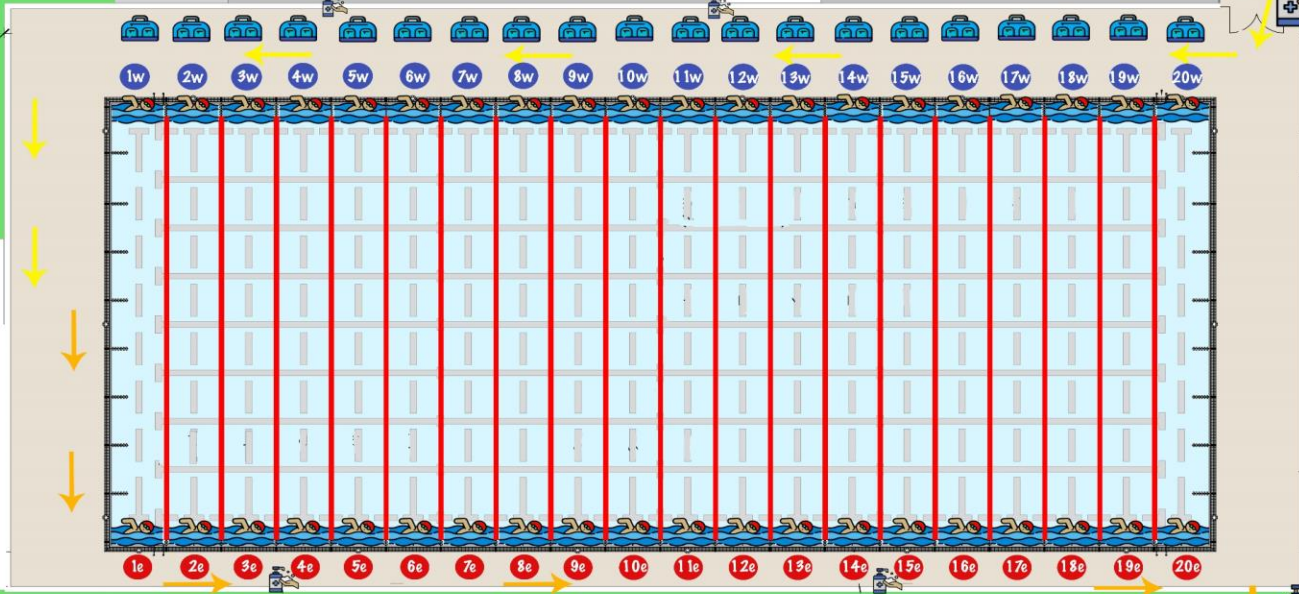
ONE STORY GARAGE

MAIN BUILDING  
TEMPORARILY CLOSED  
NO ACCESS

RESTROOM

NEW TENT  
WORKOUT ROOM

WORKOUT ROOM  
BLUE ROOM



ENTER

EXIT

## FREEDOM POOL - PLAN FOR LIMITED REOPEN KEY

- TEMPERATURE SCREENING AND ATTENDANCE
- BAG DROP-OFF
- 3w SOCIALLY DISTANCED SWIMMER (West Side)
- TRAFFIC FLOW INTO PRACTICE
- ENTER HERE NO PARENTS BEYOND THIS POINT
- 6 FT SPACED WAIT FOR NEXT STEP
- HAND SANITIZING STATION
- SWIM PRACTICE
- 3e SOCIALLY DISTANCED SWIMMER (East Side)
- TRAFFIC FLOW OUT OF PRACTICE
- EXIT HERE NO PARENTS INSIDE THIS POINT
- COVID LIAISON OR SUPERVISOR

# Freedom Pool Road Map and Procedures

## ▶ #1 Wait at Gate



- ▶ Swimmers will form a line (6 Feet Apart) on the Aquatic Center stairs and patio and move down the line as called upon by the COVID-19 Liaison or check-in staff working the Freedom Pool North Side gate.

## ▶ #2 Entry to Check-in Station



- ▶ The check in staff at the North Side gate will instruct each swimmer to move from the gate to the open door at the base of the blue tunnel walkway for check-in. Athletes remain 6 feet apart and do not proceed until instructed.

## ▶ #3 Temperature Check & Screening



- ▶ Swimmers will have their temperature checked and recorded. Swimmers will also be asked a health assessment and be assigned a lane. They must remember what lane they are assigned! This is for potential contact tracing purposes!



## ▶ #4 Swimmer Line Up in Hallway

- ▶ Swimmers will line up in the blue tunnel walkway following the markings on the ground to maintain 6 feet of distance. Swimmers must stay in the order they were checked in to ensure tracing and accurate lane assignments.

## ▶ #5 Swimmers Head to Bag Drop Location

- ▶ Swimmers will take their bags to their designated space on the pool deck. Any items brought into the facility (such as a towel, clothes, shoes, or gear) shall be placed in the designated square.
- ▶ The first 20 swimmers will be assigned EAST locations first, 1E, 2E, 3E - 20E. They will drop their bags at the west side of their assigned lane and swim to the EAST side of that lane to wait for practice to begin.
- ▶ The next 20 swimmers will be assigned the WEST locations. 1W, 2W, 3W - 20W. They will drop their bags in the other designated spot and get in for practice on the west side.
- ▶ **\*\*All bags will be located on the WEST side of the pool.**





# Freedom Pool Road Map and Procedures

## ▶ #6 After Practice Bag Pick Up



- ▶ Swimmers 1W-20W on the WEST SIDE will exit the pool, grab their items and follow the flow of the pool around to the exit.
- ▶ After swimmers 1W-20W exited the pool, swimmers 1E-20E on the EAST SIDE will swim from the east end to the west, grab their items and follow the flow of the pool around to the exit.

## ▶ #7 Exit from Pool Area



- ▶ Swimmers will travel the length of the pool to the exit in the corner. There will be hand sanitizer available at this position for the swimmers.
- ▶ Swimmers must have a mask on upon exiting the pool.

## ▶ #8 Exit from Facility

- ▶ Swimmers will walk to the North Gate and exit.
- ▶ After exiting the gate, swimmers will walk toward the black fence near the soccer fields for exit to their transportation home.



## ▶ #9 After Practice

- ▶ There is no congregating outside Aquatic Center or in parking lots.
- ▶ A 10-minute gap will be placed between practices to limit the number of people at the facility. Swimmers are expected to be picked up directly at the end of their practice slot.
- ▶ After practices, it is the athlete/families responsibility to disinfect any items set down at the facility.



# FAQ's

## ▶ COVID 19 SYMPTOMS

- ▶ What if my athlete is displaying symptoms or has suspected exposure?
  - ▶ Athletes who are ill are not able to attend practice. Athletes who have had any members in their household ill may not attend practice for 14 days. Report any illness to LIAC's **COVID-19 Liaison** so staff can contact trace and ensure the safety of all athletes.
- ▶ What protective equipment is required?
  - ▶ Athletes are required to wear a mask into and out of the facility.
- ▶ What precautions are coaches taking to keep athletes safe?
  - ▶ Coaches will wear mask and have hand sanitizer available. Coaches will keep 6' social distancing except in emergency situations.

## ▶ PRACTICE PREPAREDNESS

- ▶ Can my swimmer participate if they are late to practice?
  - ▶ No, swimmers will not be permitted to enter the facility or participate if they are late to practice. Swimmers must be in line outside the gate exactly 5 minutes before their practice time. Any members who are late and have missed proceeding to station 2 in a timely manner will not be permitted to enter.
- ▶ Can my swimmer borrow equipment?
  - ▶ Lost and Found equipment will not be available to borrow. Swimmers are responsible for bringing all their required practice equipment to the pool.
- ▶ Can my swimmer leave their equipment at the pool?
  - ▶ Swimmers will not be permitted to leave personal belongings at the facility.



# FAQ's

## ▶ PARENTS & SPECTATORS

- ▶ Are parents or spectators allowed into the facility?
  - ▶ Parents and spectators are not allowed into the facility in order to reduce the number of individuals gathering. Please do not congregate in the parking lots or in front of the Aquatic Center!

## ▶ CHANGING & LOCKER ROOM ACCESS

- ▶ Can my swimmer take a shower after practice?
  - ▶ No, the locker rooms will not be available for use. Swimmers will shower when they return home.
- ▶ Can my swimmer change in the locker rooms after practice?
  - ▶ No, the locker rooms will not be available for use
- ▶ Can my athlete deck change?
  - ▶ No, USA Swimming rules prohibit deck changing. Swimmers will be required to enter and leave the facility with their swimsuits on.
- ▶ Where should my athlete go the bathroom?
  - ▶ LIAC will provide temporary single stall bathroom porta-potties on the South End of the facility. Single stall bathrooms will be cleaned after each use.



# FAQ's

## ▶ TRAINING GROUPS & PRACTICES

- ▶ Will my swimmer be in the same training group as before COVID 19?
  - ▶ In order to comply with local laws, guidelines, and reduce risk, we will be putting a smaller number of athletes in the pool than normal. This may split up some of our larger groups into different practice slots.
- ▶ Will my swimmer be able to move-up a group?
  - ▶ Current group structures will remain the same but may be split up because we will be running in smaller groups. Our priority is to ensure each athlete has an opportunity to return to the pool.
- ▶ When will my swimmer be permitted to move up a group?
  - ▶ Current group structures will remain the same until further notice.
- ▶ Will practices times be our normal practice schedule?
  - ▶ Due to social distancing measures, practices will be shorter, have a 10-minute gap interval between practice slots, and minimal number athletes. Thus, we cannot maintain a normal practice schedule. Athletes will be slated into smaller groups to ensure safe social distancing.



# FAQ's

## ▶ AFTER PRACTICES

- ▶ What are swimmers advised to do after practice?
  - ▶ Swimmers will immediately grab their belongings, follow the flow out of the facility and head directly to their vehicle. There is to be no congregating anywhere in Eisenhower Park and its parking lots.

## ▶ INCLEMENT WEATHER SCENARIOS

- ▶ What happens if there is a thunderstorm and the athletes need to leave the pool?
  - ▶ If there are forecasted thunderstorms through the day, it is highly encouraged parents remain at the facility in their vehicles during practice time. The staff will stay up to date on weather forecasts and will try to cancel any practices prior to a group getting in the water. Should a weather event occur requiring the coaching staff to remove the athletes from the pool we do have our auxiliary gym area and maintenance rooms available for cover. Both buildings are grounded and safe during a thunderstorm.

## ▶ ADDITIONAL TRAINING OPTIONS

- ▶ Will LIAC continue to host dryland?
  - ▶ Given the altered practice schedule we are planning, our Zoom dryland plans are still “to be determined” based on how our first three weeks of our return to the pool runs. Your coach will provide you with updates.
- ▶ Can LIAC coaches offer private lessons?
  - ▶ LIAC staff members will not be able to teach private lessons at this time at any of our facilities.



# FAQ's

## ▶ QUESTIONS FROM OUR LIVE WEBINAR PRESENTATION

- ▶ The kids often go in and out of their bags during practice. How can they do this if bags are on the west end and they are on the East end?
  - ▶ The coaches will let the athletes know what equipment they need as they are preparing to enter the water and they will swim to opposite end with their required equipment.
- ▶ Will you be wiping down the thermometer in between every check with each athlete?
  - ▶ The thermometers we acquired do not make physical contact with any of the athletes but will keep the thermometers sanitary.
- ▶ Are the athletes allowed to bring their sports bag with towel etc. along with their equipment bag?
  - ▶ Yes, they can have a bag that they can place their clothes and towels in, in addition to their equipment bag.
- ▶ What about the pool covers?
  - ▶ The pool covers will be off when we return to the pool and cleared from the deck area the athletes will leave their belongings.
- ▶ Will practice be for all teams including Stars and Stripes?
  - ▶ Our goal is to have all of our groups practicing, which is why the schedule will be varied to accommodate all of our athletes.
- ▶ Has the park public safety officers been contacted to attempt to facilitate the pick ups?
  - ▶ Parents picking up their athletes will still need to follow rules and laws in the parking lot. This includes not parking in handicap parking spaces without a handicap permit. There are spots in the lot close to the building, the lot along Hempstead Turnpike, and in the parking lots near the baseball field and hockey rinks. There should be ample legal parking spaces for you to wait in any of those lots until your child's dismissal time.



# 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](#)

