



UNC Aquatics COVID-19 Reopening Plan & Procedures

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These guidelines were developed with care and extensive research into recommendations made by leaders in the aquatics industry and government guidelines. A list of resources can be found at the end of this packet.

Please understand that we recognize the risk for COVID-19 transmission is present anywhere people gather. We also recognize that physical exercise is essential to maintaining a healthy mind and body. We are providing space for our members to enhance their quality of life and welcome you back into the water. The guidelines below are to ensure that all are as safe as possible moving forward.

Please have patience as we work through our new-normal. Any and all feedback is welcome. If you have a suggestion that will work into our processes, make lives better, and maintain a level of safety for all involved, I am happy to make changes. Changes will also be implemented as we receive updated guidance from our local health officials and industry leaders.

Let's get our heels wet in the Carolina blue waters!

Kessing Pool

Facility Information

Reduced max capacity for Kessing Pool is 25 people within the facility per UNC Event Guidelines (<https://carolinatogether.unc.edu/campus-life/#chapter-8>)

Hours of Operation

Mon-Sun: 11am-2pm, 4-6pm

- Pools will open for lap swimming only
- We will require online pre-registration for space/time in the pools through <https://stayactive.unc.edu/Program/GetProducts?classification=0dc5c3fe-bfdf-4385-9004-f8a49d38d2c5>
- No walk-up entry will be allowed
- Swimmers will pre-register for 45-minute time slots for their pool work out
- Alcohol-based hand sanitizer will be available at the entrance and exit
- The entrance will be through the main gate and the exit will be through the gate nearest the shallow end of the pool, these will be clearly marked
- Lane assignments will be made by lifeguard staff as swimmers arrive, farthest to nearest
- No shared equipment will be available, please plan to bring your own (kickboards, pull buoys, hand paddles, noodles)
- We will not have lounge chairs or tables on deck for use
- The deck will be marked for physical distancing from other patrons and staff

- The outdoor shower is available if needed, but we would prefer showering to happen at home prior to swimming. Post-swim showers are strongly discouraged. The single-use indoor shower will not be available
- The single-use bathrooms are to be used for emergency needs only. Swimmers will need to request the key from the lifeguards to use the bathrooms outside. We encourage swimmers to come ready to swim and leave in their swimming attire so they do not use the bathroom facilities. Factor any bathroom time into your reserved time. All swimmers will need to exit the facilities as their time is ending to allow for cleaning and safe entrance for the next swimmers.
- Drinking fountains will not be available. Please plan to bring your own water bottle
- We will not be saving lost and found items. Items left unclaimed on the deck will be disposed of.
- In the event of any emergency or severe weather, the pool and deck will be cleared immediately

Guidelines for Swimmers

1. If you have any symptoms of COVID-19 (fever, chills, cough, shortness of breath, loss of taste and/or smell, muscle pain, headache, sore throat) or if you have come into close contact with any person with any of the listed symptoms, please do not come to the pool.
2. Do not arrive more than 5 minutes before your reservation time begins and plan to exit the facility (workout complete, personal items gathered) a few minutes before your time ends to allow cleaning between swimmers
3. Per UNC System recommendations, we will restrict usage to current adult Campus Recreation members. We will not open to children or guests during lap swim until physical distancing restrictions are lifted
4. Swimmers are required to wear a face mask while on deck, before and after swimming
5. Swimmers will enter through the main gate to swipe themselves in at the card reader. Markings for waiting a safe distance to check in will be provided.
6. Swimmers assigned to even lanes will start and keep their equipment at the shallow end of the pool. Swimmers assigned to odd lanes will start and keep their equipment at the deep end of the pool.
7. A chair will be provided for personal item storage during swimming. Lockers will not be available on deck. Please plan to take out everything you bring in.
8. Our lanes are approximately 7' wide. We will swim 1 swimmer/lane long course with a maximum of 6 swimmers at a time. Please swim down the center line both ways.
9. Swimmers finishing their time will gather their belongings and exit through the gate at the shallow end of the pool closest to Stallings-Evans

10. UNC Aquatics is taking physical distancing very seriously. We request all patrons in the facility do the same by maintaining a 6' boundary between themselves and other swimmers or staff.

Guidelines for Lifeguards

1. UNC Guards will train in specifically assigned teams to reduce contact
2. UNC Guards should wash their hands immediately upon reporting to work and frequently throughout the day
3. UNC Guards will conduct daily symptom screening by the NC Department of Health and Human Services interview questionnaire at the start of every shift through Connect2.
4. UNC Guards should maintain a 6' physical distancing between themselves and each other at all times on deck
5. UNC Aquatics will provide guards with face masks to wear on their shift with an additional mask in their rescue pack.
6. A bin marked "Clean Masks" will be available. All used masks will be placed in a separate bin marked "Dirty Masks" for washing. Guards should use a new/clean mask for every shift. Masks should NOT be taken home.
7. Guards will wear masks on deck and in the stand. Guard stands will be marked with a 6' perimeter. Guards will be allowed to remove masks while sitting in the stand if needed. Roving is highly recommended, but a mask will have to be worn while roving. Guards will remove masks if a water rescue is necessary.
8. UNC Guards will be required to wear polarized sunglasses. If a staff member does not own a pair of polarized sunglasses, UNC Aquatics will provide a pair.
9. A guard who is not on rotation to actively watch the water is responsible for monitoring access control and proper social distancing on deck by staff and swimmers
10. A guard will be assigned the task of disinfecting chairs and deck after a swimmers have exited the pool and before the next swimmers enter.
11. If a rescue is necessary and the option to reach or throw is available, this will be the preferred method of rescue and a lifeguard will maintain a safe distance. If reach or throw is not possible, a rear-rescue technique should be used.
12. In-water resuscitation will not be used while the pandemic is still a danger
13. During a rescue, if CPR is needed, guards will replace their own face mask once water removal is complete, wearing gloves at all times contact is made, place a pocket mask over the victim's mouth and nose, and provide compression-only CPR until the arrival of a BVM and/or O2 tank.
14. Guards are to perform life-saving measures from the victim's side and never directly over their head.

15. If a swimmer needs first aid and is conscious and responsive, all care can be directed by the lifeguard to the patron from 6' away. Swimmers should expect to provide self-care if they are able.
16. Guards will clean the equipment used on their shift prior to beginning the shift and keep the same tube/air horn with them for the entirety of the shift. At the end of their shift, guards will clean their equipment thoroughly before storing it for the next shift
17. UNC Guards will be issued individual rescue packs containing a pocket mask, hand sanitizer, and gloves as part of their uniform and should be kept and used on each shift
18. Guards will begin rotation by walking around the pool so that rotations happen in such a way that 2 guards are never within 6' of each other. Guards will wipe down their chairs prior to beginning the rotation while the rotating guard takes over coverage poolside. Roving is strongly encouraged.
19. UNC Aquatics will provide the guards with airhorns to use instead of whistles (whistles are hindered by the presence of masks).
20. UNC Guards will practice skills with as much physical distancing as possible with members of their work team
21. No more than 2 people are allowed in the staff room at any time. Please be conscientious of space when moving around the facility.

Guidelines for Sanitation

- Staff will clean/wipe/spray down shared touchpoints (handrails, doorknobs, sink faucets, chairs) during the 15 minutes when swimmers clear the deck and the next "shift" of swimmers arrive
- Cleaning lists will be maintained in our Connect2 system
- Staff will use an [EPA approved cleaning solution](#), Performacide Surface Sanitizing Spray, that is known to kill the SARS COVID-19 virus and allow a 10 minute contact time
- Guards should use gloves when cleaning surfaces or picking up lost items and replace gloves at the end of their task

Guidelines for Symptomatic Staff

1. UNC Guards should self-monitor for symptoms such as fever, chills, cough, shortness of breath, loss of taste and/or smell, muscle pain, headache, sore throat. If symptoms develop, do not report to work, and notify the Aquatics Director or Aquatics Intern immediately.
2. Employees who have symptoms when they arrive at work or become sick during the day will be separated from other employees and patrons immediately and sent home. The pool will remain closed until the shift can be covered by another team.
3. If an employee tests positive for COVID-19 or is presumed positive by a medical professional due to symptoms, the staff member should contact the University Employee Occupational Health Clinic (UEOHC) by phone at 919-966-9119 or complete the online COVID-19 Wellness Self-Check application (<https://ehs.cloudapps.unc.edu/UEOHC/covid19wellness>) to report and receive guidance on isolation
4. If an employee on a work team tests positive for COVID-19 or shows symptoms, the whole work team will be out of work while we trace for close contact with other team members. If close contact per CDC definitions is found, employees will be removed from the schedule for 10 days assuming no symptoms develop. The shifts for that work team will be opened up to other work teams to cover if needed.

Resources

CDC

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

<https://www.cdc.gov/coronavirus/2019-ncov/community/parks-rec/aquatic-venues.html>

North Carolina Department of Health and Human Services

<https://covid19.ncdhhs.gov/information/individuals-families-communities/individuals-and-families>

Orange County, North Carolina Health Department

<https://www.orangecountync.gov/204/Health-Department>

United States Environmental Protection Agency

<https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>

American Red Cross

<https://arc-phss.my.salesforce.com/sfc/p/#d0000000bxKz/a/30000001Wo8r/LyKtWsS9IUyRpHRdisKYB6Zzlu7oLmeTUcKRQKBTBgw>