

Parkwood Community Club

Comprehensive COVID-19 Plan

Summer 2020

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I. Operating Plan—Coronavirus

Objective:

- Open Parkwood Community Club in compliance with the phases as outlined by the Governor's mandates.
- Offer programs with the purpose of fitness, health and wellness for the PCC community.
- Provide a safety plan for members and volunteers.

Cleaning Procedures:

- Clean all high-touch surfaces with alcohol spray once every time they are used. This includes:
 - Railings
 - Door, faucet, and toilet handles
- Nightly deep clean with disinfectant spray of benches, tables, and all surfaces listed above
- Volunteers wipe down all counters at the beginning of their shift. Wipe down counter or tables once an hour.

Additional measures taken:

- Signage added about symptoms to be aware of for coronavirus.
- Signage to remind people about social distancing.
- 2 hand sanitizer dispensers installed around club.
- Provide alcohol spray bottles.
- Signage to include ENTER and EXIT protocols.

Volunteer Protocols:

- Do not come in to work if you or a member of your household are feeling sick. Contact the volunteer coordinator if you cannot do your shift.
- Volunteers will be emailed a list of the reservations for their time slot the night before their shift.
- Masks must be worn when entering the facility at the start of their shift, during their shift if they will be within 6 feet of members and when leaving the facility.
- Masks and gloves are required when in close contact with members.
- Volunteers will enforce social distancing or any other COVID-19 related rules.
- Volunteers will be trained on COVID-19 safety protocols prior to their volunteer shifts.
- Volunteers must make a reservation to use the pool for a time block.
- Volunteers should come shortly before their shift and leave promptly after their shift.
- Volunteers may swim during their volunteer time (if there is a lane available) but must be available to sanitize the dressing rooms after each member uses it before the next member.
- Volunteers will sanitize pens used by member and place in the sanitized receptacle.

Member expectations:

- Do not come to facility if you or a member of your household are feeling sick.
- Bring an extra towel to sit on.
- Members must wear masks (not provided by club) when checking into the facility. Masks may be worn in the facility but may not be worn in the pool.
- Be mindful of social distancing guidelines and follow them while at the facility, including in the dressing rooms. Only one member or household in a dressing room at a time.
- Please take a quick cleansing rinse shower before swimming and a quick rinse shower at the end. Please plan on showering at home to limit time in the dressing room.

Reservations: USING SIGN UP GENIUS OR CALLING GYPSIE at (206)406-8035

- Members must make a reservation to use the pool for a time block. Only 4 members will be allowed in the pool at a time.
- At this time, members may only make 4 reservations per week. (Volunteer if you want to come more often.)
- Families of more than 4 from the same household may reserve the entire pool for 1-hour block.
- Please make your reservations 24 hours in advance so we can be sure there is a volunteer available for that time.
- Unless you are sick, DO NOT cancel or no show your reservation or you will not be allowed to reserve a time slot in the future. You can cancel up to 24 hours before. (If you are sick, please contact Gypsie via text, call or email-gypsiegitane@hotmail.com)
- Members should arrive shortly before their time block and leave promptly after their swim.

In case someone gets sick:

- We will isolate that person from other staff and patrons and arrange for them to be transported to their home or healthcare facility.
- We will notify the local Department of Health of possible incidence of COVID-19.
- We will inform all those that have been in close contact with the potential COVID-19 person to stay home, monitor symptoms and follow CDC guidance if symptoms develop.
- We will close off areas that have been used by the sick person and clean and disinfect those areas thoroughly.

II. Club Protocols

A. General

- Do not come into to volunteer if you or a member of your household are feeling sick. Contact the volunteer coordinator and advise them you will not be there for your shift.
- Wear a mask at all times when near any member.
- Strictly adhere to time blocks for reservations.
- Follow social distancing requirements at all times.
- Members should arrive in their swimsuit.
- Members should leave facility in their swimsuit and shower at home.
- If a volunteer is swimming and then staying for their shift, they may shower and change in the dressing room but should do so as quickly as possible to allow others to use the dressing room.
- Members must wear a mask when entering the facility and when exiting.
- NO GUESTS ARE ALLOWED AT THIS TIME. (This includes family members. All persons coming into the facility at this time must be listed on your membership contract.)

Logistics

At the start of time slot reservation:

1. Members wait outside the entry door, with masks on, until the start of their reservation.
2. The volunteer will unlock the door, allowing each member to check in with the volunteer with their member number, sign the waiver, then enter the pool area. Please place the pen in the proper receptacle so it can be sanitized for the next member.
3. Members MUST take a rinse off shower before entering pool.
4. There will be no buckets to put your things into so please bring something to put your belongings into and bring them out to the pool deck. Do not move the benches.

Swimming protocol:

- There will be 3 lane lines to keep members separate while swimming. Please remain in your lane and practice social distancing even in the water. Please DO NOT play on or with the lane lines.
- Remain a minimum of 6 feet apart in the water if doing water walking or aerobics.
- Families from the same household may take up the entire pool. The volunteer is the only one allowed to remove lane lines.

After swimming:

- Make sure there is no one in the dressing rooms and that the room has been sanitized by the volunteer.
- Either dressing room may be used by either sex since only one person or household will be allowed in at a time.
- Exit the facility thru the emergency exit door on the pool deck. See signs on door.
- Do not hang out at facility (or in parking lot) after your swim time or after volunteer time.

B. Swimming and water walking

- a. **General requirements:** As per the CDC recommendations, social distancing will occur both on deck and in the pool. While on deck volunteers and members will be required to wear cloth masks.
- b. **Entry and Exit:** Once on the pool deck, the benches will be specifically spaced apart for swimmers to place their bags and undress for swim (please arrive in a swimsuit). Swimmers will be instructed to stick to these areas until they have a mask back on and will then be further encouraged to keep proper distancing. Exit thru the emergency exit on the pool deck.
- c. **Removal Protocol:** The volunteer will be allowed to remove swimmers from the pool for not following protocol. If a member is showing a disregard for the protocol, we will remove them from the pool and they will possibly lose their membership. Members will be reminded, constantly, that following these rules will let us continue swimming and remain open.
- d. **Family Screening:** We urge members and families to self-check yourself and your family's health and well-being. If a member has a temperature or other symptoms that could be symptomatic of COVID-19, please keep them away from the club in an abundance of caution.

General Safety during COVID19

- Please stay at home if you are feeling ill.
- Please encourage your children to wash their hands before they come to the club AND to use sanitizer once they enter the club. Please do send them with a small bottle of sanitizer should you have one.

C. COVID-19 Waiver

Members are required to read and sign this waiver upon entering each time using the club facility

I, the undersigned member, parent, or guardian:

Understand the Washington State Department of Health describes COVID-19 as a respiratory illness caused by a new, or “novel” coronavirus. It spreads through droplets from sneezes and coughs, as well as close contact with others, including handshakes and sharing food or drinks. Symptoms include coughing, difficulty breathing, fever, chills, muscle pain, sore throat, and possible loss of taste or smell (it is acknowledged some may experience all, some, or none of these symptoms to be a carrier). Older adults, people of any age with underlying conditions, and pregnant women may be at higher risk or severe illness.

Acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that my family, including child(ren), and I may be exposed to or infected by COVID-19 while on site at the Parkwood Community Club (herein, “Club”) and that such exposure or infection may result in personal injury, illness, permanent disability, and death.

Understand that the risk of becoming exposed to or infected by COVID-19 at the Club may result from the actions, omissions, or negligence of myself and others, including, but not limited to, the Club board, Club employees, volunteers, and members and their families.

Am fully informed as to these risks and in consideration of being allowed to participate in Club facility activities, I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to my child(ren) or myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I, my family and my child(ren) may experience or incur in connection with my own or my child(ren)’s attendance at the Club or participation in pool activities (“Claims”).

On my behalf, and on behalf of my children, hereby release, covenant not to sue, discharge, and hold harmless the Club and their employees, agents, and representatives, of and from the Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto.

Understand and agree that this release includes any Claims based on the actions, omissions, or negligence of the Club and their employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in Club facility activities.

Am aware of the safety protocols put in place at the Club, including, but not limited to: 1) Strict entry and exit procedures, 2) Signing in with contact information, 3) The use of the dressing rooms being limited (all participants must arrive in their swimsuits). 4) Use of masks for all persons over 5 years old NOT in the pool or participating in activities, 5) Encouraging social distancing, including parents not allowed on pool deck unless with permission.