

Safety Before Skill Co.

Pandemic Plan



Safety Before Skill Co. is a private lesson swim school, that is committed to the health and wellness of our clientele, as well as the community at large. As a lifeguard certification training center, and approved American Health and Safety Institute provider, reducing disease transmission and using personal protective equipment is part of our existing culture and area of expertise. This document outlines precautions taken to reduce disease transmission in our program, aligned with guidance provided by local and federal agencies.

Our Clients

We serve local residents in the central Arkansas area, not out of state guests. The majority of our clientele are under the age of 4 years old and our program arranges for them to see the same coach each week for a 30-minute lesson. We specialize in private lessons, not group offerings, which limits exposure significantly.

- Our clientele uses a registration and payment operating system that requires no physical contact and requires them to create an account and book in advance by telephone or online.
- The Information gathered in advance includes items needed for local agencies to conduct contact tracing in the event of an exposure.
- As is our *usual* policy, participants are not to visit if they have had a cough, runny nose, fever, vomiting or diarrhea within the last 24 hours. Staff reserve the right to refuse entry or service to anyone who presents with symptoms of acute illness or reports exposure to a communicable disease.
- Clients shall be pre-screened for potential COVID-related symptoms prior to arrival for the appointment using the following questions:
 - Have you had a fever of 100.4 F or greater in the last 2 days?
 - Do you have a cough, difficulty breathing, sore throat or loss of taste or smell?
 - Have you had contact with a person known to be infected with COVID-19 within the past 14 days?
- Clients will have their temperature checked upon entry. Anyone presenting with a fever will be asked to reschedule after 14 days.
- Face coverings are required for all persons present over the age of ten years old.
- Parents of young children are permitted to join their child in the water for infant/toddler lessons and the coach will maintain social distance while teaching and also wear a face shield if needed.
- To reduce exposure on the deck, parents and guests are asked to wait in their vehicles as the seating deck is closed. There will be no loitering in the building or at the entrance. The observation deck is closed. We are considering purchasing an app that allows parents to watch the lesson from their phone while they wait.

- We have established one-way entry and exit so guests must enter through the front doors and exit using the pool side door on the other end of the building. Doors are also propped open to reduce exposure.
- Infants and toddlers must have a clean bottom and wear an approved swim diaper.
- Diaper changes are permitted only on the changing tables. Disposable changing pad covers are provided. Diaper changes are not permitted poolside.
- The showers are closed.
- Clients should arrive clean and ready to swim, using the locker room only when needed to dress after a lesson.

The Pool

Per the CDC, “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.” (1)

- The indoor pool is a private pool with established and known and local residents. We do not provide services to the general public or recreational travelers and everything is by appointment only.
- It is 25 yards long with 6 lanes of 8 feet width each, providing plenty of space for social distancing and will be roped off in sections to aid in social distancing in the water.
- It is chemically balanced and well maintained with an average Chlorine level of 2.0 ppm and maintained regularly. Chlorine of at least 0.5ppm kills coronavirus in the water, per the CDC.
- The new skylights also permit natural UV light, which is also known to kill coronavirus. (2)
- The pool area itself does not have an HVAC system, which can spread the virus. Rather the doors and windows that can be opened or closed as needed, permit fresh air.
- The average humidity in the pool area is over 95%, also known to kill coronavirus.

Programming

- Our private lesson model naturally reduces exposure. The clients are assigned a specific coach that they see regularly once each week for 30 minutes.
- Only private services will be offered; Group classes are not being offered. We do not offer, nor have we ever offered, public swim.
- As per usual, services are scheduled by appointment only, online or by telephone- there is no contact to schedule or pay
- The online booking system controls permit no more than 50 people total in the building at one time; essential staff included.
- Coaches will wear face shield and/or a mask when working with children in the water
- Time is built in after appointments to allow for dressing and exit of the building

Facility Precautions

- Employees shall be pre-screened with both the standardized questionnaire and a daily temperature check. Any employee with a temperature of 100.4 F or greater will not be allowed to work
- Signage, required by the ARDOH is posted on the front door.
- All doors are propped, reducing the need to touch them
- We have created separate entry and exit of the building
- Health screening and hand sanitizing station is located at the entrance
- Staff on deck are required to wash/sanitize their hands every 30 minutes.
- Staff will sanitize surfaces regularly throughout the day as needed including: door handles inside and outside, handrails, restroom doors, faucets, sinks, soap and paper towel dispensers, toilet flush levers and baby changing stations, and light switches
- The water fountain is closed.
- The showers are closed. Locker Rooms are available for dressing only AFTER a lesson.
- Staff are supplied with gloves as well as masks and face shields.
- Hand Sanitizer of 70% alcohol is provided to both staff and clients.
- The seating (observation) deck is closed.
- We clean with bleach and Chlorox disinfecting wipes several times per day and use a cleaning service for deep cleaning twice weekly.

Sources:

1. <https://www.cdc.gov/coronavirus/2019-ncov/php/water.html>
2. <https://news.yahoo.com/sunlight-destroys-coronavirus-very-quickly-new-government-tests-find-but-experts-say-pandemic-could-still-last-through-summer-200745675.html>
3. http://www.poolmanagementgroup.com/research/detail/pools_can_open_safely
4. Gatherings subject to this directive also include, without limitation, community, civic, public, leisure, commercial, or sporting events.
https://www.healthy.arkansas.gov/images/uploads/pdf/Directive_for_Large_Indoor_Venues-05-04-20.pdf