

YWCA Lower Cape Fear Aquatic Member Guidelines

The YWCA Lower Cape Fear Aquatics Program wants to welcome back our members to the facility as we move indoors again! We want to emphasize that our main focus will be the safety of all individuals. We respectfully request your continued patience as we expand more on our new way of delivering programs that you have come to enjoy and benefit from. Following guidance from the North Carolina Department of Health and Human Services (NC DHHS), Centers for Disease Control and Prevention (CDC), and New Hanover Health and Human Services (HHS) we have established the following protocols effective September 29th, 2021. YWCA Aquatic Guidance will cover the following topics:

- Social Distancing and Minimizing Exposure
- Cloth Face Coverings
- Cleaning and Hygiene
- Monitoring for Symptoms
- Protecting Vulnerable Populations

Social Distancing and Minimizing Exposure

Social distancing (“physical distancing”) means keeping space between yourself and other members and YWCA staff when using the facility. Stay at least 6 feet (about 2 arms’ length) apart from other people. The YWCA will abide by the following requirements and recommendations to support social distancing and minimizing exposure:

1. The YWCA pool facility will limit the user capacity to no more than 100 individuals at any given time, including members and YWCA staff. User capacity will be counted throughout the entire facility, including in the water, on the pool deck, in the lobby, and the locker rooms.
2. Post signage reminding YWCA members and staff about social distancing (staying at least 6 feet away from others).
3. All chairs and lounges designated for use on the pool deck will be spaced at least 6 feet apart; unless the patrons are a family unit from the same household.
4. There will not be any shared tables available on the pool deck except during birthday parties, which only occur after pool operating hours.
5. The YWCA will limit lane use to two swimmers per lane or three swimmers if all participants are from the same household when swim lanes are provided. Social distancing must still be practiced to the extent possible within the swim lane.
6. We will advise all YWCA lifeguards and staff to stay 6 feet away from members to the extent possible, unless they are providing rescue and/or first aid care.
7. The YWCA pool schedule will continue to reflect staggered swimming times and program options to limit the number of individuals and family units in the pool area at the same time. Additionally, swim times (including lap swim and water workout) will be limited to 55 minutes per member to accommodate as many

members as we can in a given day. All 55 minute swim times will start on the bottom of the hour Monday through Friday and will start at the top of the hour on Saturdays and Sundays. During Family Swim Times will only allow eight family units in the shallow and deep ends for a 1 hour and 55 minute swim time. **A reservation is required.**

8. To limit contact and exposure, we have removed the following from the facility: water cooler, trash can tops, recycling boxes, lost and found, pool toys, and play noodles. Kickboards, buoys, water belts, and fitness noodles will be available for all to use.
9. ~~The~~ YWCA will encourage contactless payment options by phone, credit/debit card, and automatic billing.
10. To minimize exposure we ask that you come prepared and dressed to swim, shower before and/or after your swim at home, and limit use of locker rooms when at all possible.
11. Please arrive no more than 15 minutes before your scheduled swim, water work out, family swim or program classes.

Cloth Face Coverings

1. All YWCA staff members are required to wear cloth face coverings at all times at the YWCA Aquatics Facility unless in the water for teaching, conducting water aerobics classes, swim team coaching or lifeguarding at a posted station. All these exceptions are with appropriate social distancing. If lifeguard leaves posted station a face covering is required.
2. YWCA members ages 2 and older are required to wear cloth face coverings when entering and exiting the pool facility, in the lobby and locker room areas, and on the pool deck.
3. We also advise you not to wear cloth face coverings when in the water, as it can be difficult to breathe through when wet.

Cleaning and Hygiene

1. YWCA staff are required to wash their hands with soap for 20 seconds and use hand sanitizer frequently to reduce the spread of transmission. We encourage YWCA members to follow the same hygiene recommendation.
2. We will systematically and frequently check and refill hand sanitizers (at least 60% alcohol) and assure soap and hand drying materials are at sinks.
3. Hand sanitizer (with at least 60% alcohol) will also be available at the front desk window and from a dispenser on the entrance to the revolving door.

Monitoring for Symptoms

Conducting regular screening for symptoms can help reduce exposure.

1. YWCA employees will be encouraged to self-monitor for symptoms such as fever, cough, or shortness of breath. If they develop symptoms, they are required to notify the Aquatics Director and stay home.

2. The YWCA will conduct daily symptom screening of employees on arrival to work and will immediately send symptomatic workers home.
3. YWCA employees who have symptoms when they arrive at work or become sick during the day will be immediately separated from other employees and members and sent home.
4. We will post signage at the main entrance requesting that people who have been symptomatic with fever and/or cough not enter, such as Know Your W's and Stop if You Have Symptoms flyers.
5. Per CDC guidelines, if a YWCA employee has been diagnosed with COVID-19 or is presumed positive by a medical professional due to symptoms, the employee will be excluded from work until:
 - a. No fever for at least 72 hours since recovery (without the use of fever-reducing medicine, and
 - b. Other symptoms have improved (e.g., coughing, shortness of breath), and
 - c. At least 10 days have passed since the first symptoms.
6. A cleaning and disinfecting procedure will be implemented by designated personnel following CDC guidelines once sick YWCA employee or member leaves the facility.

Protecting Vulnerable Populations

Information on who is at higher risk for severe disease is available from the CDC and NC DHHS.

1. ~~The~~ YWCA will encourage persons at higher risk to access the pool without the general population during early morning hours. To ensure safety of persons at higher risk and minimize contact, the following modifications will be made to current programming:
 - a. Family swim will ~~not be open until~~ open at 11:30 a.m. Monday-Friday, 12:00 p.m. on Saturdays and 10:00 a.m. on Sundays.
 - b. Pool parties will be only offered as a private option only.