



Frederick County Public Schools

COVID-19

Swimming Pool Reopening Plan



September 1, 2020 (v.1)

# COVID-19: FCPS Swimming Pool Reopening Plan for Community User Groups

## Background:

Due to the COVID-19 pandemic, Frederick County Public School (FCPS) facilities were closed by the Maryland State Superintendent on March 13, 2020. This included use of FCPS swimming pools at Middletown High School and Walkersville High School.

On August 5, 2020, the Board of Education of Frederick County (BOE) approved limited uses of FCPS facilities by community user groups (CUG). One of the approved uses including reopening the two FCPS swimming pools.

In consultation with the Frederick County Health Department and FCPS Health Services Specialist, this plan outlines modifications to normal pool usage procedures for CUG during the pandemic. Due to the fluid situation of the pandemic and frequent updates to CDC, state, local and FCPS guidelines, this document will be periodically updated. The most current version of this plan will be available on the [FCPS Use of Facilities](#) webpage.

## Requesting Use of FCPS Swimming Pool:

In order to request permission to reserve an FCPS pool, all pool CUGs must do the following:

1. Email the FCPS Use of Facilities Coordinator ([facilities.uof@fcps.org](mailto:facilities.uof@fcps.org)) to indicate your interest in submitting a use of facilities (UOF) request form for use of a pool.
2. The following documents will be emailed by UOF Coordinator for review and/or completion:
  - a. *FCPS COVID-19 Enhanced Use of Facilities Procedures*
  - b. *FCPS COVID-19 Use of Facilities Waiver Form* (requires completion and signature)
  - c. *FCPS COVID-19 Use of Facilities Guidelines\*/Usage Implementation Plan* (requires completion and signature)  
(\*End time for pool users is modified to no later than 10 PM at the discretion of the FCPS Pool Operations Supervisor.)
  - d. The completed and signed documents (2.b. and 2.c. above) must be emailed to [facilities.uof@fcps.org](mailto:facilities.uof@fcps.org) in accordance with the procedures outlined in the COVID-19 Use of Facilities Guidelines.

The documents listed in 2.a, b. and c. will be available on the FCPS Use of Facilities webpage once use of facilities is more widely opened up to other types of CUGs. In the meantime, requests for these documents must be by email.

3. After the Waiver and Usage Implementation Plan forms are received, an email will be sent by UOF Coordinator giving permission to submit a UOF request form (following the normal process for submission/approval of request forms found on FCPS Use of Facilities webpage).
4. Requests for any other areas/rooms of the school, besides the pool, will not be accepted at this time.

### Entry and Exit Procedures:

1. Exterior doors to the school's pool area will be the only ones used for entering or exiting the facility. One door will be marked for ENTRY ONLY and one door marked for EXIT ONLY.
2. All participants of the CUG must stop and read the current health screening signage posted on the pool entry door before each daily entry to the pool. The signage could be updated periodically so it must be read before each and every daily entry to the pool.
3. No participant of a pool CUG may enter or exit using any other door of the school building.
4. Accessing any other area in the school other than pool and locker room (for bathroom use only) is prohibited.

### Capacity Limits:

1. Thirty (30) is the maximum number of participants that may be in the pool area (water and deck combined). This number does not include FCPS staff on-duty.

### Cleaning Procedures:

1. Adequate time must be allotted between different groups using the pool/restroom areas to allow for cleaning/disinfecting between groups of users (even within the same swim team/club).
2. FCPS staff will provide cleaning/disinfecting before, during and after your event using FCPS-approved cleaning supplies and protocols.
3. Standard custodial labor fees will apply, as well as an additional COVID-19 cleaning fee as outlined in the COVID-19 FCPS Use of Facilities Guidelines.

### Health Screenings:

1. To prevent the spread of COVID-19, access to FCPS facilities are restricted for anyone who may have recently been exposed to or diagnosed with the virus.
2. The CUG must carefully screen each and every participant of their group before entering the facility.
3. See Entry and Exit Procedures #2 above.

### Swim Team/Club Users:

1. All swim teams/clubs should follow guidance in the *Maryland Swimming Inc. COVID-19 Guide for Safe Re-Entry to Pool Facilities (see Attachment A)*. This includes, but is not limited to:
  - a. Coaches will meet all swimmers with their group in the school parking lot. At that time, all Maryland Swimming, Inc. guidelines (**see Attachment A**) will be followed by the coaching staff, including, but not limited to, health screening protocols.
    - i. Swim Team/Club coaches must maintain a daily attendance record of swimmers to help facilitate contact tracing if needed.
    - ii. Those who passed health screening protocols (including all Swim Team/Club coaches and staff), will enter the building as a collective group (see Entry/Exit procedures and Capacity Limits sections) once FCPS staff has notified the group it is appropriate for the next group to enter. Anyone from the group failing the health screening must not enter the FCPS facility and will follow procedures developed by the CUG.
  - b. Showers should be taken at home prior to arriving at pool.
  - c. Swimmers must arrive and leave in bathing suit.
  - d. Each swimmer's personal belongings will be left at the X marked on the pool deck (marked 6' apart)
  - e. One (1) toilet/urinal/sink will be available in each locker room for use.

- f. No parent/guardian is allowed inside pool area. If a parent/guardian plans to stay on FCPS property, he/she must stay in car. There is no congregating with others in school parking lots.
- g. The number of swim lanes and number of swimmers physically allowed in the pool at one time will follow guidance from the Frederick County Health Department. Consult with the FCPS Pool Operations Supervisor for current allowance numbers. FCPS staff on-duty during the event will assure the current guidelines are followed.

### All Other Swimming Group Users:

1. Showers should be taken at home prior to arriving at pool.
2. Swimmers must arrive and leave in bathing suit.
3. Each swimmer's personal belongings will be left at the X marked on the pool deck (marked 6' apart).
4. No spectators are allowed inside the pool area, including parents/guardians -- only swimmers/teachers/coaches are allowed. If a parent plans to stay on FCPS property, he/she must stay in car. There is no congregating with others in school parking lots.
5. Expectation of each swimmer:
  - a. **DO NOT COME TO THE POOL OR ENTER THE FACILITY IF YOU ARE SICK IN ANY WAY (See Attachment A – Screening Survey section).** Each CUG will have their own procedures to screen and handle participants not passing the health screening. Any participant that does not pass the health screening must not enter the FCPS facility.
  - b. Use hand sanitizer immediately upon entry into the school's pool area.
  - c. Wear a facial covering when entering and exiting, and whenever possible on the pool deck, particularly if 6' distancing cannot be maintained.
  - d. Do not wear a facial covering when getting into the pool.
  - e. Respect social distancing guidelines.
  - f. Come with a full bottle of water; do not share water bottles.
  - g. Do not share equipment.
  - h. Do not use shared facility equipment (kickboards, pull buoys, paddles, fins, etc.)
  - i. Locker rooms will be used for emergency bathroom use only (one toilet/urinal/sink in each locker room will be designated for use)
  - j. Return directly to your personal items when time is completed and prepare to immediately vacate the facility.
6. The CUG contact who submitted the FCPS Use of Facilities request form is responsible for maintaining a list of participants who attended each session/event date to assist with contact tracing should it be needed.
7. Swimming lessons are not allowed at this time.

### Suspected/Positive COVID-19 Cases:

1. Follow the procedures found in *FCPS COVID-19 Use of Facilities Guidelines*.

### Contact

For clarification or information pertaining to these guidelines, please contact [fcpspools.uof@fcps.org](mailto:fcpspools.uof@fcps.org).



## Maryland Swimming Inc. COVID-19 Guide for Safe Re-entry to Outdoor Pool Facilities

The recommendations contained herein are intended to serve as a template, and are a compilation of current recommendations from a variety of sources.

### MD Swimming Goals:

- To help member clubs minimize risk and create the safest possible environment.
- To help member clubs minimize the exposure and potential contamination across groups and the club.
- To help member clubs find the resources to follow the strictest local, state, and federal guidelines.

It is expected that members of MD Swimming will be able to use this document as a starting point for developing a customized plan based on:

- individual facility requirements\*
- organizational limitations
- local, state, and federal regulatory requirements
- recommendations from USA Swimming (<https://www.usaswimming.org/utility/landing-pages/coronavirus>).

\*If your club is using a facility that is not one of your usual facilities, please provide information about the facility to Pat Kaplan at the MDSI office.

Many of these recommendations have been developed with the [Orders from the Maryland Department of Health](#) in mind, and are therefore NOT intended for general use by teams or LSCs outside of the jurisdiction of Maryland Swimming.

### Expectations for Swimmers

- **DO NOT COME TO THE POOL IF YOU ARE SICK.**
- **THE USA SWIMMING & MD SWIMMING NO DECK CHANGING RULE WILL STILL BE ENFORCED.**
- Locker rooms will only be used for emergency bathroom use (one at a time).
- Come to practice and leave practice with suit on.
- Shower and use the bathroom at home before coming to the facility.
- Use hand sanitizer immediately before entering the facility.
- Come to practice with a full water bottle. Do **NOT** share water bottles.
- Wear facial coverings to enter and exit the facility. Do not wear facial coverings in the water.
- Do not congregate before, during, or after practice.
- Vacate the facility or parking lot as soon as possible.
- **DO NOT SHARE EQUIPMENT.**
- Do not use shared facility equipment, including but not limited to, kickboards, pull buoys, paddles, fins, stretch cords, medicine balls, etc.
- Return directly to your personal items when practice ends and prepare to leave immediately.
- Do not store personal equipment bags at the facility.
- Label all personal items, so there is no mix up during practice.
- Respect all social distancing rules.

### Expectations for Coaches and Staff

- Wait in a location a minimum of 6 ft away from any seating grid or lane entrance area while the swimmers enter for practice.
- Staff/Coaches who interact with others should wear face coverings whenever possible.
- Maintain a minimum 6 ft distance from the edge of the pool at all times during the workout (while wearing a face covering).

Developed June 1, 2020; Governance reviewed June 2, 2020; Distributed June 4, 2020

- Return to a location a minimum of 6 ft away from any seating grid or lane entrance while aiding in pool and facility exiting.

### **Expectations for Parents**

It is recommended that parents **NOT** enter the facility:

- Parents may observe practice from outside the facility.
- Ensure adherence to all MAAPP and Safe Sport guidelines.
- Parents who wish to enter the facility will be subject to the same entry standards as coaches, staff, and swimmers, including total number of people allowed with any one practice group.

### **Facility Entry Procedures** (One way if possible)

- Remain in your car until a staff member indicates the facility entry procedures can begin.
- Line up at designated 6-feet-apart-markers outside of the facility. If no markers, stay 6 feet apart.
- Do not advance until the marker in front of you has been cleared.
- Follow assigned lane assignment/seating grid, etc.
  - The same designation should be used each time the swimmer enters the facility.
- Wait for instructions from the coach before entering the pool.

### **Facility Exit Procedures** (One way if possible)

- Stagger pool exit and follow designated facility exit procedures.
- Line up to exit the facility at the 6 ft markers on deck and only move forward once the marker in front of you has cleared.

### **Screening Survey**

We suggest that each member refrain from attending practice until they are able to answer NO to each question. Clubs are encouraged to alert families of this screening tool so they may self-screen and self-exclude.

1. Have you have tested positive for COVID-19, or are you presumptively positive for COVID-19 based on your health care provider's assessment or your symptoms?
2. Are you currently experiencing, or have you experienced in the past 14 days, any of the following symptoms? (Please take your temperature before you answer this question.)
  - Fever (100.4° F/37.8° C or greater as measured by an oral thermometer)
  - Cough
  - Congestion or runny nose
  - Shortness of breath or difficulty breathing
  - Sore throat
  - New loss of taste or smell
  - Chills
  - Head, muscle, or body aches
  - Fatigue
  - Nausea, diarrhea, or vomiting
  - Bright red (or any) rash
3. In the past 14 days, have you been in close proximity to anyone who was experiencing any of the above symptoms or has experienced any of the above symptoms since your contact?
4. In the past 14 days, have you been in close proximity to anyone who has tested positive for COVID-19?
5. In the past 14 days, have you travelled outside the State of Maryland?
6. In the past 14 days, have you been on a commercial flight or traveled outside of the United States?
7. In the past 14 days, have you been in close proximity to anyone who has traveled outside the State of Maryland, been on a commercial flight, or traveled outside of the United States?
8. Have you been tested for COVID-19 and are waiting to receive test results?
9. In the past 14 days, based on the above or other symptoms, have you been told by any doctor, medical professional, or other authority to self-quarantine for any reason?

### **Cleaning of the Facility**

- If the facility agreement requires cleaning by the club, please refer to the Directive and Order Regarding Swimming Pools Pursuant to Executive Order 20-05-27-01.

### **Practice Group Recommendations**

- Make every effort to keep groups of swimmers and coaches together to minimize exposure or contamination throughout the club.
- Determine the number of swimmers per lane based on the ability to maintain the appropriate social distancing requirements at all times.
  - Currently, the State of Maryland requires outdoor youth sports practices to be limited to maximum group sizes of 10, including the coach.
- Allow for time between practice groups for all swimmers to exit the facility before the next practice group enters.

### **COVID-19 Symptoms Protocol**

- Immediately separate staff, patrons, or swimmers who develop COVID-19 symptoms.
- Safely transport anyone who is sick to an appropriate location.
- Close off any area used by a sick individual.
  - Do not use the area until cleaned and disinfected.
  - It is recommended by the CDC to wait 24 hours before use again.
- Follow the COVID-19 reporting protocols of the facility.
- Inform families of contact with a suspected COVID-19 case and encourage them to self-quarantine and seek medical advice.
- Refer to the above 'Screening Survey' for a list of COVID-19 symptoms. Refer to CDC for a [complete list of symptoms](#).

### **Signage**

- Please be aware, the following are required by the State of Maryland. Each item below has a link to signage.
  - [Telling patrons not to enter if sick](#)
  - [Handwashing and cover your cough reminders](#)
  - [Social distancing reminders](#)
  - Reminders to shower before entering the pool (no link available)
  - [MD Dept. of Health signage webpage](#)

### **Athlete, Family, Coach, and Staff Education**

- Consider including the following in communications to athletes, families, coaches, and staff
  - Entry and Exit of facility
  - Social distancing markers
  - Expectations for Personal Protective Equipment (PPE)
  - Use of bathrooms and locker rooms
  - Placement of bags and personal items
  - Seating grid if appropriate
  - Organization of swimmers in lanes
  - Off limit areas of the facility
  - Drop off, pick up, parking lot, and parent expectations