



COVID-19 Protocols

COVID-19: Symptoms as per CDC (may appear 2-14 days after exposure to the virus):

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Parent Protocols

- Each family must wait on back deck before being allowed into the pool room. This is to make certain that the 5 minute wipe down is complete between swimmers.
- We will continue to ask a set of questions and take the swimmer's temperature upon arrival.
 - Has your child had a fever in the last 48 hours?
 - Do they have shortness of breath? Do they have a cough?
 - Has your child been around anyone with COVID-19 symptoms in the past 2 weeks?
- Only 1 guardian is permitted in the pool room. Please no siblings. You are welcome and **ENCOURAGED** to sit in your vehicle or wait on the back deck.
- There will be 1 chair for each swimmer's (masked) guardian to sit in the pool room once the weather changes and drops below 60 (this is the current plan but it may change). If we have 2 lessons at the same time, the chairs will be separated beyond 6' apart and we ask that you do not move the chairs.
- We continue to ask that you do not use the restroom to get dressed or change but for **ONLY** using the toilet, if necessary.
- Parent must accompany swimmer to the bathroom. No child is allowed in the bathroom without a parent.

- Only arrive at time of lesson and promptly depart once lesson ends (25 minute lesson). No one is permitted to wait prior to their lesson or linger after their lesson, we have to keep things moving so the instructors can sanitize for 5 minutes before the next lesson.
- **Adults MUST wear a mask.** Regardless of how we feel personally, it is something our business is mandated to follow. If you do not want to wear a mask, please do not sign up for lessons.
- If your child is comfortable wearing a mask, we appreciate it if they wear them into the pool room.

Samantha's Swimming Protocols

Here is what you can expect from us to keep you safe:

- We follow all current guidelines and recommendations from SRHD & the CDC.
- Instructors have temperature taken at time of arrival and answer the same set of questions as swimmers.
- Medical grade HEPA filters are in the pool room (clearing a room of 500 sq. ft. every 30 minutes) and bathroom.
- After each 25 minute lesson the instructor sprays down the table for swimmer's belongings as well as door knobs or anything touched by swimmer or family member.
- Anti-viral spray will be sprayed throughout the air prior to the next set of swimmers entering the pool room.
- All toys and tools in the water are submerged to remove any exposure. Toys are kept to a minimum.
- A mask or face shield is worn by every employee while in the pool room or bathroom.
- Sanitization is found throughout the pool room. There are 3 hand sanitizer stations in the pool room and 1 in the bathroom.

COVID-19 Exposure

In the event a swimmer's family is exposed— please notify Samantha immediately. You will be removed from the schedule for 2 weeks. No one with a temperature of 100.4 is permitted to take lessons or teach. Please use your judgement. If anyone in your family is at risk of having COVID-19, we appreciate you letting us know.

If an instructor tests positive, they will not return for a minimum of 10 days from onset of symptoms and symptoms have subsided. All other instructors will continue to self monitor. Our exposure protocols will continue change and adapt to the SRHD & CDC's most current recommendations and guidelines.