

# **Metuchen Area YMCA Lap Swim**

## **Standard Operating Procedures**

**In order to ensure your safety, the YMCA will adhere to CDC guidelines. From the CDC website-“There is no evidence that the virus that causes COVID-19 can be spread to people through the water in pools, hot tubs, or water playgrounds. Additionally, proper operation of these aquatic venues and disinfection of the water (with chlorine or bromine) should inactivate the virus.”**

**The protocols outlined below have been designed to create the safest environment during COVID-19 and are based on CDC and New Jersey State Guidelines. The YMCA appreciates your patience as we prioritized social distancing, enhanced cleanliness, and the health and safety of our members, participants, and staff. The outlined protocols are subject to change, modifications or may be suspended as deemed necessary given the ongoing development of the pandemic. All Metuchen YMCA members must agree to and sign off on the waiver before they can participate.**

### **Operating Procedures:**

- Swimmers must register online on Appointment King to reserve a spot your time slot.**
- Lap swim will not exceed current CDC guidelines, for that reason we can only have one swimmer to a lane. Four lanes in Hoppel, two in Finne.**
- The schedule is currently from 9am to 5pm Monday through Friday. Swimmers can sign up for 45 minute sessions. We will need 15 minutes to clean in between sessions.**
- Members will enter the main entrance to the building. They will have temperature checks and fill out health screening questions before they are allowed entry.**
- They will be escorted to pool(s) and given an assigned lane.**
- Please come 5 minutes before start time to allow for check in and set up. Due to new protocols we will not be able to take late arrivals.**

- **Everyone is required to wear masks when entering and exiting facility (they can remove masks at assigned bag area). That means masks are to be worn on the pool deck until the swimmer is ready to enter the water.**
- **Swimmers will arrive and depart in swim suit – there will be no changing or showers; we recommend a bathrobe to help with wet suits in cars. Until CDC guidelines permit, there will be no access to the locker rooms.**
- **You will need to bring your own swim equipment. We are not allowed to hand out the Y equipment at this time.**
- **Lifeguards will be wearing masks unless they are on the stand.**
- **If a swimmer needs to use the rest room they will need mask and foot covering. Please notify staff that you are using bathroom as they need to be sanitized after use.**
- **15 minutes will be given at the end of lap swim for cleaning of high traffic areas and to escort you to exit so the next group can enter**
- **Any person with excessive sunburn, open blisters, cuts, or bandages shall be denied admission**
- **Conduct which endangers the safety and comfort of others shall be prohibited.**
- **Persons suspected of being under the influence of drugs or alcohol shall be prohibited from entering the water.**
- **Spitting, blowing of the nose or discharge of bodily waste is prohibited.**
- **Any other rules that have signage in the facility must also be adhere to while swimming.**

### **Health Screening**

- **Cannot have had close contact with anyone who has tested positive for COVID-19 in the last 14 days.**
- **Cannot have had a temperature over 100.4 degrees, a cough, or difficulty breathing in the last 14 days.**
- **Swimmer experiencing any symptoms of a fever, recent cough, unusual fatigue, or COVID-19 symptoms or who has had any exposure to someone who has any symptoms should remain at home and seek medical treatment.**

- **If any swimmer has a fever or symptoms of illnesses, they may not attend lap swim until 10 days after symptoms have ended and must see a physician and be cleared for training.**
- **Positive test procedure: the individual or family will immediately notify Metuchen Representative Alexis Brown at [alexis.brown@ymcaofmews.org](mailto:alexis.brown@ymcaofmews.org). Representative will contact New Jersey Department of Health (contact tracers) and follow all instructions from them. Other swimmers and their families will be made aware that a swimmer and or swimmer's household member has tested positive, but the swimmer's name and/or the name of their family member will not be disclosed.**