



City of Temiskaming Shores  
Waterfront Pool and Fitness Centre  
Pool Re-Opening Plan  
Version 2.5  
December 2, 2020



## COVID-19 safety measures at the Waterfront Pool/Fitness Centre

The City of Temiskaming Shores – Recreation Department has collaborated with Timiskaming Health Unit, and Lifesaving Society to incorporate public health prevention and mitigation measures that help reduce the risk of spreading COVID-19.

### **1.0 What you can expect**

The capacity of the pool has been reduced to allow for adequate physical distancing. The number of swimmers will be set at 24 swimmers during public swims and 6 swimmers at adult swims (lap swims) to ensure physical distancing can be maintained. In order to accommodate as many swimmers as possible, swims will be scheduled in reduced time sessions with fifteen-minute blocks between sessions to allow staff to manage numbers entering and exiting the facility, and to perform additional cleaning.

We are also requesting that swim times be booked ahead of time by calling the Pool and Fitness Centre at 705-647-5709 or by emailing [pfc@temiskamingshores.ca](mailto:pfc@temiskamingshores.ca). Drop-in swimming will be allowed but first priority will be given to those who have pre-registered. Everyone who attends a swim time will be required to give their name and contact information to assist with public health contact tracing if necessary.

Once you arrive at the Waterfront Pool, you're going to notice several changes we have made to ensure we live up to our commitment to keep everyone safe, including:

The entrance to the facility has signage, hand sanitizer and masks available. All patrons entering the facility must self-screen themselves for COVID-19 symptoms and stay home if they're sick. Throughout the facility everyone must maintain a minimum 2-meter distance from one another.

Masks must be worn by everyone in an indoor public space including the Waterfront Pool and Fitness Centre. Those who are actively engaging in an athletic or fitness activity including water-based activities are allowed to temporarily remove their masks. Everyone entering the facility shall wear a mask. Swimmers may keep their cloth face masks on until they enter the pool.

Saunas, and the water slide will be closed.

Plexiglas shields installed around the front desk to protect workers and users.

Directional signage to manage traffic flow has been installed throughout the facility.

Swimmers will need to maintain the 2m physical distancing rule and follow proper hygiene. Physical distancing will remain in place for all users not living in the same household or in their social circle.

We encourage swimmers to use goggles however, snorkels will not be allowed.

Swimmers are encouraged to bring their own equipment for their use only, life jackets will be available for loaning at the facility.

Clients are asked to keep their personal items to a minimum.

Traffic measures will be implemented around the pool and entry and exit will be staggered so crowding doesn't occur.

There will be reduced capacity for the total number of patrons on deck and in the pool, to allow for physical distancing.

The viewing room will be closed due to the smaller size of the room. Parents or guardians who are not accompanying their child in the pool for swimming lessons or public swims are encouraged to wait outside the facility. There will be minimal seating on pool deck.

## **2.0 Change rooms**

All patrons wanting to use the **pool** will need to come to the pool dressed in their bathing suits. They may wear outer clothing; change stalls will not be available until after the scheduled swim time. All patrons will enter into the adult change rooms. Every bather must first take a shower or bath using soap and warm water before entering onto the deck. This is a regulated expectation for all bathers which also include public and staff (*Ontario Health Protection & Promotions Act, Reg 565 s.15.*).

Patrons will bring their belongings with them in a bag and enter the pool area, all while maintaining social distancing. Markers will be set up on the floor to assist patrons throughout the change room. The adult change rooms will have a maximum capacity of 3 people. Markers on the floor will easily guide the pool patrons to the pool.

On pool deck, patrons will be guided left, to neatly store their belongings on the bench. Patrons may enter the pool by the stairs or walk clockwise around the pool to enter down the ladder or ramp.

After the swim, pool patrons will sanitize their hands and will exit through the children's change room. There are three change stalls in the girls change room to use and the boys change room will also be open. Change stalls will be disinfected prior to the swim time and after the swim time. Patrons may choose to use a stall or to leave in swimming attire. All patrons are asked to shower when you get home. Lifeguards and staff will be monitoring how many people enter each change room.

Swimmers of the same household may swim together during public swims.

Swim team members will have access to the showers in the girls and boys changerooms after the Tuesday and Thursday AM practices. All use of the changerooms and showers shall be accompanied by appropriate physical distancing. The showers will be cleaned afterwards with EP-50 to ensure all surfaces are disinfected.

### **3.0 Hot Tub**

The hot tub is open during public, lap and adult swim times. The maximum capacity is 5 and yellow tape has been applied to the deck beside the tub to mark out 2m distance requirements. All patrons must ensure they are abiding by the directional requirements while going to and leaving the hot tub.

### **4.0 Additional Pool Rules**

- Masks are required when entering the facility but are to be removed prior to entering the water.
- The use of goggles is encouraged to avoid contamination.
- Snorkels will be prohibited from use.
- Users are encouraged to bring own equipment – equipment will not be made available for use with the exception of PFD's.
- Bathers shall not share towels, goggles, water bottles, and equipment with the exception of family members.
- Bathers should not spit, cough, urinate or blow their nose in the water.
- Patrons in need of assistance due to physical limitations should receive help from a family member.
- Lifeguards will be wearing masks while actively on-pool deck, while speaking with customers & completing first aid.

### **5.0 Do your part to slow the spread**

- Shower at home before going to the pool.
- Wear your bathing suit to the pool.
- Practice personal COVID-19 hygiene – washing or sanitizing your hands, staying home if you are ill and following public health guidelines.
- Stay two metres from other swimmers and staff.
- Call the Pool/Fitness Centre at 705-647-5709 to reserve your spot for public and adult swims.

## **6.0 Adult Swims**

During Adult swim time, one lane will be set up in the middle of the pool. One side will be for lap swimmers, and the other side will be for people wanting to walk and tread water. The maximum number of people will be 3 per lane. Swimmers will be educated about staying 2m apart.

## **7.0 Public Swim**

Swimmers are encouraged to reserve their spot within a public swimming time in advance by contacting the Pool and Fitness Centre.

Non-swimmers aged 10 and under, and all children aged 7 and under must be accompanied by a participating adult or youth, at least 14 years of age, responsible for the direct supervision of the child and actively swimming within arm's reach at all times.

Children aged 8, 9 and 10 must be tested to demonstrate their ability to swim 25 metre uninterrupted in order to be permitted to swim unaccompanied.

## **8.0 Swimming lessons**

While measures to attempt to control the risks of the transmission of COVID-19, parents, participants and staff need to be aware and understand, that there are still risks with participating in a swimming lesson.

Group and private swim lessons will be offered between October 4 and December 6<sup>th</sup> on Tuesday and Thursday evenings. Lessons will be 30 to 60 minutes long. There will be three lessons running concurrently, 2 group lessons and 1 private. One lifeguard will be on duty during all swimming lesson times in addition to the instructors. Preschool A – D and Swimmer 1 & 2 will require an adult from within the same household to assist in the water with the child. Swimmer 3 – 6 will be with an instructor who will be practicing social distancing rules.

Preschool A to Preschool D will allow 3 participants (with 3 guardians)

Swimmer 1 & 2 will allow 4 participants (with 4 guardians)

Swimmer 3 will allow 5 participants

Swimmer 4 to 6 will allow 6 participants

Rookie/Ranger/Star will allow 6 participants

Lessons for Preschool levels to Swimmer 3 will be 30 minutes to allow for proper physical distancing between participants entering and leaving the facility. Swimmer 4 to 6 and Rookie/Ranger/Star will be 60 minutes long. This also provides sufficient time for cleaning and disinfecting the pool and common areas.

Swimming lesson spots will be limited due to reduced number of participants in each session, to allow for proper physical distancing.

## **9.0 Aquafitness**

The City will be offering morning and evening aquafitness classes starting October 5<sup>th</sup>. Classes will run Mondays, Wednesdays and Fridays from 9:00am to 9:45am and on Monday evenings from 7:15pm to 8:00pm. Class capacity for aquafitness will be 15. You may reserve your spot for aquafitness classes by calling the Pool & Fitness Centre at 705-647-5709.

## **10.0 Pool Rentals**

All pool rentals including the renter and all swimmers shall follow the provisions laid out within this plan unless covered by an approved Provincial Sport Organization (PSO) COVID-19 Return to Sport Plan. Any rentals utilizing a PSO COVID-19 Return to Sport Plan must provide a copy of the plan to the Superintendent of Programming and receive written approval from PFC management.

## **10.0 Cleaning and Disinfecting**

Cleaning and disinfecting high traffic and common use areas has always been a critical element of the safe operation of the Waterfront Pool and under the current set of circumstances this practise will take on an even bigger sense of urgency. The cleaning staff will be cleaning and disinfecting more frequently depending on usage. Surfaces and object in public places will be cleaned and disinfected before each use. Such as high touch surfaces including tables, doorknobs, countertops, handles, desks, toilets, faucets, sinks, change stalls. The change rooms, and public washrooms will be disinfected between 2:00 pm – 2:30pm, and during pool closing procedures at 6:15-6:45 pm.