



# COVID-19 DISEASE RESPONSE

## **Safe Reopening Plan**

### **Alga Norte Aquatic Center**

**6565 Alicante Road**

**3.30.21**



# SAFE REOPENING PLAN

Business Name: City of Carlsbad - Alga Norte Aquatic Center

Facility Address: 6565 Alicante Road Carlsbad, CA 92009

*This plan does not need to be submitted at this time. This plan is to be used to prepare when businesses open per the Governor's Order. The County will not require approval for this plan.*

*Businesses must implement all mandatory measures listed in A and B below. Businesses shall select applicable measures listed in C and D below and be prepared to explain why any measure that is not implemented is inapplicable to the business. Businesses shall also provide specific details regarding their Safe Reopening Plan pertaining to their business in section E below.*

## A. Signage (Mandatory):

- Signage at each public entrance of the facility to inform all employees and customers that they should: avoid entering the facility if they have a cough or fever; wear facial coverings, maintain a minimum six-foot distance from one another; and not shake hands or engage in any unnecessary physical contact.
- Signage posting a copy of the Safe Reopening Plan at each public entrance to the facility.

## B. Measures To Protect Employee Health (Mandatory):

- Teleworking opportunities have been maximized.
- All employees have been told not to come to work if sick.
- All employees must either be screened for symptoms (cough, shortness of breath or trouble breathing, headache, fever, chills, muscle or body aches, fatigue, sore throat, congestion or runny nose, new loss of taste or smell, nausea or vomiting, diarrhea, exposure to individuals who have tested positive for COVID-19), or have their temperature taken upon returning to work. Alternatively, employees may self-screen or take their temperature before reporting to work. All employees with symptoms or a temperature of 100 degrees or more, should not be allowed in the workplace.
- All employees must wear facial coverings in the workplace, if within six feet of others.
- All desks or individual work stations are separated by at least six feet.
- Break rooms, bathrooms, and other common areas are being disinfected frequently, on the following schedule:  
Facilities cleaned nightly and every 45 minutes while the facility is open and staff are present.

- Personal Protective Equipment (PPE) has been provided at a level appropriate to employee job duties (describe below)

- Staff are provided with masks and gloves at every shift.
- Masks are to be worn anytime employees are within 6 feet of another staff member or patron.
- Gloves may be worn when handling money, when sanitizing, during medical assessments, and emergencies and any other time the employee feels more comfortable with them on.
- Gowns and eye protection are located in each of the crash bags and in the first aid room.
- Pocket masks with one way valves and a hip pack have been distributed to each lifeguard and will only be used by that person.
- Bag valve masks are available in each crash bag (used in first aid and emergencies)

## SAFE REOPENING PLAN

### B. Measures To Protect Employee Safety (Mandatory) Continued:

Soap and water are available to all employees at the following location(s):

- Employee lounge
- Employee restroom
- Public restrooms (both in individual gender neutral restrooms and those larger restrooms with some stalls, urinals, and sinks closed to maintain social distancing within them)
- First aid room

Copies of the Protocol have been distributed to all employees.

### C. Measures To Protect Customer Safety (Check all that apply to the facility):

Limit the number of customers in the store at any one time to **Current State Guidance** which allows for customers and employees to easily maintain at least six-foot distance from one another at all practicable times.

All patrons/visitors must have facial coverings in their possession and wear them within 6 ft. of another person

Curbside or outdoor service is made available where feasible.

Optional – Describe other measures:

See attached documents:

- Carlsbad Aquatics Safe Reopening Plan
- Reopening Protocols - Facility Maintenance - updated June 2020

### D. Measures To Keep People At Least Six Feet Apart (Check all that apply to the facility):

Placing signs outside the store reminding people to be at least six feet apart, including when in line. Including encouragement for pedestrian traffic to follow one-way migration paths, if appropriate.

Placing tape or other markings at least six feet apart in customer line areas inside the store and on sidewalks at public entrances with signs directing customers to use the markings to maintain distance.

All employees have been instructed to maintain at least six feet distance from customers and from each other, except employees may momentarily come closer when necessary to accept payment, deliver goods or services, or as otherwise necessary.

Appointment system is utilized, when appropriate.

Optional – Describe other measures:

- Lobby will be closed to patrons. Outside window and outside ticket booth will be used to assist patrons
- Signage directing where patrons should queue up for specific programs and marking 6ft distance in queues
- Lap swim limited to one person per lane. Masters and pre-comp limited to two person per lane. All participants must be pre-registered to a specific lane/location
- Recreation swim squares created and limited to family units of 5 or less
- Water aerobics class numbers reduced
- Public locker rooms closed. Private, gender neutral restrooms open as are outside showers available.

# SAFE REOPENING PLAN

## E. Additional Measures Specific to Business (Mandatory):

See attached documents:

- Carlsbad Aquatics Safe Reopening Plan
- Closure Plan for if a Person Associated with a Facility of Program Becomes Ill with COVID-19
- Reopening Protocols - Facility Maintenance - updated June 2020
- Email approval from County of San Diego Department of Environmental Health for Lifeguard and WSI Classes
- Email approval from California Department of Public Health for Lifeguard and WSI Classes
- Face Mask Accommodation Request Form

- City of Carlsbad COVID-19 Prevention Program

<https://www.carlsbadca.gov/civicax/filebank/blobdload.aspx?BlobID=46783>

- Information regarding COVID-19 in San Diego County

<https://www.sandiegocounty.gov/coronavirus.html>

Reopening Guidance for Cleaning and Disinfecting

<https://www.cdc.gov/coronavirus/2019-ncov/community/reopen-guidance.html>

- COVID-19 Industry Guidance: Fitness Facilities

<https://files.covid19.ca.gov/pdf/guidance-fitness--en.pdf>

- COVID-19 INDUSTRY GUIDANCE: Campgrounds, RV Parks, and Outdoor Recreation

<https://files.covid19.ca.gov/pdf/guidance-campgrounds.pdf>

- Outdoor and Indoor Youth and Recreational Adult Sports

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/outdoor-indoor-recreational-sports.aspx>

\*Any additional measures not included here should be listed on separate pages, which the business should attach to this document.

**You may contact the Health and Safety Coordinator with any questions or comments about this protocol:**

Name: **Tracy Stayton**

Phone Number: **760.268.4776**

Signature, Appointing Authority or Designee

*Tracy Stayton*

Date of Form Completed: 3/30/21

## Alga Norte and Monroe Street Pool Safe Re-opening Plan

### **Updates for all programs/patrons**

- Patrons encouraged to arrive and depart in their swim attire or plan to rinse off/change within their program's allotted time inside the facility.
- Rest rooms will be available in a limited capacity. Locker rooms will be closed. Outdoor showers will be available to rinse off before/after pool use swim (as long as it is within their program's allotted time to be in the facility). See diagrams below.
- Facial coverings will be required for all guests until they enter the water and upon exit from the water
- All guests must maintain 6ft of social distance at all times (in line outside the facility and while inside the facility)
- Shared equipment bins closed and locked—no shared equipment allowed. All equipment must be brought from home and leave with you upon exit.
- Chairs, bleachers, and tables and starting blocks have been removed from the facility to limit touch surfaces.
- Spectators will not be allowed on the deck. Only swimmers and staff permitted.
- Drinking fountains: NOT available for use. Patrons encouraged to bring their own, already filled, non-glass water bottles

### **Lap/Rec/Masters Swimming and AquaFit Classes**

- All lap swim, recreation swim, masters swimming and AquaFit must be pre-registered online up to one week in advance
- No drop-in admissions. This limits the number of people gathering at the facility (social distancing) and eliminates the handling of cash (high touch item)
- Programs will begin at the top of the hour and last for 45 minutes (ex: 10:00am-10:45am)
- Admission to the facility will not be permitted prior to the top of the hour
- Patrons must line up on the indicated queue in the front of the facility and recommend not lining up more than 5 minutes prior to entrance time in order to minimize crowding (ex: patron lap swim time is at 10:00am, patron allowed admission to the facility at 10:00am, patron may line up starting at 9:55am)
- In order to adhere to regular sanitation protocols, the entire facility will be cleared immediately at 45 minutes after the hour

Example:

10:00am-10:45am – patrons admitted into the facility to lap swim

10:45am – all patrons/participants cleared from the facility (including restrooms)

10:45am-11am – facility is sanitized

11:00am – next group of patrons is permitted to enter the facility

### **Lap/Masters**

- Lap/Masters swimming only one person per lane is permissible, even for persons from the same household. Patrons are encouraged to swim in the middle of the lane
- Swimmers will enter on the side of the pool that corresponds to their lane rental (ex: odd lanes will enter the lane on one side of the pool and even lanes on the other)

- Swimmers are encouraged to only stop on the side of the pool that correlates with their lanes assigned entry/exit point (ladders and stairs available for use to all patrons regardless of lane reserved)
- Lane numbers indicated on large buckets are located at the end of each lane. Swimmers allowed to place their items on these buckets during their swim. Buckets will be sanitized after each swim session.
- In order to maximize the number of lanes available, long course offerings have been suspended until further notice.

### **Rec Swim**

- Only 5 persons from the same household permitted per rec square. Patrons are encouraged to swim in the middle of the square
- Rec Squares are identified with white buckets on the deck. Each bucket will be clearly labeled with the Rec Square letter/number reserved.
- Participants must enter/exit and play only within their own Rec Square
- Parents must be in the water and within arm's reach of all children under 8 years old at all times
- No inflatables, floaties, rafts, mermaid tails, or water wings permitted
- US Coast Guard approved life vests only
- Life vests available upon request from the lifeguard and will be sanitized after each use
- Splash Pad is currently closed and not included in Rec Swim

### **Aqua-Fit & Deep Water Boot Camp**

- Class numbers have been lowered to allow for social distancing.
- Lane lines will remain in the water to create a barrier between participants
- Elimination of traveling workouts where participants pass one another. Each person has 6ft "bubble"
- All shared equipment (belts, barbells, etc.) will be sanitized between classes. Use of these items will not be permitted for the public outside class times
- Instructor to teach from the side. Microphone to assist with amplifying instruction

### **Private Lessons**

- Pre-registration is required for all private swim lessons
- All lessons will begin 15 minutes after the hour and last for 30 minutes (ex: 10:15am-10:45am)
- Admission to the facility will be permitted at 10 minutes after the hour (5 minutes prior to lesson's start time)
- Patrons must line up on the indicated area in the front of the facility. It is recommend patrons not line up more than 5 minutes prior to entrance time in order to minimize crowding (ex: lesson is at 10:15am, admission to the facility at 10:10am, patrons may line up starting at 10:05am)
- In order to adhere to regular sanitation protocols, the entire facility will be cleared immediately after each swim lesson (ex: lesson ends at 10:45am with adult and child immediately making their way to the exit).
- Each private lesson will be 1:1 with an instructor who will be wearing a mask and sunglasses. Parents advised to prepare their children for this interaction by explaining the mask and sunglasses as this may be a bit intimidating to children

- Children will not be required to wear a mask as this would inhibit their ability to practice in-water skills. However, parents will be required to wear face coverings upon entering/exiting the facility and when 6ft social distancing cannot be maintained.
- All toys/tools used during each lesson will be completely sanitized prior to the next lesson's use
- Number of spectators limited to one adult for the child (and siblings if necessary, but they must remain within arms-reach of parent at all times so as to maintain social distance from others)
- As always, rec swim will not be permitted before or after swim lesson
- Specific instructors for private lessons cannot be guaranteed

## **Staff**

### **Guidelines for Staff Room Use**

- Only one person will be allowed in the staff lounge at a time
- Crowding should be avoided during overlapping shifts (clocking in/out)
- No down rotations or "hanging out" will be allowed in the staff room. Lifeguards will have a canopy outside and must maintain social distancing
- Commonly used surfaces should be cleaned each time the facility closes for programming to the public (i.e. every 45 minutes) and more often if necessary. This includes frequently touched items (door handles, refrigerator, microwaves etc.)

### **PPE**

- Staff are provided with masks and gloves during every shift, as needed
- Masks are to be worn anytime employees are within 6 feet of another staff member or patron
- Gloves may be worn when handling money, when sanitizing, during medical assessments, and emergencies and any other time the employee feels more comfortable with them on
- Gowns and eye protection are located in each of the crash bags and in the first aid room
- Pocket masks with one way valves, reusable masks, and a hip pack have been distributed to each lifeguard and will only be used by that person
- Bag valve masks are available in each crash bag (used in first aid and emergencies)

### **Front Counter Staff**

- Lobby (Alga) will be closed to patrons.
- One staff person in each ticket booth and one behind the front counter using the outside window (Alga)
- One front counter person only in lobby (MSP)
- Sneeze guards installed (Alga and MSP)

## **Lifeguards**

### **Changes to Rotation Procedure**

- Social Distances must be maintained during rotations
  - Lifeguard coming in to rotation should stand 6 feet away from the tower while Lifeguard in the chair disinfects stand
- Proper PPE should be worn during rotations
- Lifeguards should disinfect the tower (chair and hand rails) after each rotation
- A radio will be placed on each tower inside a waterproof bag each day by the Senior Lifeguard

- Checked out Lifeguard tubes are to be disinfected after each use each working shift
- Communal hip packs will no longer be available. Each lifeguard will be issued their own hip pack and pocket mask. Staff is responsible for bringing it with them to each shift

#### **Changes to In-Water Rescue EAP Procedure**

- Lifeguards should attempt reaching assists (Lifeguard tube & Shepherd's hook) and throwing assists (ring buoy) before entering the water
- Lifeguards should remove their mask before entering the water for a rescue
- For active victim rescues, Lifeguard should use the rear victim rescue where applicable
- Lifeguards should avoid face to face contact with the victim
- Back up Coverage Lifeguard, Lifeguards assisting with the extrication, and Lifeguards responding with Oxygen/AED should have appropriate PPE
- Once the Rescuing Lifeguard is out of the water, they should put on appropriate PPE

#### **Changes to On-Land EAP Procedure**

- Start each patient assessment at 6ft distance
- Each rescuer should wear the appropriate PPE (mask, eye protection, and gloves)
- Treat all patients as if they are potentially infectious
- Limit the number of responders at the scene
- During a respiratory emergency, prioritize the use of a Bag Valve Mask
- Put a facemask over the patient if it is tolerated
- Use all available appropriate PPE (gloves, mask, and protective eye wear- not sunglasses)
- Any disposable soiled equipment should be disposed in a red biohazard bag
- AEDs and pulse oximeters are to be disinfected after use
- Any equipment used in an emergency should be disposed if they are disposable (BVM, Pocket mask, Non-rebreather mask, first aid equipment, etc.)
- Document all responders that came into contact with the victim

#### **General Lifeguard Guidelines During COVID-19**

- Appropriate PPE should be worn at all times
- Social distancing should be maintained before other staff members and the public at all times except during emergency
- Staff should frequently wash their hands
- Pool water cannot be used to disinfected objects. Items must be sanitized with approved solution
- Staff must arrive in uniform and limit the personal belongings they bring into the facility
- Day use lockers will not be allowed

#### **Programs Cancelled**

- Group Swim Lessons
- Aquatics and Junior Guard Camps
- Birthday Parties
- Inflatable Zone

#### **Amenities Closed**



- Spa
- Gym
- Splash Pad
- Locker Rooms
- Diving Boards

## CITY OF CARLSBAD – PARKS & RECREATION DEPARTMENT

### Closure Plan for if a Person Associated with a Facility or Program Becomes Ill with COVID-19

#### Staff response to a report of a person experiencing COVID-19 like symptoms

- Report the incident and location to the Facilities Division at 760-434-2943
  - Reports should be made confidentially and not shared with entities outside of the organization.
  - Leadership and supervisors should be informed in accordance with established protocols and chain of command.
- Close off all areas potentially used by the infected individual using temporary obstructions such as a chair with a sign posted. Depending on the location and time, Facilities Division will provide further instructions and support to obstruct the area from further traffic. Note: Avoid blocking hallways or exit routes.
  - Department, Facilities Division and/or HR management will identify which general areas need to be closed off and cleaned and no infected individual should be identified through this process.
  - To limit the identification of specific employees, please block entire areas and do not place signs on or block specific offices or cubicles.
- Open outside doors and windows to promote air circulation of the area.

The current CDC recommendations on wearing disposable gloves, gowns, masks as well as face masks when cleaning contaminated surfaces are as follows:

- The risk of exposure to cleaning staff is inherently low. Cleaning staff should wear disposable gloves and gowns for all tasks in the cleaning process, including handling trash.
  - Gloves and gowns should be compatible with the disinfectant products being used.
  - Additional PPE might be required based on the cleaning/disinfectant products being used and whether there is a risk of splash.
  - Gloves and gowns should be removed carefully to avoid contamination of the wearer and the surrounding area. Be sure to clean hands after removing gloves.
  - If gowns are not available, coveralls, aprons or work uniforms can be worn during cleaning and disinfecting. Reusable (washable) clothing should be laundered afterwards. Clean hands after handling dirty laundry.
- Gloves should be removed after cleaning a room or area occupied by ill persons.
- Clean hands immediately after gloves are removed.
- Cleaning staff should immediately report breaches in PPE such as a tear in gloves or any other potential exposures to their supervisor.
- Cleaning staff and others should clean hands often, including immediately after removing gloves and after contact with an ill person, by washing hands with soap and water for 20 seconds. If soap and water are not available and hands are not visibly dirty, an alcohol-based hand sanitizer that contains at least 60% alcohol may be used. However, if hands are visibly dirty, always wash hands with soap and water. Custodial staff should also follow the best practices of changing soiled or potentially contaminated clothes prior the end of shift and before driving their

personal vehicle home. Dirty or soiled clothes should be placed in a trash bag while wearing gloves before being put in the car, preferably the trunk, then the gloves disposed of and hands washed. Clothes washed at home should be put directly into the washing machine from the trash bag to minimize contact with the soiled clothes.

### **Staff Response to a report of a person testing positive**







In addition to the steps above:

- The CDC recommends avoiding the area for at least 24 hours or as long as practical before cleaning.
  - In accordance with current CDC guidelines, Facilities Division will deploy professional cleaning contractors to clean and sanitize the area. Contractor shall clean and sanitize all areas, including all common areas used by the infected individual, focusing on frequently touched surfaces.
  - Department, Facilities Division and/or HR management will identify which general areas need to be cleaned and no infected individual should be identified through this process.



# Alga Norte Aquatic Center



-  Not in use
-  Odd number lap swim lanes
-  Even number lap swim lanes
-  Rec Square
-  Restrooms available for use
-  Private restrooms available for use





**From:** Haboud, Nicole <Nicole.Haboud@sdcounty.ca.gov> on behalf of LUEG, FHDUTYEH <DEH.FHDUTYEH@sdcounty.ca.gov>  
**Sent:** Thursday, November 19, 2020 2:16 PM  
**To:** Tracy Stayton  
**Subject:** RE: American Red Cross Lifeguard and Water Safety Instructor Trainings

Good afternoon,

Thank you for contacting the Department of Environmental Health Food and Housing Division. You do not need any approvals from our department to provide these course. Please see the state guidance on public pools linked below, as long as your guidance covers the requirements set by the state you can proceed with your operations and training courses.

State guidance: <https://files.covid19.ca.gov/pdf/guidance-fitness.pdf>

Please let me know if you have any other questions.

*Thank you,*



**Nicole Haboud, MPH, REHS**

Environmental Health Specialist II

County of San Diego, Department of Environmental Health

Food and Housing Division | [www.sdcdeh.org](http://www.sdcdeh.org)

Office: 858-505-6900 | Mon-Fri 8am – 4:30pm

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**From:** Tracy Stayton <Tracy.Stayton@carlsbadca.gov>  
**Sent:** Thursday, November 19, 2020 1:51 PM  
**To:** LUEG, FHDUTYEH <DEH.FHDUTYEH@sdcounty.ca.gov>  
**Subject:** American Red Cross Lifeguard and Water Safety Instructor Trainings

Dear Sir or Madam,

I am writing to inquire about any specific limitations or guidelines San Diego County with regards to hosting American Red Cross Lifeguard Training courses and American Red Cross Water Safety Instructor courses in the City of Carlsbad. I have attached our Safe Re-Opening plan submitted, including our updated procedures on how we would uphold social distancing and mask protocols during these first responder courses. Is there any other guidance you can provide or permissions we need to receive in order to host these essential first responder courses?

Warmest regards,  
Tracy



Tracy Stayton  
Recreation Area Manager  
760-268-4776 | [tracy.stayton@carlsbadca.gov](mailto:tracy.stayton@carlsbadca.gov)  
6565 Alicante Road  
Carlsbad, CA 92009  
[www.carlsbadca.gov](http://www.carlsbadca.gov)

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**From:** Essential Services Inquiries [<mailto:EssentialServicesInquiries@cdph.ca.gov>]  
**Sent:** Thursday, November 19, 2020 1:56 PM  
**To:** Tracy Stayton <[Tracy.Stayton@carlsbadca.gov](mailto:Tracy.Stayton@carlsbadca.gov)>  
**Subject:** RE: American Red Cross Lifeguard and Water Safety Instructor Trainings

Thank you for your inquiry.

American Red Cross lifeguarding and Emergency Medical Response classes are essential as they support essential work and are therefore permissible. There is no guidance on first responder training.

Regards,

California Department of Public Health  
Essential Services Inquiries



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**From:** Tracy Stayton <[Tracy.Stayton@carlsbadca.gov](mailto:Tracy.Stayton@carlsbadca.gov)>  
**Sent:** Thursday, November 19, 2020 1:50 PM  
**To:** Essential Services Inquiries <[EssentialServicesInquiries@cdph.ca.gov](mailto:EssentialServicesInquiries@cdph.ca.gov)>  
**Subject:** American Red Cross Lifeguard and Water Safety Instructor Trainings

Dear Sir or Madam,

I am writing to inquire about any specific limitations or guidelines the State of California may have with regards to hosting American Red Cross Lifeguard Training courses and American Red Cross Water Safety Instructor courses in the City of Carlsbad (San Diego County). I have attached our Safe Re-Opening plan submitted to San Diego County, including our updated procedures on how we would uphold social distancing and mask protocols during these first responder courses. Is there any other guidance you can provide or permissions we need to receive in order to host these essential first responder courses?

Warmest regards,  
Tracy



Tracy Stayton  
Recreation Area Manager  
760-268-4776 | [tracy.stayton@carlsbadca.gov](mailto:tracy.stayton@carlsbadca.gov)  
6565 Alicante Road  
Carlsbad, CA 92009  
[www.carlsbadca.gov](http://www.carlsbadca.gov)



# County of San Diego

## DEPARTMENT OF ENVIRONMENTAL HEALTH FOOD AND HOUSING DIVISION



P.O. BOX 129261, SAN DIEGO, CA 92112-9261  
Phone: (858) 505-6900 | 1 (800) 253-9933 | FAX: (858) 505-6998 | [www.sdcdelh.org](http://www.sdcdelh.org)

## Public Swimming Pool Operations During COVID-19 Guidance

**For swimming pool facilities to safely reopen, and maintain social distancing and operational best practices during the COVID-19 pandemic, utilize the following guidance:**

### Disinfection Plan and Oversight

- Complete and post the County of San Diego's required [Safe Reopening Plan \(Plan\)](#). In the Plan, describe how the measures in this guidance document will be met. The plan must be posted onsite at the facility, it does not need to be submitted to the County.
- Designate a person to be responsible for evaluating and implementing the measures in the Plan and in this guidance document. Determine who will ensure that the measures are being followed.
  - For an HOA, the designated person responsible for the pool/pool area is typically the HOA Manager or an HOA board member.
- Designate a person to be responsible for monitoring the restroom or changing rooms to ensure that the facilities are stocked with soap, paper towels, and has running water.
- Increase the frequency of restroom and changing room cleaning and disinfection based on the volume of pool/pool area use.
- Restrooms and showers must remain open to allow access by pool/pool area users and should be frequently disinfected.

### Disinfection Guidance

- Frequently disinfect common touch points, such as chairs, tables, entry/exit gate and door handles, pool handrails, restroom facilities, shower water faucet handles, changing room benches and lockers, pool kickboards and floatation devices, slides, structures for climbing or playing, and any other common touch points, using a disinfectant that is [EPA approved](#) and effective against Coronavirus. If pool facilities are in continuous use, hourly disinfection is recommended. For less frequently used pool facilities, disinfection between users is recommended.
- At locations with no onsite person to monitor disinfection efforts, provide disinfection wipes that the pool/pool area users can use to disinfect common touchpoints before and after use.

### Limit Users

- Ensure proper social distancing is maintained by all pool users that are not part of the same household. Limit the number of persons on the pool deck and in the pool to ensure six feet of social distancing is always maintained.
- Changing rooms and restrooms should be monitored to ensure that the number of people inside at one time allows for proper social distancing. Changing rooms (not restrooms) may need to be closed or have limited access to achieve proper social distancing.
- Consider implementing reservations for pool use or implementing other mechanisms to support physical distancing. This could include reserving full-lanes for individual lap swimming and half-lanes for individual household use.

# Public Swimming Pool Operations During COVID-19 Guidance cont'd

## **Social Distancing**

- All chairs and tables must be set up to maintain 6 foot social distancing. Remove, store, or label unused tables and chairs to prevent use. Each facility must ensure that the spacing of the chairs and tables still provides a clear deck space of 4 feet around the pool and/or spa/hot tub, as required by State law.

## **General Requirements**

- Facilities may allow the use of spray grounds and water features, if proper social distancing can be maintained by all users that are not part of the same household. If proper social distancing cannot be maintained or monitored, then these features should be prohibited from use.
- Use of indoor pools are allowed if indoor ventilation systems are operating properly. In addition to the ventilation system, increasing the introduction and circulation of outdoor air by opening windows and doors is recommended as long as this does not pose a safety risk to children, staff, or pool/pool area users.
- Drinking fountains should be covered to prevent usage unless specifically designed to provide touchless, automatic water dispensing to fill water containers. Individuals can bring their own water in a non-glass container if beverages are allowed in pool area.
- Use of spas/hot tubs and steam rooms is not allowed at this time.
- When feasible, it is recommended that swim lesson and group activity instructors teach from the pool deck. For those swim classes that require face-to-face or close contact, use a parent or member of the same household to be in the water with the child, or have the swim instructor wear a face covering and work with the student in a one-on-one capacity. Participants of group swimming lessons, group fitness classes, and spectators on the pool deck should always maintain social distancing of six feet.

## **Resources**

Information regarding COVID-19 in San Diego County: [www.coronavirus-sd.com](http://www.coronavirus-sd.com).

[Centers for Disease Control and Prevention Swimming Pool Guidance](#)

[State Guidelines for Fitness Facilities](#)

For questions regarding public swimming pool operations, please contact DEH at (858) 505-6900 or via email at [fhduyeh@sdcounty.ca.gov](mailto:fhduyeh@sdcounty.ca.gov).



## **Lifeguard Academy COVID Protocols**

### **General Safety Guidelines**

- Participants will take their temperature and symptom check before each session
- Participants will maintain 6 feet of social distancing when possible
- Participants will wear masks when possible
- Participants will be paired with the same individual for skills practice throughout the entire course
- Participants will be encouraged to wash their hands and use hand sanitizer frequently
- Classes will have a max capacity of 8 participants
- Participants will receive their own hip pack, whistle, and resuscitation mask

### **CPR Skills**

- Participants will wear a mask during land skills, except when practicing ventilations
- Participants will be partnered with the same person throughout the entire course for the following skills: Two person CPR, Bag valve mask and Conscious choking
- During multi rescuer response scenarios, two pairs will work together for a total of four
- Participant to manikin ratio will be 1:1 when possible
- Mannikins and shared equipment (BVMs & AEDs) will be sanitized after each use

### **Water Rescue Skills**

- Participants will wear their mask whenever possible during water skills sessions
- Participants will remove their mask to perform the following skills: Compact & Stride Jump (rescuer), Passive Rescues on the top of the water (rescuer and victim), Submerged victim rescue (victim and rescuer), Ventilations in the water (victim) and Over Arm Head Splint technique with a victim face down victim (victim)
- Participants will be paired with same person during in water drills that will not change throughout the course

# Plan for safely offering the American Red Cross Water Safety Instructor (WSI) Course

The American Red Cross WSI course consists of a blended learning approach; online modules supplement classroom learning and in-water skill sessions.

This course will be offered internally, only to those already employed with the City of Carlsbad.

## Online Modules:

- The online portion of the WSI course will be accomplished at home on a personal computer which allows for isolated learning (complies with social distancing standards as outlined in the Aquatic Center's Safe Re-Opening Plan).

## In-Facility Portion:

All trainers and participants will perform a self-screening for symptoms and fever prior to participating in the course each in-person session.

- The in-water skill sessions will be completed in compliance with the Aquatic Center's Safe Re-Opening Plan
  - Candidates will be required to wear face masks while in the facility until entering the water and immediately after exiting the water.
  - Candidates will maintain social distance while completing the in-water skills by limiting each lane to one candidate and mandating that each individual swims in the center of their assigned lane, which creates approximately 8 feet of distance (e.g. Guidance for Lap/Masters Swimming).
  - "Introduction to Hydrodynamic Principles" is a section of the WSI course normally taught in a group setting, this section will be augmented to adhere to Safe Re-Opening procedures. Lane lines will be left in position to create physical distancing barriers and lanes will be limited to 4 candidates per lane (e.g. Guidance for Aquatic Fitness classes). This will provide each participant 8 feet of distance left-to-right and about 18 feet front-to-back in which to explore the Hydrodynamic Principles independently.
- The four 5-minute practice teaching scenarios will be supplemented with one session of "shadow teaching".
  - Candidates will be partnered with a currently certified instructor and will stay with that instructor for the duration of their shadowing, reducing exposure to additional people
  - Candidates will wear a face mask the entire time while shadowing.
  - The WSI Trainer will observe (while maintaining social distance) 5 minutes of 4 of these shadow lessons and provide feedback to the WSI candidate while wearing a mask.
- The final written examination will be done by appointment only, limiting participants allowed per time slot to decrease the number of people and maintain distancing requirements.
  - Candidates will take their exams one candidate per table
  - Masks must be worn the duration of the exam



**Face Mask Accommodation Request Form**

The California Department of Health and San Diego County Health Order requires a face covering be worn when inside of, or in line to enter, any indoor public space, unless the person qualifies for an exemption. Persons who are under two years of age, or who have a disability, or a medical or mental health condition that prevents wearing a face covering are exempt.

Those who are exempt from the County Health Order’s face covering requirement may request a reasonable accommodation. The Parks & Recreation Director will consider your request to see if there are accommodations that may be offered while maintaining safety for employees and members of the public.

Name \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone \_\_\_\_\_

What service are you requesting an accommodation to use?

Do you have a disability, medical condition or mental health condition that prevents you from wearing a face covering?

Please Circle One: YES NO

For which location are you requesting an accommodation? (Please Circle One)

Alga Norte Aquatic Center	Calavera Hills Community Park Playground	Holiday Park Playground	Pine Avenue Community Park Playground	Stagecoach Community Center
Alga Norte Community Park Playground	Cannon Park Playground	Hosp Grove Park Playground	Poinsettia Community Park Playground	Calavera Hills Community Center
Aviara Community Park Playground	Hidden Canyon Community Park Playground	La Costa Canyon Park Playground	Stagecoach Community Park Playground	Leo Carrillo Historic Ranch Park Buildings
Cadencia Park Playground	Monroe Street Pool	Laguna Riviera Park Playground	Pine Avenue Community Center	The Crossings at Carlsbad Golf Course Clubhouse

SIGNATURE \_\_\_\_\_

Thank you for your request. All requests will be reviewed and patrons will be contacted within 24 hours with additional information.