

SWIMRVA | CORONAVIRUS (COVID-19)

SwimRVA is committed to ensuring that every employee, team player and guest is in a safe environment. We understand your recent concerns about the spreading of the Coronavirus Disease 2019 (COVID-19). SwimRVA is continuing to maintain its high standards of safety, cleanliness and sanitation. We will continue to improve our policies and procedures to align with the Center for Disease Control (CDC) and the World Health Organization (WHO). As the COVID-19 situation evolves, we are constantly working to improve our methods, including;

- Following CDC and OSHA guidelines (or better) for disinfecting surfaces to neutralize potential exposure to COVID-19
- Disinfecting high touch surfaces daily (e.g. tables, hard-backed chairs, doorknobs, light switches, remotes, handles, desks, toilets, sinks, exterior of lockers, weights, yoga mats, etc)

COVID-19 is known to spread from person to person through close contact, similar to how the flu is transmitted. The [CDC has verified that the Coronavirus is not transmitted through pool water](#) or hot tubs using chlorine or bromine as their sanitation process. COVID-19 can be disinfected using chlorine and ultraviolet processes. Both are employed at SwimRVA. They are continuously monitored through state-of-the-art equipment in order to provide the safest possible environment in our pools.

Please see the following from SwimRVA:

1. We ask all employees, team players and guests to practice respiratory etiquette, hand hygiene, and other precautionary measures that mitigate transmission.
 - We strongly encourage all employees, team players and guests to visit the lobby or closest restroom upon arrival to the building to wash your hands prior to reporting to work area or participating in any activity

- Cover any cough or sneeze into your upper sleeve/elbow, not your hands.
 - Wash your hands thoroughly (for 20 seconds) as often as possible
2. SwimRVA staff has created a daily sanitation schedule of surfaces and bleach solution to help mitigate the virus on any surfaces. CDC recommends 1:50 bleach solution. SwimRVA will be using approx. 1:21 bleach to water solution (this is mostly because of the potency of pool bleach when compared to household bleach)
 3. If you or a family member has traveled to a U.S. State Department Level 2 or Level 3 international destination in the last few weeks or moving forward, please inform SwimRVA Management. If you have traveled to one of these locations and you are experiencing any of the following symptoms, we ask that you seek medical attention and not participate in any activity for at least 14 days:
 - Fever
 - Cough
 - Shortness of breath
 - <https://travel.state.gov/content/travel/en/traveladvisories/traveladvisories.html/>
 - <https://travelmaps.state.gov/TSGMap/>
 4. If you or a family member has been tested positive for COVID-19 and have visited the aquatics center, please notify SwimRVA management.

COVID-19 UPDATES FROM SWIMRVA:

March 12, 2020

1. SwimRVA has completed a full facility sanitation and bleach-wash of every surface in the facility including doorknobs, lockers, bathrooms, weights, mats, walls (to eye level), tables, chairs, workspaces, fitness equipment, bleachers, mezzanine, and all floors.
2. As part of our risk-management efforts we have closed our mezzanine and all bleachers except for one section for SwimRVA Swim School participants and SwimRVA Rapids Swim and Water Polo Teams. If possible, we ask that all parents wait in their vehicles or in the lobby.
 - We ask that all patrons, when possible, to come to practice or session already dressed in their swimsuits or fitness gear.

March 13, 2020

1. Land fitness classes and equipment: All fitness equipment used for land fitness will be cleaned and disinfected at the conclusion of class and not to be reused until sanitized. Due to the nationwide shortage of Clorox and Gym Wipes, we have created our own SANITATION STATION on the east side of the competition pool deck. Sanitation procedures:
 - Participants will be asked to walk any equipment used during class to the east pool deck sanitation station and place in the dirty section
 - SwimRVA staff will sanitize equipment with bleach-based solution
 - SwimRVA staff will return equipment to the community or weight room
 - If a participant is unable to walk the equipment to the sanitation station, the fitness instructor will do so at the conclusion of class
 - ALL YOGA MATS MUST BE SUPPLIED BY THE PARTICIPANT. SwimRVA will no longer provide YOGA mats for class.

- Chairs will be plastic folding chairs only. The soft seated chairs have been removed from the active facility spaces. At the conclusion of class, participants or the fitness instructor will place their chair on the chair rack. The fitness instructor will take the chair rack to the sanitation station and swap with a sanitized rack of chairs and place back in the appropriate room.

This process will be a wonderfully smooth and coordinated effort.

2. Soft seating in the lobby has been removed and placed in non-active spaces of the building. Parents are reminded of the limited space we have for them in the building during team practices. A few plastic chairs have been set in the lobby.
3. All SwimRVA vendors are being contacted to ensure they are following best practice and guidelines for employee and team member safety. All vendors will be asked to ensure their associates are following the same protocols as SwimRVA staff.
4. SwimRVA Safety School will continue to offer scheduled classes. Students will be given their own safety/barrier mask to keep and use during the training. Physical touching outside the pool will be kept to the absolute minimum. CPR mannequins will be fully sanitized at the sanitation station at the conclusion of each day's class per normal operating guidelines.
5. Daily facility sanitation schedule and touch point sanitation workflow is being created. Currently, full time staff and lifeguards are sanitizing touch points for Friday 3/13/2020.
6. Birthday parties will take place this weekend. All tables will be covered with plastic tablecloths as normal. All plastic coverings will be replaced between parties and the community room windowsills and doors sanitized between parties. Clients will be reminded to ask guests who are symptomatic to not attend.

Patients with COVID-19 have experienced mild to severe respiratory illness.

Symptoms* can include

FEVER



COUGH



***Symptoms may appear 2-14 days after exposure.**

SHORTNESS OF BREATH



Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.



For more information: www.cdc.gov/COVID19-symptoms

What to do if you are sick with coronavirus disease 2019 (COVID-19)

If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.

Stay home except to get medical care

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

Separate yourself from other people and animals in your home

People: As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

Animals: Do not handle pets or other animals while sick. See [COVID-19 and Animals](#) for more information.

Call ahead before visiting your doctor

If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

Wear a facemask

You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

Avoid sharing personal household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

Clean your hands often

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

Clean all "high-touch" surfaces every day

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

Monitor your symptoms

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). **Before** seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed.

Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate. When working with your local health department check their available hours.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

Discontinuing home isolation

Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.



For more information: www.cdc.gov/COVID19

What you need to know about coronavirus disease 2019 (COVID-19)

What is coronavirus disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

Can people in the U.S. get COVID-19?

Yes. COVID-19 is spreading from person to person in parts of the United States. Risk of infection with COVID-19 is higher for people who are close contacts of someone known to have COVID-19, for example healthcare workers, or household members. Other people at higher risk for infection are those who live in or have recently been in an area with ongoing spread of COVID-19. Learn more about places with ongoing spread at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html#geographic>.

Have there been cases of COVID-19 in the U.S.?

Yes. The first case of COVID-19 in the United States was reported on January 21, 2020. The current count of cases of COVID-19 in the United States is available on CDC's webpage at <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>.

How does COVID-19 spread?

The virus that causes COVID-19 probably emerged from an animal source, but is now spreading from person to person. The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads. Learn what is known about the spread of newly emerged coronaviruses at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>.

What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of

- fever
- cough
- shortness of breath

What are severe complications from this virus?

Some patients have pneumonia in both lungs, multi-organ failure and in some cases death.

How can I help protect myself?

People can help protect themselves from respiratory illness with everyday preventive actions.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

If you are sick, to keep from spreading respiratory illness to others, you should

- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

What should I do if I recently traveled from an area with ongoing spread of COVID-19?

If you have traveled from an affected area, there may be restrictions on your movements for up to 2 weeks. If you develop symptoms during that period (fever, cough, trouble breathing), seek medical advice. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to take everyday preventive actions, like avoiding close contact with people who are sick and washing your hands often.

Is there a treatment?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.

