

LAP SWIM GUIDELINES

The plan for lap swim usage at the Mount Rainier Pool during the COVID-19 pandemic will be based off Washington State and Seattle/King County Department of Health and CDC guidelines. Pool management has worked with other aquatics and health department professionals to disseminate this information and follow best practices to develop a safe environment for users, staff and the surrounding community.

Age Limit

All patrons must be 13 or older during the initial re-opening. Age restrictions will be modified as directives change.

Before You Visit

Please be aware of the following changes before you visit:

- Have a Reservation Before Using the Pool
- Wear a Mask at All Times Outside of Water
- Be Prepared to answer State-Mandated Health Screening Questions before admittance
- Arrive Ready to Swim (changed into your swimsuit)
- Bring a Pre-Filled Water Bottle
- Sign a COVID-19 Waiver (Found in front lobby at MRP)
- Follow All Directional Signs and guidance from staff throughout the Facility

Before Leaving Home

Before going to the pool, please ask yourself:

- Have you been ill or feel ill in anyway?
- Have you experienced any flu like symptoms such as fever, coughing, difficulty breathing, body aches, vomiting, and diarrhea?
- If you have a thermometer, a fever check should be conducted. (If you have a temperature of 100.4 or Higher, please stay home.)
- If you experience illness, coughing or sneezing profusely, or a fever you should stay home.
- If you test positive for COVID-19, please wait 14 days from the end of symptoms to resume swimming.
- For full list of potential symptom, [click here](#).

If you need to cancel your reservation, please call us at (206) 824-4722.

Reservations

- All patrons are required to make a reservation before using the facility, this includes water exercise. See schedule at bottom of page for exact times. Reservations can be made two (2) business days prior.
- Reservations are limited to one person per water exercise class.
- Participants cannot hold multiple spots for other patrons.
- Participants can pay while making a reservation or when they arrive for their appointment.
- A \$5.00 same-day cancellation/no show fee will be added to your account and must be paid before future usage.
- Having a current pass does not give you priority to use the pool.
- No Walk-ins.
- Reservations can only be made by phone or in person. To make a reservation, call us at (206) 824-4722.
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Payment/Pass Holders

Please be aware of the following changes during the re-opening phase of Mount Rainier Pool.

Current 3-Month and Annual Pass Holders: All current pass holders will have their passes held until the schedule is back to normal or they feel safe at the pool. Pass holders can use the pool during preliminary phases and have their uses deducted from the remaining days on their passes. Please call for details. No 3-month or Annual Passes will be sold until Phase 4 of Washington State's Safe Start Plan.

Daily Entry Fees and 10-Visit Passes: These passes will be honored and sold at the front desk. We strongly encourage you to pay by check or credit card to minimize the potential transfer of the disease.

Health Benefit Passes: Active and Fit, Silver and Fit, Silver Sneakers and Prime memberships will be accepted.

Arriving at Facility/Before You Swim

All swimmers arrive to swim in their swimsuits ready to swim. The showers, lockers and drinking fountains will not be available. All swimmers must arrive wearing face covering/mask. Please follow all signage and markings throughout the facility, and any further guidance provided by pool staff onsite. Patrons will only be given access to the facility ten-minutes before their scheduled time.

1. Check-in at front desk.

2. Walk down hallway and wait on a designated social distancing marking (“X”) for the lifeguard to give you access to the pool deck.
 - a. Note-Lobby and hallway have increased filtration and air flow.
3. Upon entering the pool deck, follow the directions posted and staff direction to your designated lane. A chair and area have been setup for you to place your personal items.
4. Take off your mask, enter the pool and start swimming.

During Your Swim

According to the Washington State Department of Health’s Program Manager, all patrons must keep six feet of distance at all times. Their direction at the time of re-opening is that a maximum of one swimmer per lane unless from the same household. Caregivers with documentation will also be allowed to be within six feet of distance but must be performing these duties while in the water.

No facility-owned equipment (kick boards, pull buoys, fins or hand paddles) will be provided during swimming. Patrons should bring their own equipment.

Staff will sound the end of your swim by blowing one long whistle blast. Please leave the pool promptly.

Leaving

Swimmers should dry off, don masks before leaving their personal area at the end of their designated lane. Please leave the pool and deck promptly.

Please exit through the locker rooms and leave promptly. It is okay to change/ put clothing on in the locker rooms, but no showering will be allowed.

You may use the restroom facilities in the locker room, but please leave promptly to allow staff to adequately clean all high-touch areas.

Staff Direction

It is paramount that all users follow staff direction to ensure safety for all patrons. Staff will have a “Social Distancing Officer” that will monitor and enforce all social distancing to ensure lifeguards and other staff can concentrate on safety and regular duties. Any patron that violates staff direction may face a suspension from the facility.

COVID-19 RE-OPENING POOL SCHEDULE
Monday-Saturday (No Sundays)
December 7th- 19th

Maximum 1 Lap Swimmer (2 Per Household) Per Lane in Deep End, 1 Water Walker Per Lap Lane Line in Shallow End and Maximum of 8 Water Exercise Participants.						
SHALLOW END						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday-NEW
5:30-6:30am	Water Walk	Water Walk	Water Walk	Water Walk	Water Walk	
6:45-7:45am	Water Walk	Water Walk	Water Walk	Water Walk	Water Walk	
8:00-9:00am	Water Ex.**	High-Risk Water Walk*	Water Ex.**	High-Risk Water Walk*	Water Ex.**	
9:15-10:15am	Silver Water Ex****	Water Ex.**	Silver Water Ex****	Water Ex.**	Silver Water Ex****	
10:30-11:30am	Water Walk	Water Walk	Water Walk	Water Walk	Water Walk	11:00am-12:00pm
Noon-1:00pm	Water Walk	Water Walk	Water Walk	Water Walk	Water Walk	Water Walk
1:00-4:00pm	CLEANING	CLEANING	CLEANING	CLEANING	CLEANING	12:15-1:15pm
4:00-5:00pm	Water Walk	Water Walk	Water Walk	Water Walk	Water Walk	Water Walk
5:15-6:15pm	Water Walk	Water Walk	Water Walk	Water Walk	Water Walk	
6:30-7:30pm	CLEANING	Water Ex.**	CLEANING	Water Ex.**	CLEANING	
DEEP END						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday-NEW
5:30-6:30am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	
6:45-7:45am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	
8:00-9:00am	Lap Swim/Walk***	Lap Swim/Walk***	Lap Swim/Walk***	Lap Swim/Walk***	Lap Swim/Walk***	11:00am-12:00pm
9:15-10:15am	Lap Swim/Walk***	High-Risk Lap Swim/Walk*	Lap Swim/Walk***	High-Risk Lap Swim/Walk*	Lap Swim/Walk***	Lap Swim
10:30-11:30am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	12:15-1:15pm
Noon-1:00pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
1:00-4:00pm	CLEANING	CLEANING	CLEANING	CLEANING	CLEANING	
4:00-5:00pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	
5:15-6:15pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	
6:30-7:30pm	CLEANING	Lap Swim/Walk***	CLEANING	Lap Swim/Walk***	CLEANING	

*High-Risk Swim Times include Water Walking and Lap Swimming for people with a high-risk to COVID-19.

**Water Exercise is limited to the first eight participants. (No Lap Lane Reservations Accepted.)

***Water Walking is allowed in Lap Lanes during Water Exercise Classes.

****Silver Water Exercise - SilverSneakers, Silver and Fit and Other Accepted Health Insurance Plans Cover Attendance. (Call for Details).

Pool times staggered and by appointment only to limit contacts and ensure social distancing.

ALL POOL USAGE DURING THIS PHASE IS APPOINTMENT ONLY!

For more information, visit www.mtrainierpool.com or call us at 206.824.4722.

To make a reservation please call 206.824.4722 or email lauryne.newman@desmoinespool.org

OTHER IMPORTANT INFORMATION (FAQ)

Time in Pool

Please be aware that ensuring proper safety and social distancing may cut into swimmers' time in the pool. Promptly following directions will help us to make sure everyone gets equal access to the pool during their allotted time slot.

Our main goal is to provide a safe environment and staff have been directed that it is paramount to take their time to properly enforce social distancing as well as thoroughly sanitize the facility.

High-Risk Swimmer Times

We have set aside Tuesday and Thursday mornings from 9:15am to 10:15am for high-risk swimmers. If you are at a high-risk of contracting the

Coronavirus, these times are available. Call us at (206) 824-4722 for more information.

High-risk users include people with the following conditions:

- Ages, 65 and older
- Chronic lung disease or asthma
- Serious heart conditions
- Compromised immune system
- Cancer survivors
- Diabetes
- Obesity

Parents/Spectators

The goal is to limit visitors to the pool at re-opening to lower the chance of exposure to the disease and to allow staff to focus on cleaning less high-touch surfaces more frequently. Parents and spectators can wait in their vehicles until their swimmers are finished. Once restrictions lessen, the District will put out more guidance for lobby and spectator areas.

Once parents/ spectators are allowed to remain to observe swimmers, they will be required to follow of the same guidelines, parents should:

- Wear face coverings/masks.
- Will be asked screening questions by staff before entering the facility.
- Sign COVID-19 entry waiver.
- Maintain 6ft or greater of social distancing. This can be achieved by designating observational places throughout your facility.
- Avoid using restrooms
- Bring their own pre-filled water bottle.
- Sanitize hands upon entering and exiting our facility.

Lockers

No lockers will be available during initial re-opening. A notice will be put out when lockers will be available.

Bring Own Water Bottle

Swimmers and caregivers must bring their own pre-filled water bottle. Water bottles cannot be shared. No food or other drink should be allowed during your visit. Water bottles are available for sale at the front desk (\$1/bottle).

Face Masks

Facial coverings/masks should be worn by the swimmer up to entering the pool. (Pulling your shirt over your face does not constitute a face mask, per state directives).

Subject to Change

Due to mandated state and local changes to directives, best practices and future restrictions due to a future increase in cases, these directives may be changed. Any changes will be communicated to patrons by [email notification](#), [website](#) and [Facebook](#).

Questions or Concerns

If you have any questions or concerns, please contact Dominic Finazzo, Aquatics Manager, at (206) 824-4722 or email dominic.finazzo@desmoinespool.org.