

WATER EXERCISE GUIDELINES

(Updated October 25, 2021)

The plan for water exercise participant 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.

Class Times

Effective October 25, the following classes will only be offered:

- Mornings: Wednesday and Friday, 10:30-11:30am
- Evenings: Tuesday and Thursday, 7:00-8:00pm

Note-Classes may be added in the future depending on demand.

Silver (Insurance) Water Exercise Classes* (Starting December 7, 2020)

Water exercise classes on Monday, Wednesday and Friday from 9:15-10:15am are setup to include members of Tivity Health and American Specialty Health Networks as well as regularly paying patrons and membership holders.

- Tivity Health programs including SilverSneakers, Prime and Fitness Your Way.
- American Specialty Health including Silver and Fit and Active and Fit.
- Renew Active including United Healthcare & AARP (Coming Soon)

All programs may accept programs of other names. Please call us at (206) 824-4722 for more information.

Class Size Limit

Classes will be limited to the following sizes:

- All Classes: Limit 15 Participants.

Age Limit

No age limit.

Safety Modifications to Classes

Please be aware of the following modifications made to classes for safety.

- Six feet of distance must be maintained at all times, in and out of the water.
- Instructor may teach from the deck.
- Participants will have assigned areas inside the pool to ensure social distancing.

- There will be a “used” bin for waterbells and other equipment being utilized for the class.
- Pass Holders are not guaranteed a spot in a class. Classes are first-reserved, first-come. (See information on passes in “Payment/Pass Holder” section of this document.)

Before You Visit

Please be aware of the following changes before you visit:

- **Must have a reservation.**
- Make sure you are aware of available swims on the schedule (see schedule section below)
- Wear a Mask at All Times Outside of Water and Maintain Six Feet of Distance
- Bring Proof of Vaccination or Negative Covid-19 Test within 72-hours
- 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 the COVID-19 Waiver Sign-In Sheet at the front desk
- 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 water exercise.
- For full list of potential symptoms, [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.
- 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.

No Show Fee Process

Effective October 25th, we will start enforcing our new "No Show" process.

- First "no show", we will attempt to call and remind you of process.
- Second "no show", you will be charged a pool visit to your account. If do not have pass or punch card, any future usage will also need to be pre-paid.

We are making this change to ensure more people have access to the pool.

Payment/Pass Holders

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

3-Month and Annual Pass Holders: All pass holders have the option to place their passes on hold during these reduced hours. If you would like to put your pass on hold, please contact us at (206) 824-4722 or email us at info@mtrainierpool.com.

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 Renew Active (coming soon) and Prime memberships will be accepted.

Arriving at Facility/Before You Water Exercise

All swimmers arrive to swim in their swimsuits ready to swim. Effective, October 25, all swimmers must arrive wearing face covering/mask and be ready to swim (shower at home). 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 five-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. Please use the side of the pool that staff directs you.
 - i. Group A will enter the water from the diving board end of the pool
 - ii. Group B will enter the water from the bulkhead
 - b. A chair (Group A) or bench marked spot (Group B), 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 Class

All water exercise participants must keep six feet of distance at all times. To ensure this, we will require a maximum of 15 participants per class. Caregivers with documentation will be allowed to be within six feet of distance but must be performing these duties while in the water.

Please use the stairs to enter the pool. Staff will frequently clean the guard rails between users.

Please follow the direction of the class instructor and take your spot in the pool to ensure proper social distancing. No water walking is allowed before class. Participants can walk in place while they wait for the start of class.

Staff will sound the end of your session by blowing one long whistle blast.

Leaving

Please wait until a staff member motions for you to exit the pool using the stairs. Please leave the pool promptly.

Water Exercise participants can shower in the locker room before leaving, but not before.

Please exit through the locker rooms and leave promptly. It is okay to shower, change/ put clothing on in the lockers when showering, but please do not linger. Our goal is to provide a safe environment.

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.

OCTOBER 25 SCHEDULE UPDATE

Patrons are limited to one appointment per day, and can make reservations up to two business days prior. All reservations are first-come, first-served. No shows will need to pay for their "no show" before their next attendance. All cancellations must be made 4 business hours prior to the cancellation.

MORNINGS:

- Monday:
 - 10:30-11:30am Lap Swim (Limit 2/Lane) & Water Walking (Limit 5)
 - 11:35am-12:35pm Lap Swim (Limit 2/Lane) & Water Walking (Limit 5)
 - 12:40-1:40pm Lap Swim (Limit 2/Lane) & Family Swim (Limit 15)
- Tuesday & Thursday:
 - 10:30-11:40am Lap Swim (Limit 2/Lane) & Water Walking (Limit 5)
 - 11:45am-12:55pm Lap Swim (Limit 2/Lane) & Water Walking (Limit 5)
- Wednesday & Friday:
 - 10:30-11:30am Lap Swim (Limit 2/Lane) & Water Exercise (Limit 15)
 - 11:35am-12:35pm Lap Swim (Limit 2/Lane) & Water Walking (Limit 5)
 - 12:40-1:40pm Lap Swim (Limit 2/Lane) & Family Swim (Limit 15)

EVENINGS:

- Monday, Wednesday & Friday: No evening hours available due to swim team usage.
- Tuesday & Thursday:
 - 5:45-6:45pm Family Swim Only! (Limit 15)*
 - 7-8pm Water Exercise (Limit 15)

WEEKENDS:

- Saturdays:
 - 8:00-11:00am Swim Lessons (Must be pre-registered)
 - 11am-Noon Lap Swim (Limit 2/Lane) & Water Walking (Limit 5)
 - 12:05-1:05pm Lap Swim (Limit 2/Lane) & Family Swim (Limit 15)
 - 1:30-3pm Open Swim (Limit 30) - Entire Pool!
- Sundays:
 - 11am-Noon Lap Swim (Limit 2/Lane) & Family Swim (Limit 15)
 - 12:05-1:05pm Lap Swim (Limit 2/Lane) & Family Swim (Limit 15)

ALL SWIMMERS MUST SHOW PROOF OF VACCINATION OR NEGATIVE TEST BEFORE USING THE FACILITY.

**Family Swim only (Tuesday & Thursday evenings) due to Swim Teams practicing in Deep End.*

OTHER IMPORTANT INFORMATION (FAQs)

Time in Pool

Please be aware that ensuring proper safety and social distancing may cut into users' 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.

Lockers

Lockers will only be available while people are showering.

SHOWERS

Please show up showered and ready to swim. Showers are only open after your class.

Bring Own Water Bottle

Water Exercisers 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.

Face Masks

Facial coverings/masks should be worn by the water exercisers 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 Quentin Knox, Interim Aquatics Manager, at (206) 824-4722 or email quentin.knox@desmoinespool.org.