

# WATER EXERCISE GUIDELINES

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

At re-opening classes will only be offered:

- Mornings: Monday, Wednesday and Friday, 8:00-9:00am and Monday through Friday, 9:15-10:15am
- Evenings: Tuesday and Thursday, 7:00-8:00pm

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

## Class Size Limit

Classes will be limited to the following sizes:

- Modified Phase 1 and Phase 2: Limit 8 Participants.
- Phase 3: Limit 10 Participants.

## Age Limit

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

## 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 will 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:

- 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
- Follow All Directional Signs 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.
- 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.

### **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 Water Exercise**

All water exercise participants should arrive ready to take their class in their swimsuits. The showers, lockers and drinking fountains will not be available. All water exercise participants 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 five-minutes before their scheduled time.

1. Check-in at front desk.
2. Walk down hallway and wait for the lifeguard to give you access to the pool deck. Please stand on one of the social distancing markings.
  - 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 lap lane.
  - a. A chair and area have been setup for you to place your personal items.
4. Take off your mask, enter the pool and start your class.

### **During Your Class**

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 eight 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.

There will be eight areas spots in the shallow end set up for participants. 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 should dry off, don masks before leaving their personal area at the end of their designated lane.

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.

## **MARCH 2021 SCHEDULE** ***(Updated 3/02/21)*** **March 8 – To Be Determined**

### Monday, Wednesday and Friday:

- 5:30-6:30am Lap Swimming and Water Walking
- 6:45-7:45am Lap Swimming and Water Walking
- 8:00-9:00am Lap Swimming/Water Walking\* and Water Exercise
- 9:15-10:15am Lap Swimming/Water Walking\* and Water Exercise\*\*
- 10:30-11:30am Lap Swimming and Water Walking
- Noon-1:00pm Lap Swimming and Water Walking
- 1:00-3:00pm Closed for Cleaning
- 3:00-5:00pm MRHS Swim Team
- 5:00-6:00pm HSD Dive Team
- 6:00-8:00pm Private Swim Team (SMAC) Practices

Tuesday and Thursday:

- 5:30-6:30am Lap Swimming and Water Walking
- 6:45-7:45am Lap Swimming and Water Walking
- 8:00-9:00am Lap Swimming and Water Walking (*High Risk Time\*\*\**)
- 9:15-10:15am Lap Swimming/Water Walking\* and Water Exercise
- 10:30-11:30am Lap Swimming and Water Walking
- Noon-1:00pm Lap Swimming and Water Walking
- 1:00-3:00pm Closed for Cleaning
- 3:00-5:00pm MRHS Swim Team
- 4:30-7:15pm Swim Lessons
- 5:00-6:00pm HSD Dive Team
- 6:05-7:05pm Lap Swimming
- 7:00-8:00pm Water Exercise
- 7:15-8:15pm Lap Swimming

Saturday:

- 8:00-11:00am Closed for Private Swim Team
- 11:15am-12:15pm Lap Swimming and Water Walking
- 12:30-1:30pm Lap Swimming and Water Walking

Sunday:

- Closed

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

*\*\*Water Exercise on Monday, Wednesday and Friday, 9:15-10:15am. Insurance (Tivity, ASH Networks accepted).*

*\*\*\*High-Risk Swim Times are for those that are highly susceptible to COVID-19.*

## 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.

### **High-Risk Swimmer Times**

We have set aside Tuesday and Thursday mornings from 10:30am to 11:30am for high- risk swimmers and water walkers. 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 water exercisers 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 water exercisers, 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**

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 Dominic Finazzo, Aquatics Manager, at (206) 824-4722 or email [dominic.finazzo@desmoinespool.org](mailto:dominic.finazzo@desmoinespool.org).