



Rodney Heights Aquatic Centre

The RHAC is implementing policy to effectively alleviate the potential spread of COVID-19.

POOL POLICY EFFECTIVE MAY 25TH 2020

1. All persons entering the facility must read and acknowledge our Liability Signage and sign our waiver of liability.
2. All persons entering the facility must wear a facemask at all times except if they are in the swimming pool.
3. All persons are asked to observe social distancing (6 feet) from the time they arrive at the facility from the outside (parking lot) to their return to the outside from usage of the facility.
4. All persons will ensure hand sanitation on entry and exit from the facility as well as while in the facility especially when using the toilets.
5. Persons (including Clubs) are asked to book a time to use the facility so the staff can ensure social distancing can be maintained inside the facility.
6. Staff will sanitize the facility between swim times for participants and participants will be provided with sanitization stations to treat any items or areas they have personally contacted.
7. Swimmers will be asked to come to the pool ready to enter the water and will shower before coming and after they return home.
8. Swimmers will be asked not to share equipment and will be required to sanitize their own equipment after each use.
9. Based on times booked for entry, staff will have a 15 minute period between entry times to sanitize used areas prior to allowing the start of the next booked time. (Includes handles, toilets, counters, and benches on the pool deck). Entry and Exit will be at separate points where possible.
10. Payments for usage will be prepared by participants and handed to staff in an envelope with name, telephone number and email address on the envelope to facilitate email of receipt or placement of the receipt in the envelope and delivered back to the participant on exit. This will eliminate the need for delayed entry while waiting for receipts.
11. Staff will sanitize the common areas such as reception and bathroom. Changing rooms will be locked and off limits during this time.

12. All persons entering will sign in with a time of entry. This will assist if contact tracing becomes necessary.
13. Staff will spray sanitizer in the hands of participants on entry and state to each participant the need to observe social distancing rules.
14. No more than 2 persons in the outdoor showers at each time and they must use shower 1 or shower 3.
15. Toilet stalls 1, 3 and 5 in the female toilet and 1 and 3 in the male will be able to be occupied at any one time.
16. Non-swimmers will not be allowed on deck other than coaches. Coaches must wear face masks at all times. All Clubs will observe SLAF PROTOCOL AS STATED AND DISCUSSED IN THE APPROVED GUIDELINES TO PREVENT THE SPREAD OF COVID-19.
17. Marks will be made on the stands to indicate where spectators may sit.
18. **Bookings will be made in 1 hour periods at Phase 1 of Opening. 2 swimmers will be booked in each lane starting at opposite ends of the pool.**
 - Booking may be done via email to dsw.slu@gmail.com and/or calling 450 7946. Please provide name, contact information and day and time requested. Additionally, you can complete the online request form by using <https://form.jotform.com/201464004158042>
 - Booking will be for one hour blocks starting at 2 pm, 3:15 pm and 4:30 pm. Any other request will be considered but all will be confirmed in advance before arrival to the facility via phone call or return email.

SWIMMING SAFELY Recommendations:

PREPARING TO SWIM - Protect against infections:

- Wash your hands with disinfectant soap and water (for 20 seconds or longer) or use a hand sanitizer if soap and water are not readily available, before going to the pool.
- Do not share equipment.
- Bring a full water bottle to avoid touching a tap or water fountain handle.
- If you need to sneeze or cough, do so into a tissue or upper sleeve/arm area.
- Arrive as close as possible to when activity begins.
- Avoid touching gates, fences, benches, etc. if you can.
- Do not attend practice if you, or a member of your household does not feel well.

WHEN SWIMMING

- Follow directions for spacing and stay at least six feet apart from others.
- Do not make physical contact with others, such as shaking hands or giving a high five.
- Avoid touching your face.
- Avoid sharing food, drinks, or towels.
- Maintain appropriate social distancing from other athletes when taking a break.
- Wear your suit to and from practice.

AFTER SWIMMING

- Leave the facility as soon as reasonably possible after practice.
- Wash your hands thoroughly or use a hand sanitizer after leaving the pool.
- Do not use the locker room or changing area. > Shower at home, wear your suit to and from practice
- No extra-curricular or social activity should take place. > No congregation after swimming.

**PHASE 1 25-Meter, 8-Lane Pool Note: Each lane has 8 ft. width
16 Swimmers may be booked at a time. Family members can
Swim together in a lane.**

1	Swimmer 1	Swimmer 9	
2	Swimmer 2	Swimmer 10	
3	Swimmer 3	Swimmer 11	
4	Swimmer 4	Swimmer 12	
5	Swimmer 5	Swimmer 13	
6	Swimmer 6	Swimmer 14	
7	Swimmer 7	Swimmer 15	
8	Swimmer 8	Swimmer 16	

19. CHANGES TO THE BOOKING POLICY WILL OCCUR BASED ON THE PHASE OF REOPENING.

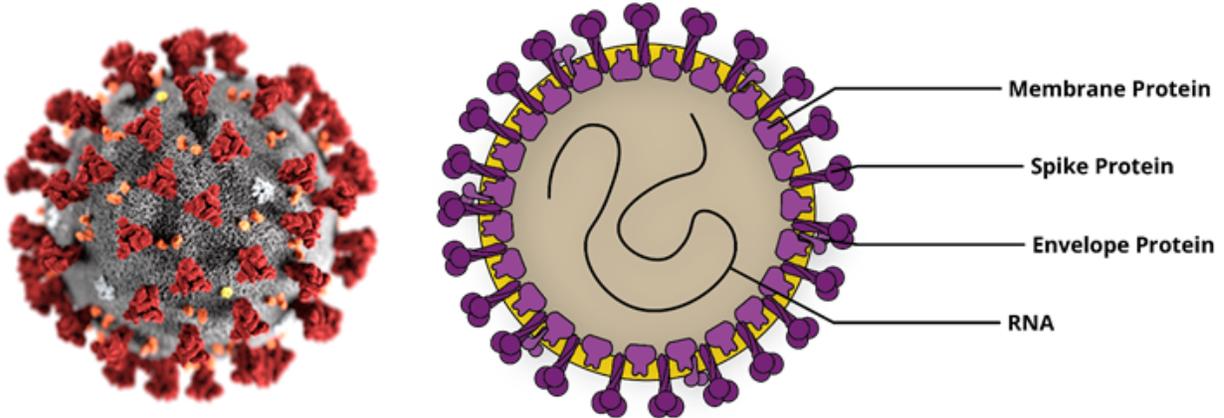
20. The pools will be maintained with a minimal chlorine level of 1ppm free chlorine in the water for 15 minutes or 3 ppm free chlorine in the water for 5 minutes. Therefore the free chlorine level will be maintained at 1 - 3 ppm at minimum. The pH will be maintained between 7.2 and 7.6 with acids.
21. Continuous measurement of pH and chlorine levels will be maintained automatically.

Are pools safe during COVID-19?

A PROPERLY TREATED SWIMMING POOL IS A SAFE PLACE.

The main questions we've been asked are:

1. If my swimming pool is chlorinated according to current best practices and recommendations (Free Chlorine: 1-3ppm), is this sufficient to inactivate COVID-19 virus?
2. What's the best way to keep my pool sanitised?
3. Should I be doing anything differently to the pool compared to what I've been doing before?



COVID-19 is the respiratory illness caused by the virus SARS-CoV-2, that we all call Coronavirus. It is just one of the seven coronaviruses that can infect human beings, like SARS (Severe Acute Respiratory Syndrome Coronavirus) and MERS (Middle East Respiratory Syndrome Coronavirus) 1.

This family of viruses have similar physical and biochemical properties and comparable transmission routes.

Virus genetic material is packaged inside protein structures called capsids. Viruses are divided into three groups depending on if they are surrounded by a small or large outer lipid membrane (enveloped) or no membrane (non-enveloped). Depending on their group, the difficulty to kill them varies.

Ease of kill	Difficult ↑ Easy	Small non-enveloped
		Large non-enveloped
	Enveloped	

Enveloped viruses are easier to kill: SARS-CoV-2, the virus responsible for the COVID-19 outbreak, is an enveloped virus and therefore the easiest to kill.

The World Health Organisation (WHO) states that a residual concentration of free chlorine of ≥ 0.5 mg/l in the pool water after at least 30 minutes of contact time at a pH <8.0 is sufficient to kill enveloped viruses like coronaviruses.

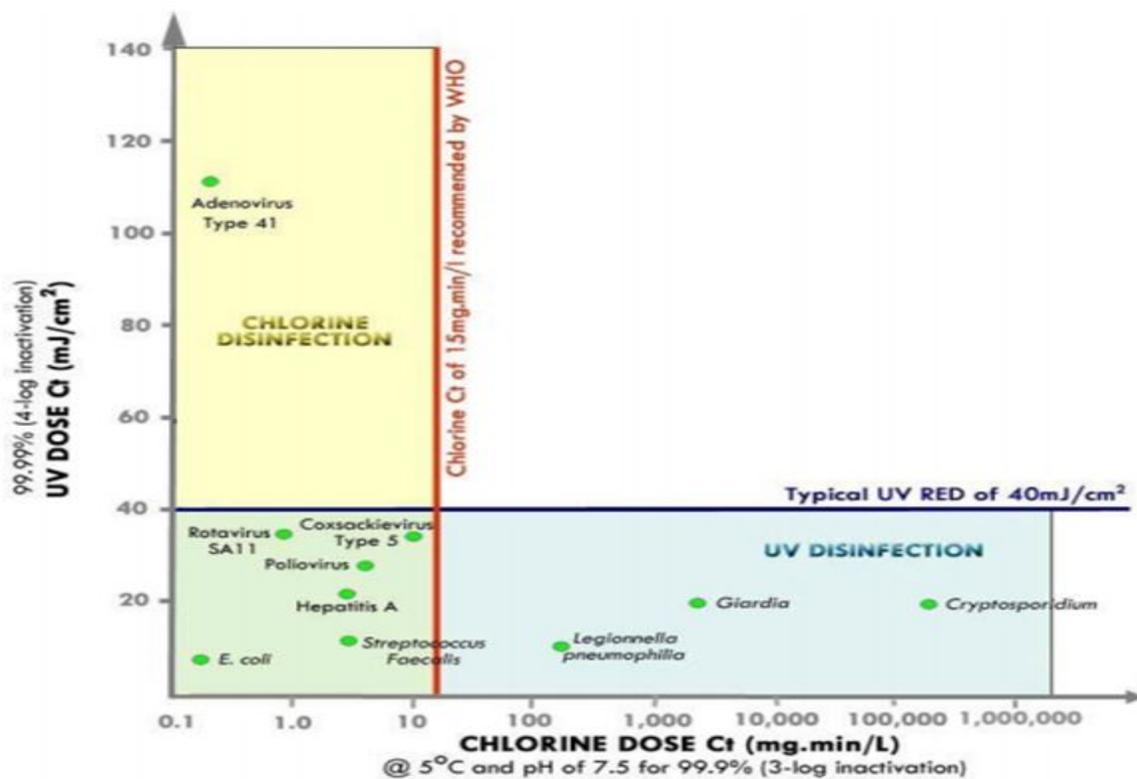


Diagram: Efficacy levels of chlorination and UV in the inactivation of various viruses (EPA).

CHLORINE DISINFECTION:

The diagram above shows the level of chlorine and length of contact time required to inactivate different viruses and pathogens. The most difficult to kill viruses such as Coxsackievirus, Poliovirus and Rotavirus (non-enveloped viruses) are inactivated at chlorine Ct* of less than 15mg-min/litre. (This means that they are killed when there is 1ppm free chlorine in the water for 15 minutes or when there is 3ppm free chlorine in the water for 5 minutes).

***A Ct value is the product of the concentration of a disinfectant (e.g. chlorine) and the contact time with the water being disinfected.**

Therefore an enveloped virus such as the COVID-19 virus, that is easier to kill, would be situated in the green area of the diagram and will be inactivated at even lower Ct values

QUESTIONS AND ANSWERS:

Question 1:

If my swimming pool is chlorinated according to current best practices and recommendations (Free Chlorine: 1.0-3.0ppm), is this sufficient to inactivate COVID-19 virus?

Yes, for a conventional swimming pool with good hydraulics and filtration, operating within its design bathing load, adequate water quality is achieved with a free chlorine level of $\geq 0.5-1.0$ ppm throughout the pool. Lower free chlorine concentrations (0.5 ppm or less) will be adequate when chlorine is used in combination with ozone or UV disinfection.

This means: with a free chlorine level of $\geq 0.5-1$ mg/l the water is not only crystal clear and disinfected, it also has the ability to tackle any virus or pathogens which may be taken into the water.

Question 2:

What's the best way to keep our pool sanitised?

Routine measurement of the main water quality parameters is essential. It is recommended to regularly check the pH, Free Chlorine and Total Chlorine either by test strips and test kits, or through a specialist poolcare retailer or service business provider that can complete a full diagnosis. Testing for other parameters such as Total Alkalinity (buffer), Hardness, Cyanuric acid (stabiliser), metals and phosphates will help keep the pool and pool equipment in a good condition.

Public commercial pools:

To maximise safety, the recommendation is an automation of all three steps: the pH-value regulation (1), the disinfection (2) and the continuous measurement (3).

1. A correct pH value regulation between 7.2 and 7.6 with acids will be essential to guarantee the effectiveness of disinfection.
2. The Free Chlorine Level : 1 - 3 ppm
3. At the RHAC we have a continuous measurement of pH and chlorine levels by use of our automatic regulation in our BECSYS. We also have our pool technician check this level on a manual basis.

Question 3:

What are we doing differently at the pool compared to what we've been doing before?

We are asking all to remember before dipping into the pool to observe proper personal hygiene, especially when everyone is at risk from just touching various surfaces like the changing benches, doors, and handles.

a) Handwashing will always do the trick: properly and thoroughly washing your hands for at least 20 seconds with soap and water and/or disinfect your hands before entering the pool.

b) Shower before and after swimming in the pool.

c) After visiting a public pool, remember to wash and maintain clean swimming kits and equipment and towels by using at least a high 60-degree wash to kill any bugs or bacteria.

Apart from maintaining the pool water quality, it is recommended to keep surrounding areas and equipment like showers, ladders, pool deck, etc. disinfected by applying appropriate sanitisers.

