

RETURN TO PLAY PROTOCOL AQUATIC FITNESS (ADULT)



PURPOSE

This Return to Play Protocol was formed from various recommendations, from the Centers for Disease Control and Prevention (CDC), Iowa Department of Public Health, National Recreation and Parks Association and other public health organizations, as mitigation efforts to help ensure participant and staff safety in the following aquatic fitness class:

- Aqua Body
- Aqua Zumba
- Lap Swim
- Water Walking

NOTICE

If participant or attendees are not in compliance with these Protocols, registration is subject to immediate cancellation. In addition, attendees found in violation of the Protocols will be requested to leave the premises if violations continue after one verbal warning of violation. No refunds will be provided for any dates canceled or early termination of this registration for violations.

The City of Des Moines cannot guarantee that the player or any of the event attendees will not become infected with COVID-19. Player and attendees use the City's facility at their own risk.

The Parks and Recreation Department reserves the right to change the Facility Use requirements at any time and will contact the participants immediately with such changes.

PROTECTING OUR PATRONS

CAPACITY

- Per the CDC, the most recent [Mayor's Proclamation Amendment](#), and public health guidance for minimizing the spread of COVID-19, this facility has a reduced capacity to allow for social distancing (see Capacity Chart below).

CLEANING

- Facilities and equipment provided during a class are cleaned throughout the day with added cleaning procedures in between scheduled activities.

PREVENT

SCREEN

- Please take your temperature prior to arriving at a pool or aquatic center and stay home if 100.4 degrees or higher.
- Any person who is experiencing [symptoms of coronavirus](#), who has been in contact with anyone with a confirmed COVID-19 diagnosis in the last 14 days, who is awaiting COVID-19 test results or has been asked to quarantine will be prohibited from entering the facility.
- Per CDC guidance, If you have been exposed, even if you test negative for COVID-19 or feel healthy, you should stay home ([quarantine](#)) since symptoms may appear up to 14 days after exposure to the virus.
- If you are participating in one of our programs or utilizing our facility and test positive for COVID-19, you must immediately contact Austin Tasler at (515) 554-6628 or abtasler@dmgov.org. To prevent the spread of COVID-19, we must be able to post notice of dates of public exposure for contact tracing purposes. No personal information will be shared.

MASKS

Per the most recent [Mayor's Mask Mandate](#) and to prevent the spread of the virus, **you are required to wear masks** inside our facilities at all times and outdoors when social distancing of six (6) feet or more cannot be maintained or in the presence of members outside of your household.

- **CDC guidelines say to wear a mask when you are not in the water. This includes in our restrooms, to/from the aquatic center/pool facility and on the deck.**
- Masks should NOT be worn if they become wet.
 - Please bring an extra mask in case your mask becomes wet.
- Masks should NOT be worn by children under the age of two or anyone who has trouble breathing, is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- Even if you are fully vaccinated, masks are required.

SOCIAL DISTANCING

- **Stay at least 6 feet away, both in and out of the water**, from people you don't live with.
- Participants must obey all facility signage, follow the CDC's social distancing guidelines (of six feet or more) between different household units at all times, and accept personal responsibility for following all public health guidelines.
- Social distancing guidelines for the waterslides, diving boards, lap swim, aqua fitness, and other areas and programs will be enforced. Only one person per lane at a time.
- Any lines for check-in, restrooms, or other are also discouraged. If staff requests for people to line up as part of the program or there must be a line, six-foot spacing requirements shall always be in effect.

PLAN AND PREPARE

EQUIPMENT

- Participants should use their own personal equipment (goggles, nose clips, snorkels, kickboards, etc.) as much as possible. Sharing personal equipment items is discouraged.

DRINK

- Participants are encouraged to bring their own water bottle or water containers clearly labeled with their name. No glass containers.
- Drinking fountains are shared use items and will be available to use at your own risk.
- Distance yourself at least 6 feet or more away from people you do not live with before removing your mask to drink.

RESTROOMS AND LOCKERS

- Please follow healthy swim practices and **arrive "swim" ready** (ex. shower and dress before coming to the facility) as each facility will have limited locker space available.
- Please allow for social distancing of six feet or more at all times. Restrooms lines are discouraged. If there must be a line, six-foot spacing requirement shall always be in effect.
- The pool will have individuals outside of your household, both staff and members of the public. To protect our community, masks are required to/from the facility, on the pool deck, and indoors in our restroom facilities. Please refer to [MASKS](#) above for more details.

HYGEINE

- Wash hands often with soap and water for at least 20 seconds, especially after going to the bathroom and before eating/drinking.
 - You are encouraged to bring your own hand sanitizer (at least 60% alcohol) to use if soap and water are not readily available.
- Hand sanitizer stations will also be available at the facility.

PARKING

- Safety regulations apply to all areas, including the parking area(s).
- Users are asked to maintain social distancing in the parking area(s) before and after programming.
- Users must exit the facility and parking area(s) immediately following the program.

CAPACITY CHART

FACILITY NAME	Maximum Capacity	Modified Capacity 75%	Modified Capacity 60%
Ashworth Pool	750	562	450
Birdland Pool	700	525	420
Nahas Pool	850	637	510
Northwest Aquatic Center	700	525	420
Teachout Aquatic Center	700	525	420

RESOURCES/LINKS

American Red Cross Considerations for Aquatic Facilities and Lifeguarding

<https://www.redcross.org/take-a-class/coronavirus-information/aquatic-facilities-operations-and-lifeguarding-during-covid-19>

CDC Aquatic Venues Safety Steps

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/community/Aquatic-Venues-COVID19-Safety-Steps-Poster.pdf>

CDC Considerations for Wearing Face Coverings

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover-guidance.html>

CDC Coronavirus

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

CDC Guidance for Public Pools

<https://www.cdc.gov/coronavirus/2019-ncov/community/parks-rec/aquatic-venues.html>

City of Des Moines COVID Response Site

<https://www.dsm.city/covid19>

Polk County Public Health Department

<https://www.polkcountyowa.gov/health-department/2019-novel-coronavirus-covid-19/>