

AGUA

MASTERS

RETURN TO SWIMMING

Enabling athletes to safely return to the pool

•Updated 9/24/2020



Asphalt Green

Enabling Athletes to Safely Return to the Pool

Asphalt Green's reopening plan following closure due to COVID-19 complies with New York State and City guidelines and with Centers for Disease Control (CDC) recommendations. Our new policies and cleaning procedures are designed with the safety of our staff and visitors top of mind.

We have invested in medical-grade cleaning equipment, upgraded our air filtration system, and increased the frequency with which all common spaces are sanitized. We are committed to taking all necessary precautions to reduce the risk and spread of COVID-19.

We encourage you to read our reopening plan thoroughly.

Please do not hesitate to ask questions. We are here for you and cannot wait to see you again.



Ensuring Athlete Safety and Well-being

- Effective October 1, 2020, all AGUA Masters swimmers will be registered Asphalt Green members.
- Every member is required to sign a [code of conduct agreement](#) acknowledging understanding of Asphalt Green's new COVID-19 procedures. Members must agree not to visit the facility if experiencing any of the COVID-19 symptoms outlined by the CDC. Asphalt Green has a no-tolerance policy for non-compliance. Members violating any COVID-19 safety procedures risk having their membership temporarily or permanently revoked; program users will have their visitation rights suspended or terminated.
- Only registered members and program users are allowed into the facility. Guests, drop-ins, or non-pre-registered customers are not permitted.
- Visitors must use our online reservation system for all services, including Masters practices, fitness center, group exercise classes, and lap swim when they resume.



Face Coverings

A face covering is required to enter the facility for anyone over age 2.

Coverings may be cloth-based or disposable. *Per New York State mandate, bandannas, buffs, and gaiters are not acceptable face coverings.*

Face coverings must cover your nose and mouth and are always required except when swimming. Any visitor wearing a face covering incorrectly will not be permitted entry.



Reservations, Check-In, and General Facility Information

Reservations for practice are required. Reservations include swim time and lane assignment. No walk-ins are permitted. Capacity is limited per New York State and City guidelines.

Check-in and entry processes to the facility are contactless through use of key cards and electronic sensor gates. Floor markings indicate where customers needing assistance can wait.

All visitors must follow new floor markings and indicators to allow for social distancing. Stairwells are designated one-way except in case of emergency.

Staff will be stationed throughout the facility to answer questions and reinforce new policies.

Elevators are reserved for elderly and disabled with a maximum capacity of three riders per car.

Café and common areas are closed at both locations until further notice.

Towel service is discontinued. Members must bring their own towels as needed.



What to Bring to Practice

Please limit your personal items to those listed below.



FACE COVERING

Athletes are required to wear a face covering at all times within Asphalt Green with the exception of in-water training.



PLASTIC BAG

Use a plastic bag to store face covering while in the water.



SWIMSUIT

Athletes should arrive/exit in their swimsuit to avoid overcrowding in the locker rooms before and after practice.



WATER BOTTLE

Swimmers should bring their own filled water bottle. Swimmers may bring two bottles if needed.



TOWEL

Towel service is discontinued.



ASPHALT GREEN ID



CAP AND GOGGLES

There is no shared equipment available to borrow.

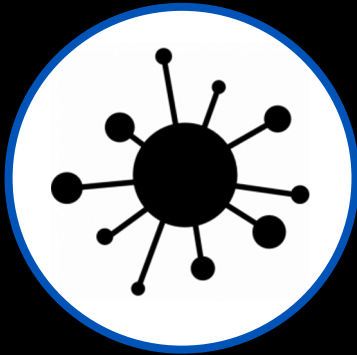


PERSONAL HEALTH ITEMS

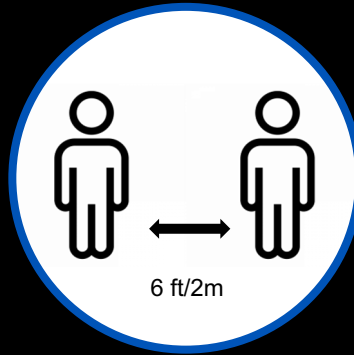


General Information

**CHLORINE AND
COVID-19**



**RETURN TO POOL
ROADMAP**



**AGUA MASTERS
FAQ**



Chlorine and COVID-19

From the CDC

CAN THE VIRUS THAT CAUSES COVID-19 SPREAD THROUGH POOLS?

Proper operation, maintenance, and disinfection (with chlorine or bromine) of swimming pools should kill the virus that causes COVID-19.

- Maintain proper disinfectant levels (1–10 parts per million free chlorine or 3–8 ppm bromine) and pH (7.2–8).
- CDC's Model Aquatic Health Code provides additional recommendations to prevent illness and injuries at public pools in parks.

From the World Health Organization

VIRUS TYPE THAT CAUSES COVID-19 IS KILLED EASILY

Enveloped viruses are easier to kill than non-enveloped viruses: "Sars-CoV-2, the virus responsible for the COVID-19 outbreak, is an enveloped virus and therefore the easiest to kill of the three types of viruses."

The World Health Organization recommended chlorination level of 15mg.min/liter is sufficient to kill non-enveloped viruses such as poliovirus, rotavirus, and coxsackievirus. An enveloped virus such as COVID-19 would be inactivated at even lower levels.

RESEARCH



CDC

<https://www.cdc.gov/healthywater/swimming/residential/disinfection-testing.html>

WHO

https://www.who.int/water_sanitation_health/bathing/srwe2full.pdf

USA Swimming

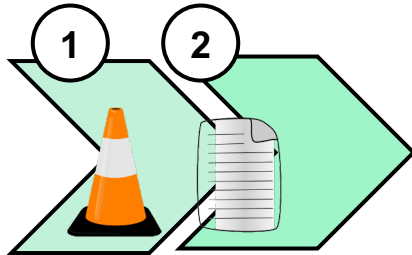
<https://www.usaswimming.org/utility/community-quarantine-resources>



Asphalt Green is committed to following all pool chemistry guidelines from the CDC to ensure the highest level of safety.

Return To Pool: Roadmap

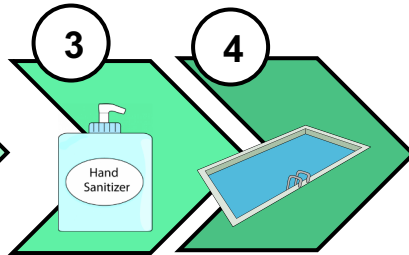
PRIOR TO ARRIVAL



1 Make a reservation online.

2 Complete a **health screening** on the day of your visit.

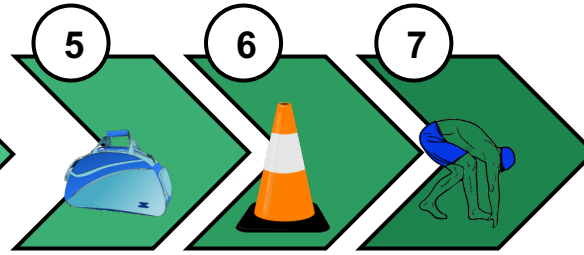
ENTRY CHECK



3 Check in at front desk and show screening results. Sanitize hands.

4 Report to pool deck queuing station.

SAFE SWIMMING

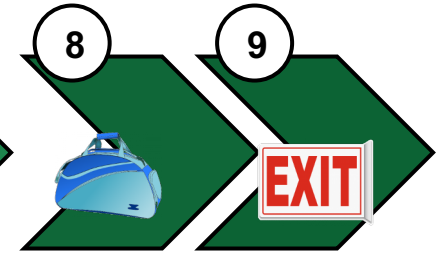


5 Place items in assigned area.

6 Report to assigned lane.

7 Swim!

DEPARTURE



8 Dry off and retrieve personal items.

9 Exit through locker rooms.

Return To Pool: Entry Check



1) WAIT IN OUTDOOR QUEUE

Members queue outdoors (waiting points will be marked) until further instruction.



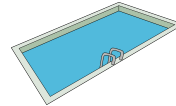
3) SANITIZE

Hand sanitizer is available upon entering the facility.



2) CHECK-IN AND HEALTH SCREENING

On the day of your visit, complete a [health screening](#) and show results to the guest services representative upon arrival.



4) REPORT TO POOL DECK QUEUING STATION

Swimmers follow a marked path through the member locker room, queuing before entering the pool deck.

Return To Pool: Safe Swimming



5) PLACE ITEMS IN ASSIGNED AREA

Swimmers follow the flow of traffic and direction from staff while maintaining 6 feet of distance. Swimmers place their personal items in the designated location by their assigned swimming lane.

Swimmers are responsible for bringing their own bag to store their face covering on the pool deck while swimming.



6) REPORT TO ASSIGNED LANE

Remove face covering and proceed directly to assigned lane. Enter pool safely.



7) SWIM

Swim safely while giving best effort to maintain 6 feet of social distance.

Swimmers must bring their own caps and goggles. We are not using any additional training tools (snorkels, kickboards, etc.).

Return To Pool: Departure



8) DRY OFF AND RETRIEVE ITEMS

Swimmers should dry off at the pool to alleviate crowding in locker rooms.



9) EXIT THROUGH MEMBER LOCKER ROOMS

With face coverings on, swimmers follow the path marked along the pool deck and exit through either the men's or women's locker room.

SWIMMERS ARE ASKED TO EXPEDITE THEIR TIME IN THE LOCKER ROOMS.

PER USA SWIMMING RULES, DECK CHANGING IS NOT PERMITTED.

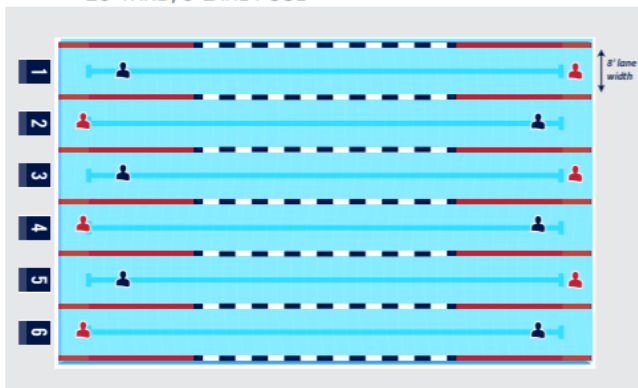
SWIMMERS SHOULD ARRIVE AND EXIT IN THEIR SWIMSUITS.

USA SWIMMING

Example Social Distancing Practice Layout



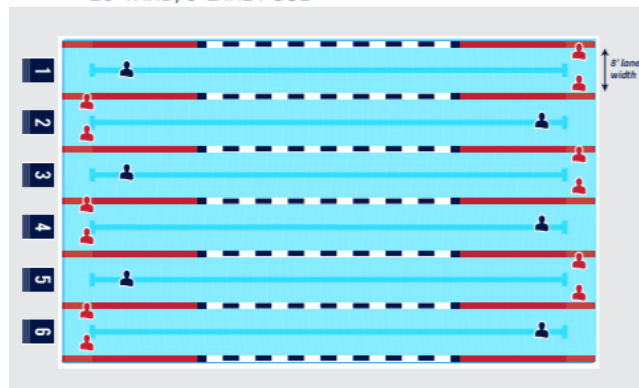
SOCIAL DISTANCING PRACTICE LAYOUT
25-YARD, 6-LANE POOL



12 SWIMMERS



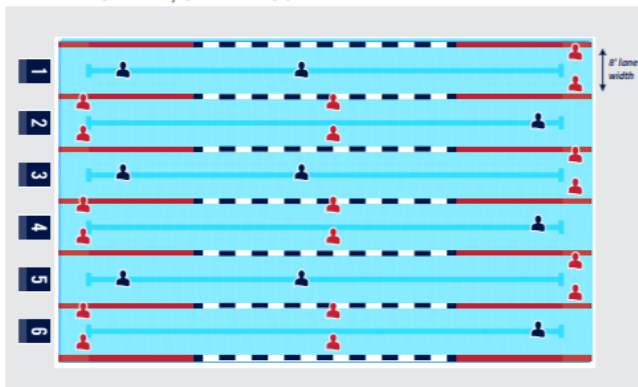
SOCIAL DISTANCING PRACTICE LAYOUT
25-YARD, 6-LANE POOL



18 SWIMMERS



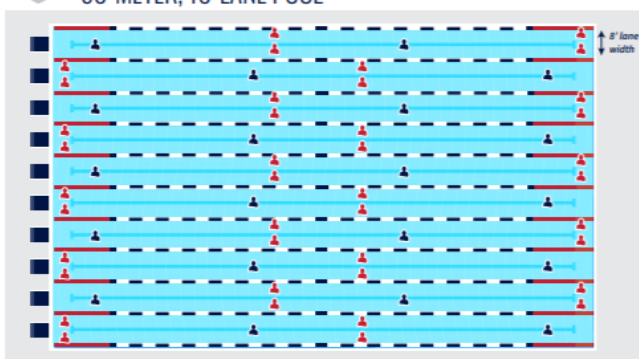
SOCIAL DISTANCING PRACTICE LAYOUT
25-YARD, 6-LANE POOL



27 SWIMMERS



SOCIAL DISTANCING PRACTICE LAYOUT
50-METER, 10-LANE POOL



60 SWIMMERS

AGUA Masters FAQ

COVID-19 SYMPTOMS

- **What if I have symptoms or suspected exposure?**
 - Athletes who are ill or have shown symptoms, including fever, cough, shortness of breath or difficulty breathing, chills, repeated shaking with chills, muscle pain, sore throat, abdominal pain/diarrhea, or new loss of taste or smell should not attend practice for 14 days or until provided doctor's clearance.
 - Athletes living with someone who is ill should not attend practice for 14 days or until provided doctor's clearance.
 - *PLEASE NOTE: All athletes are required to stay current with and comply to State and federal regulations regarding travel and quarantine. Subject to change.*
- **What protective equipment is required?**
 - Athletes **ARE REQUIRED TO WEAR FACE COVERINGS AT ALL TIMES**, except while swimming.
- **What precautions are coaches taking to keep athletes safe?**
 - Coaches wear face coverings while coaching.
 - Coaches practice social distancing, except in emergency situations.



AGUA Masters FAQ

PRACTICE PREPAREDNESS

- **How many swimmers will be at practice?**
 - AGUA Masters capacity is limited to a maximum number of six swimmers per lane in accordance with New York State and City guidelines. All swimmers are required to practice social distancing.
- **Can I borrow equipment?**
 - Shared equipment has been removed. Equipment is not required, but athletes are permitted to bring their own. Suggested options include kickboards, pull buoys, snorkels, and fins.
 - Athletes are not be permitted to store equipment or other personal belongings at the facility; however, if you currently rent a locker, you have access to it. New locker rentals are not available during this first phase of reopening.



AGUA Masters FAQ

GUESTS

- **Are guests and walk-ins allowed in the facility?**
 - Guests and walk-ins are not permitted at this time. As restrictions ease, guest and walk-in access will be re-evaluated and updated accordingly.

LOCKER ROOM ACCESS

- **Can I change clothes on deck?**
 - No, USA Swimming rules prohibit changing clothes on deck. Athletes are required to enter and leave the facility with their swimsuits on.



AGUA Masters FAQ

TRAINING GROUPS & PRACTICES

- **Will practice times be similar to our normal practice schedule?**
 - Due to social distancing measures, practice schedules will be adjusted, and swimmer capacity will be based on pool configuration.

ADDITIONAL TRAINING OPTIONS

- **Will AGUA Masters coaches offer private lessons?**
 - If scheduling and space permits, coaches will be available for on-site private [lessons](#).
- **Will AGUA Masters host dryland?**
 - AGUA Masters would love to host a virtual dryland training option through Zoom. Please [email coach John](#) for updates.

JOINING AGUA MASTERS

- **Can new swimmers join AGUA Masters?**
 - No, AGUA Masters is not accepting new swimmers until further guidance is provided.



AGUA Masters FAQ

PRACTICES AND PREPAREDNESS

- **What is the best practice to return to swimming?**
 - With extended time away from the pool, all athletes should focus on injury prevention and returning to normal fitness levels - not on times or performance during our initial return.
 - In collaboration with coaches, all athletes should set realistic expectations to help build a new metric of success.
- **What is the best practice to return to AGUA Masters and Asphalt Green?**
 - It is your responsibility to become familiar with and fully understand all new training and facility policies and procedures.

HELPFUL LINKS

- [Asphalt Green's health and safety procedures](#)
- [COVID-19 updates](#)
- [Health screening](#)

