



Wellmark YMCA
Mid-American Energy Company Aquatic Center
COVID-19 SAFE OPERATING PLAN

Updated July 30, 2020



Competition Returns to the Mid-American Energy Aquatic Center in the Prairie Meadows Pool at the Wellmark YMCA

In efforts to control the spread of COVID-19, USA Swimming suspended swim meet competitions from mid-March through June 30, 2020. The YMCA of Greater Des Moines also closed facilities to slow the spread and prepare for reopening with updated protocols to reduce the risk of Covid-19. Our plans to return to the pool and competition follow our state, USA Swimming and YMCA of the USA guidelines. We are excited to welcome you back to the Mid-American Energy Company Aquatic Center for some fun and fast racing.

As we slowly and thoughtfully phase in competition, the Wellmark YMCA aquatic center will host a series of dual/triangular swim meets to learn and prepare for the upcoming 2020-21 competitive season.

For these meets, we have updated our aquatic center protocols for all to enjoy and remain as safe as possible. We know it will take everyone, swimmers, coaches, staff, volunteers and spectators, to do their part to be socially responsible as we are still in the midst of a pandemic in order for us all to participate and remain healthy and safe at the same time.

In the next few slides, we will outline the safety measures in place to host meets/events at the Wellmark YMCA aquatic center and adhere to the latest safety guidelines laid out by the governor of Iowa, YMCA of Greater Des Moines, the CDC, USA Swimming and YMCA of the USA. This plan will be updated as new information and guidelines become available. This safety plan will be adhered to as long as these entities have recommendations and guidelines.

We thank you in advance for following our aquatic center protocols so we may all continue to return to competition at the pool safely.



General Safety Guidelines

There are three main recommendations to reduce the risk of Covid-19: social distancing, face masks and frequent hand washing. These and additional measures are in effect at the Wellmark YMCA aquatic center.

- **SCREENING QUESTIONS:** Everyone (swimmers, coaches, volunteers, staff and spectators) attending an event at the Wellmark YMCA aquatic center will be asked Covid-19 screening questions prior to entering the facility. Members of the YMCA checking in for the meet will be asked verbally. Those who are from visiting teams (swimmers/coaches) volunteering (official), YMCA staff and spectators will additionally be asked for their first and last name and telephone number for contact tracing. Hand sanitizer will be made available near the entrance. We ask everyone entering the facility to utilize hand sanitizer.
- **FACE MASKS:** Everyone (swimmers, coaches, volunteers, staff and spectators) attending an event at the Wellmark YMCA aquatic center is required to wear a face mask or face shield. No coverage, no entry.
- **SOCIAL DISTANCING:** Each swimmer will have a socially distanced personal space either on the pool deck or in the spectator seating area. Swimmers are to remain in their personal space unless they are entering or exiting the pool for warmup/competition. Swimmers may remove their face mask once in their personal space and leading to and from the pool. All other times, face masks must be worn.
- Spectator seating has been pre-marked and is limited seating to ensure 6 feet of social distancing. Seating areas are mainly two seats together with a few single options available. We ask you do not remove the blue tape markings from the spectator bleachers.
- Please pay attention to all posted signs and floor markings to help ensure six feet of distancing in common areas including entrances, hallways, restrooms and concession stand lines. The overall capacity of the pool deck and spectator seating area will be limited to maintain these protocols.
- Elevator usage will be restricted to those in the same household.



Swimmer/Athlete Details

- Swimmers will enter the main doors of the YMCA using the Grand Ave doors at street level. At the entrance, swimmers will be asked screening questions, utilize the hand sanitizer and proceed around the purple wall towards the pool.
- Swimmers will be socially distanced upon either the right or left side of the hallway (signage will guide the swimmers to their appropriate side). Swimmers will wait until the pool deck is ready for them to enter. A YMCA staff member or coach will open the pool doors for the swimmers to minimize touch points.
- Swimmers will have their own socially distance personal space either on the pool deck or in the spectator stands as directed by meet personnel.
- Swimmers need to arrive and leave in their swimsuits as locker rooms are not available; single use bathrooms are located off the pool deck. Swimmers will need to bring their own water bottles filled as drinking fountains are not available.
- Swimmers will be assigned a specific warmup lane and position. All swimmers will enter/exit the pool with a 3-point entry from the scoreboard side (east side) of the pool deck as directed by their coach. Swimmers will exit the pool deck as directed by their coach at the end of the session.
- Warmup/cool down lanes will not be provided during the meet. Warmups will NOT include the use of starting blocks. Swimmers in upcoming heats will be socially distancing one to two heats prior to their event on the “ready wall”. Swimmers are not to congregate behind the blocks.
- When not warming up or competing, swimmers are to be seated in their socially distanced personal space.
- Swimmers will be dismissed at the end of the session to exit using the Grand Ave doors by seating area to ensure social distancing.



Aquatic Center Cleanliness

In opening the Wellmark Aquatic Center, our goal has been to provide an environment and atmosphere which is clean and fun for all who are participating. Our staff has always followed thorough cleaning procedures. Moving forward, we have added steps in order to minimize the risk of Covid-19 following specific to the guidelines currently established by the governor of Iowa, USA Swimming, YMCA of the USA and the CDC.

WHAT WE'VE ALWAYS DONE:

- Daily we have done the following to ensure cleanliness within our facility:
 - Thorough cleaning of restrooms before every event
 - Thorough removal and safe disposal of trash away from public areas
 - Pressure washing of the pool deck before and after each meet/event
 - Spectator seating cleaning after each event.
 - Pools vacuumed multiple times per week.
 - Daily surface cleaning of high touch points such as door handles and hand-rails plus mopping of floors lobby and hallways.
 - Provide free access to hand sanitizing stations throughout the facility.

NEW PROCEDURES WE ARE ADDING:

- Following general cleaning, we will use eco-friendly disinfectant and cleaning spray before and after every event in all restrooms, concession stands and elevators.
- Approximately every thirty-sixty minutes, a staff member will disinfect and clean frequently used touch point surfaces within the aquatic center.
- Drinking fountains and self-service water stations are not available.
- Locker rooms are not available to ensure social distancing.



RESTROOM DISTANCING POLICIES

In addition to cleaning procedures, it is important to pay attention to markings for distancing and best practices for safe use of the restroom facilities. Please be aware of the following guidelines for reducing the risk of Covid-19 at the Wellmark YMCA.

- Spectator bathrooms are located within the YMCA through the front entrance doors. All spectators using the restroom facility will be asked the screening questions again prior to gaining access.
- Every other sink will be closed to allow for social distancing. Every operational sink will have a corresponding soap dispenser
- In addition to traditional cleaning measures, each restroom will receive a treatment of disinfecting cleaning nightly.
- All restroom surfaces will get wiped down a minimum of twice during the day of the meet/event

- **WOMEN'S RESTROOMS:**
- With existing partitions, consecutive stalls will be available within each restroom.

- **MEN'S RESTROOMS:**
- Urinals are marked for usage to allow for distancing

- **SINGLE OCCUPANT RESTROOMS:**
- There are multiple single-occupant/family restrooms for swimmers, coaches and on deck volunteers to use off of the pool deck. All will be clearly marked who is to utilize each restroom. Please observe social distancing markings to maintain 6 feet apart at any time a line may form for use of those facilities.



Spectator Seating & Concession Stand

- Each meet invite will address spectator seating as it is limited. Seating is available for pairs or single spots.
- There is an admission price for spectator seating.
- Spectators are to fill in the first section near the entrance door then wrap around the pool by sections.
- Spectators will be dismissed at the end of each session by sections starting with the section nearest the exit door.
- Spectators will need to exit the stands prior to the next session of spectators to enter.
- Please do not remove the blue social distancing marker from the spectator bleachers.
- No outside food or drinks are allowed.
- Our concession stand will be available with limited items (drinks and packaged items). Please adhere to the social distancing markers. Currently, we accept cash only. Concession stand attendants will be required to wear face masks and gloves when appropriate. High touch surfaces will be disinfected and cleaned in between sessions.
- Heat sheets/programs will be made available on the DSMY Marlins website prior to the meet/event for spectators to download. They will not be for sale on site.
- When possible, the events at the aquatic center will be live streamed through [DSMYTV.com](https://www.dsmymarlins.com)