

KPBSD Pool Summer Activities



COVID-19 Mitigation Plan

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Aquatic Facilities

One of the many challenges aquatic facilities will face with the current COVID-19 guidelines in place will be how patrons maintain social distancing while minimizing contact with each other and staff, while utilizing our facilities. We will also be faced with the challenge of needing to continually clean and disinfect high traffic, high use areas. The plan below has been compiled from information obtained from the CDC, USEPA, American Red Cross, and current State Health Service guidelines. This mitigation plan is intended to provide guidance for KPBSD pools when engaging in summer activities at their facilities.

Entrance to the Facility:

Post a sign at the entrance of each facility informing all personnel and customers that they should avoid entering the facility if they have any COVID-19 symptoms. They should maintain a minimum 6ft distance from one another, sneeze and cough into one's elbow, not shake hands or engage in any unnecessary physical contact.

Limit the number of people who can enter into the facility to ensure that people in the facility can easily maintain a minimum 6ft distance at all times, except as required to complete Essential Business activity.

Where lines may form at a facility, mark 6ft. increments at a minimum, establish where individuals should stand to maintain adequate social distancing and designate markers on the floor to assist with social distancing by using colored tape.

Goal: To open up with limited services and hours to the public while maintaining State of Alaska Health Mandates, USEPA, CDC health guidance & protocols, and providing a safe environment for all staff and public until the service area can resume regular operations.

The Governor has announced a phased approach to re-opening Alaska. Each phase will include means to continually provide a safe environment for Alaskans while relaxing restrictions responsibly.

Following the State's lead, the KPBSD pools will begin to use prudent measures to change our posture to allow public access to our services without jeopardizing the health of the public and our employees. Please adhere to these directions strictly.

Phase 1

Lap Swim / Lap Walk / Water Exercise

Rentals (ie: Alaska Aquatic Therapy, swim teams, etc.)

General Operations:

- Only one member of the public may be at the admissions counter at a time. Six feet distance adhered.
- Public is strongly encouraged to wear face masks/coverings while entering and exiting the facility.
- Patrons will be administered a health pre-screening over the phone when reservations are made.

Staffing and Operations:

- All participants must complete and submit a COVID Sports Waiver and Release prior to participation in any summer session.
- Participants must be screened prior to each session. Staff must have a system to log and retain the screening information.
- The screening must include the following information:
 - A temperature check for all participants
 - A record of the participants name and contact information (phone or email)
 - Response to five screening questions:
 - Fever: Have you had a fever or chills in the last 72 hours?
 - Cough: Do you have a persistent wet or dry cough?
 - Sore Throat: Do you have a sore throat or a runny/stuffy nose?
 - Shortness of Breath: Are you experiencing unusual shortness of breath, fatigue, loss of sense or smell, headache, or muscle pain?
 - Contact: Have you had close contact with someone with COVID-19 in the last 14 days? Are you or someone in your household awaiting a COVID-19 test result?
- Anyone with a temperature greater than 100.3 degrees, or anyone who lives with someone who has tested positive within the last two weeks, or is awaiting test results, should not be allowed to participate, should self-isolate, and should contact their primary care provider or other health-care professional for further guidance.
- Participants must agree to inform someone from the organization if they become sick within seven days of participation so that other participants can monitor for symptoms and practice recommended social distancing measures.
- Please note that patrons' temperatures will be checked, but WILL NOT be written-down.
- No walk-ins allowed. Locker rooms will be closed to general public.
- Front admission waiting area & spectator area closed to public.
- Restrooms will be closed to general public. No walk-ins.

- Deck and spectator areas will be closed to patrons.
- Locker Rooms – Lap Swim and swim programs only.
- Water fountains, hoses and faucets will be closed.
- Vending machines will be closed. (if applicable)
- Waterslide and diving boards will be closed. (if applicable)

Locker Rooms:

- No lockers or benches will be available.
- Limited to one sink, one toilet stall, and one shower tree.
- Patrons must arrive dressed in swim attire with personal towels.
- Patrons will not be allowed back into locker room to shower or change out of swim attire.
- Personal items must be removed from locker room and stored on deck.
- Limited times for pre showers and lap swim (45 minutes to swim and 15 minutes to gather their belongings and leave the facility).

Sinks taped off and closed to allow for 6ft of spacing between hand washers. Sinks will also require a routine check of soap dispensers to make sure they are fully stocked.

Urinals taped off and closed, even where urinals have a wall in-between them. It would not allow for 6ft spacing between users and not much protection for users side by side.

Examples:



Aquatic Programming:

In dealing with the COVID-19 virus and hopefully in subsequent unknown viruses and bacteriologic elements these guidelines should give a general direction and working model to run various aquatic programs safely and effectively as health and safety orders are delivered from the state, county, and local levels. Realizing that not all pools and aquatic venues are created equal, the guidelines should be adjusted as needed to address any unique elements that may vary from what is prescribed herein.

-Lane lines

It is critical to have separation between each lane with the use of a lane line. The lane line differentiates the area for the swimmer and keeps them within a separation element with a safe swimming component. The lane lines should be fixed and attached to produce tension in the line with buoys affixed throughout or periodically so that the swimmer can maintain a visual focus to stay within their lane. A lap swim program

should not be conducted if lane lines are not available or in use to maintain a division of the lanes.

-Pool Sanitation/Filtration

By State code in order to operate a public swimming pool all pools must adhere to the code to have adequate sanitation with a minimum/maximum chlorine residual range as well as a minimum/maximum range for PH. These ranges were instituted to have the most beneficial result in dealing with viral/bacterial pathogens and to kill the pathogens quickly and efficiently when exposed to the water in the aquatic environment. Adhering to these controls should be adequate to deal with COVID-19 or any subsequent pathogen that is introduced. Additionally, the filtration aids in trapping elements and by utilizing the prescribed turnover rates will also mitigate and trap pathogens. The suggestion is that, as COVID-19 still has many unknowns, you go beyond the minimum required Chlorine residual of 1.0ppm to a 2.0ppm in order to reduce the CT (contact time) which will in turn reduce the kill time of the virus if it is exposed within the aquatic environment. No aquatic program should be permissible unless the aquatic venue meets or exceeds the minimum requirement or can maintain the prescribed variation indicated by state code.

-Accessible pool lift

Under the Americans with Disability Act, all pools are required to have a fixed pool lift which is able to be controlled independently by the user to get in and out of a pool/swimming lane. The key purpose in this is for lap swimming, so that it is independently operated so as not to have any potential exposure beyond the user.

For lap swimming/ Water Walking/ Water Fitness:

- Schedules to be determined by each individual facility.
- Reservations are limited to 45-minutes only.
- Cannot reserve more than 1 day in advanced or multiple slots in a 24-hour period.
- Reservations to be made by phone only. No in person reservations to be allowed.
- Patrons will be administered a health pre-screening over the phone when reservations are made.
- Public is strongly encouraged to wear face masks/coverings while entering and exiting facility.
- Lockers and benches are not available.
- Patrons must remove personal items from locker room and take to the pool deck.
- Pool Entrance (See attached diagram – site specific): Patrons will enter through main entry and check in at the admissions desk located on deck.
- Patrons must shower with soap, thoroughly washing swim attire, hair and body prior to entering the water.




- Pool Exit to be designated at each facility (See attached diagram— site specific): Showers are not available. Patrons will need to get dried off, dressed and leave with bathing suit on.
- Patrons will exit through pool doors.
- Facility Restrictions: Lap swim, lap walk or water exercise only.
- No walk-ins.
- Limited Patrons.
- Every other Lap Lane is restricted to single use except for members of the same house hold will be allowed to share a lap lane (no more than 4 per lane).
- Deep end maximum of 3 patrons and only available during non-Alaska Aquatic Therapy use times. (Water exercise)
- Limited use and access to pool deck. (See attached diagram— site specific)
- Spectator area will be closed to general public and patrons.
- A single chair will be placed in front of each occupied swimming lane for the patron belongings. After each swimmer, staff will disinfect all touch points in between patron use.
- Personal Care Assistants are allowed in locker room to assist with client.
- Personal Care Assistants whom are not required in the water with a client will need to wait outside or in their vehicle.
- Pool equipment will not be available for public use. These shared elements provide a contact issue as they are often used from one person to another at various times. It is true that all of these elements will touch the water in some capacity but they also touch the swimmer and from a feasibility standpoint and sanitation standpoint it is probably a best practice for swimmers to provide their own swimming equipment so that you have one less element to sanitize and worry about.
- Personal equipment will be allowed and we ask that it be sanitized before bringing it into the facility.

Water Exercise or Water Fitness:

There are a variety of classifications which fall under water exercise or water fitness, frequently referred to as Water Aerobics. These elements have many nuances; individual water exercise, group classes with a myriad of options from shallow/deep water, water walking and the list goes on. Most water exercise employs the use of water as a resistant element in concert with the body and or equipment to provide force to strengthen or tone the muscles in the body as well as repetition and speed to produce the aerobic element for cardiovascular health with low impact.

Positioning in the lane: As you are queuing exercisers, they will need to be in their own separate line and they will either be first or last coming into the pool environment. They will cycle in individually to their assigned area of the lane which should either be designated with cones and/or dividing ropes. Once the exerciser is in their area they

should be directed to use the center portion of the lane and interior area by the wall and to reasonably stay within this framework of the lane. Example below:

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
<u>CLOSED</u>		<u>CLOSED</u>		<u>CLOSED</u>	

As indicated in the guidelines for lap swimming, participants should utilize their own equipment that is brought in by them that has been sanitized. Additionally, as students are waiting for their program it is recommended that they have face masks when entering and staging in the queuing area.

Rentals (AAT, Swim teams, etc): [Room/Building Use Application](#)

All rentals will need to submit their own mitigation/migration plan along with their Building Use Form and copy of Insurance to the appropriate pool manager. These will need to be reviewed and approved by KPBSD prior to having access to the facility.

Designated Event Monitor: There should be a designated individual on site solely responsible for monitoring and following all social distancing, hygiene, staffing and operations (including participant screening), and cleaning and disinfecting protocols as outlined in this mitigation plan. The designated event monitor may be a KPBSD employee, coach, or volunteer who is familiar with the requirements under this plan.

OPERATIONS & PROCEDURES FOR FACILITIES

Employee Training:

- Prior to re-opening employees will be trained on the following per CDC guidelines and KPBSD Pool's Mitigation Plan.
 - Illness and sickness procedures for staff & public
 - CDC symptoms and self-check health screening
 - Hygiene Protocols: hand washing, touching of face, eyes and mouth
 - Cleaning and disinfecting protocols
 - Emergency response protocols
 - Public education

Employee Procedures:

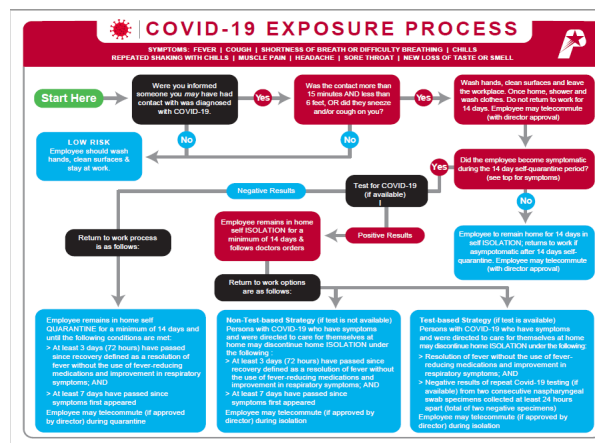
- Employees have the individual option to wear face masks while engaging with public. KPBSD will be responsible for providing face masks for pool employees.
- Employees may not wear face masks under the following conditions:
 - While performing patron surveillance (lifeguarding or dispatching) while on the pool deck.
 - In a water rescue, other responding staff may wear face masks.
 - Ventilations are required until BVM arrives on scene. (Breathing barriers are not operable with a mask.)
- Employees
 - Each employee is provided a list of CDC Covid-19 symptoms and shall be responsible for self- checking their health prior to their work shift.
 - No employee showing signs/symptoms of illness will be allowed to report to work.
 - No employee may report to work within 72 hours of exhibiting a fever unless released by a physician or presenting a negative COVID-19 test result.
 - Lifeguards should come to work in their lifeguard uniform. Use of locker rooms will not be allowed.
- Lifeguards will be assigned a rescue tube during shift.
 - Employee will be responsible for disinfection of rescue tube at the beginning and at the end of shift.
- High public interface areas shall have a sanitizer in the immediate vicinity
- Employee Illness during shift:
 - Employee shall isolate themselves from others immediately.
 - Employee shall notify the Pool Manager and the employee will be sent home.
 - Pool Manager will notify Pool Supervisor.
 - Pool Supervisor will notify Planning and Operations Director.
 - Office / Area of use will be disinfected per CDC guidelines
- Employee Positive for COVID-19
 - Employee reports to supervisor by phone.
 - Pool Supervisor will be notified.
 - Situational assessment will be performed by the Pool Supervisor. The facility may be shut down a minimum of 72 hours for deactivation of the virus. A thorough disinfection of facility will be performed following the 72-hour period.

Patron Illness

- Patron shows signs and symptoms of COVID-19 while in facility
 - Staff informs manager.
 - Patron is required to leave facility.

- A full disinfection of all areas used by patron and a touch point disinfection of locker rooms will be completed before any other patrons will be allowed back in.
- Patron notifies KPBSD they were at the facility and are confirmed COVID-19
 - Pool manager handles call
 - Pool manager collects information
 - Dates and areas of facility used
 - Name, number, and address
 - Public exposure; who was with them
 - Pool Supervisor is notified
 - Situational assessment will be performed by Planning and Operations. The facility may be shut down a minimum of 72 hours for deactivation of the virus. A thorough disinfection of facility will be performed following the 72-hour period.

Illness and sickness procedures for Staff & Public (Full flyer on page 27)



Pool-Cleaning/Disinfection

- Shift Supervisor completes a full disinfection of office used. To include all office equipment, phone, chairs, desk, etc.
- Disinfection of high contact point areas throughout facility, locker rooms, restrooms, pool hand rails at each rotation
- Disinfection of the sign in desk, rescue tubes and shared spaces after each rotation
- In addition to regular end of day disinfection of restrooms, family changing room, sinks and toilets the following will be added:
 - Sign in desk
 - Hand rails
 - Locker rooms
 - Door handles
 - Chairs in shared spaces
 - Phones in shared spaces

- Point of Sale stations
- Rescue equipment
- Pool office/break room

Distancing protocols and Movement to prevent Guest to Guest contact-

Currently for COVID19 there exists a standardized guideline of maintaining 6' of distance between individuals of separate households. In order to maintain this guideline in the aquatic setting some engineering controls can be enacted, for example: tape, cones, an applied appliqué on the ground where you are queuing the swimmers prior to entering the facility or the lap pool area.

For entry and exit into the pool it is a good practice to have a rotating lifeguard to bring in the new swimmers in a single file line after the previous swimmers exit following directional arrows on the opposite side of the pool while proceeding either to the locker rooms or out of the facility. The lifeguard who was on duty for patron surveillance would ensure all users are out and that the pool is scanned prior to calling in the next set of swimmers. The incoming lifeguard would bring them in and do a bottom scan and then give the ok for the new swimmers to enter and begin their lap swim program.

By utilizing the queuing protocol as well as employing the rotation of swimmers and lifeguards within the guidelines you have essentially maintained distancing requirements as well as minimized and limited exposure risk to your swimmers.

An additional recommendation is that all swimmers, while queuing or entering into the queue from either the main entry point or locker rooms after taking a shower, put a face mask on until they are in the center of their lane assignment and then to remove it prior to getting into the lane. They will also put the face mask on after they have gotten out of the pool and are queuing back for exiting.

Contact/touch points: It is recommended, when possible, for the doors to the facility be left open to go in and out of. For those that can be left open the recommendation would be to do so to eliminate a potential touch point. As an alternative you could provide portable sanitizer available for the swimmer to sanitize their hands to reduce possible contact with a previous user. Either method is advisable and appropriate. An appropriate waste receptacle should be nearby.

Admissions:

- All employees are responsible to direct public and co-workers to maintain at least 6 feet for social distancing.
- Patrons will be administered a health pre-screening over the phone when their reservations are made.

- KPBSD will strongly encourage the use of face masks/coverings while in the facility.
- Employees have the individual option to wear face masks while engaging with the public. KPBSD will be responsible for providing face masks for their employees.
- Employees will be required to use gloves for cash handling and document transaction.
- Admissions table/station to be disinfected after every public interface.

Till Close/Reconciliation:

- In addition to KPBSD Cash Handling procedures, the following protocols must be followed:
 - Gloves or hand sanitizer is required while handling cash
 - Disinfection of the following areas will be completed after counting and securing the till.
 - Cash box
 - Safe and safe key pad or lock cabinet
 - Table
 - Employee must use gloves or hand sanitizer after handling cash and closing till

KPBSD COVID-19 Response and Rescue Protocols

General Response

- Emergency Response-public (treat all responses as COVID suspected)
 - Required PPE will be determined by response level
 - If possible keep 6 feet away from patron
 - One staff member will respond, no other staff members will assist until they are requested.
 - Use the KPBSD COVID-19 emergency response and rescue protocols.
 - Follow standard American Red Cross training and KPBSD EAP procedures for first-aid, CPR and rescues.

Response Level 1 (Over 6 feet Away): > 6 feet is the safe zone.

PPE Required: Gloves

- Does not show any signs or symptoms of COVID
- Initial assessment or majority of treatment can be done 6 feet away
- Minor first aid and/or patron illness has low potential to generate aerosols
 - Bloody Nose
 - Diabetic Emergency
 - Minor wounds
 - Possible injuries to the muscles, bones or joints where 911 has been contacted and splinting is not needed

Response Level 2:

PPE Required: Gloves, Surgical Masks and safety glasses

- Shows signs and symptoms of COVID-19
- Patron illness has potential to generate aerosols such as:
 - Cough / Sneezing
 - Vomiting
- Major first aid care or sudden illness where care needed will require staff to be within 6 feet of the patient for extended period of time in example:
 - Unresponsive or not fully responsive victim
 - CPR / Rescue ventilations
 - Major trauma
 - Patron vomiting

KPBSD Pool-Water Response/Lifeguard Operations:

Never delay response or rescue. The following in-water rescues are recommended to help minimize face to face contact, but should never cause a delay in response to a drowning incident. The goal is to stop the drowning process as soon as possible by moving the victim's airway out of the water and moving victim to safety.

IMPORTANT: The priority of the lifeguard in chair/tower is surveillance only.

Assists

Shallow water assists can be done. Encourage the lifeguard that once they make contact with the victim, reassure the victim, and then turn their head to the side to avoid directly breathing on the victim.

Active and Passive Surface Rescues

If the rescue has to be made and the lifeguard needs to make physical contact with a victim for a water rescue, approach the victim from the rear, make contact with the victim, keep your head turned to the side as to avoid breathing directly on the victim.

Shallow Water Submerged Victim Rescue

MAKE THE RESCUE. This is a life-threatening situation and there is a good chance the victim has reduced or no breathing. Quickness in stopping the drowning process is imperative. Remember to activate your EAP as additional help might be needed for the water rescue, extrication out of water to the deck, and patient care. Lifeguards fully donned in PPE will be providing the initial patient care on the deck.

Deep Water Submerged Victim Rescue

MAKE THE RESCUE. This is a life-threatening situation and there is a good chance the victim has reduced or no breathing. Quickness in stopping the drowning process is imperative. Remember to activate your EAP. Additional help will be needed for the water rescue, extrication of water to the deck, and patient care. For additional help. Lifeguards fully donned in PPE will be providing the initial patient care on the deck.

Possible injuries to the head, neck or back in shallow water

Secure the victim with the Head Splint or Head Chin splint. Once contact is made and the victim is secure in the splint hold, the rescuing lifeguard should try and keep their face turned away from the victim to avoid breathing directly on the victim. Once a backboard is available with additional lifeguards wearing face/cloth masks, trade out the rescuing lifeguard with a lifeguard wearing a face mask (Maintain in-line stabilization throughout this transition). Backboard the victim.

Possible injuries to the head, neck or back in deep water

Secure the victim with the Head Splint or Head Chin splint. Once contact is made and the victim is secure in the splint hold, the rescuing lifeguard should try and keep their face turned away from the victim to avoid breathing directly on the victim. Move the victim to shallow water if possible. Once the victim is in shallow water, begin the back boarding process listed above. Once a backboard is available with additional lifeguards wearing face/cloth masks, trade out the rescuing lifeguard with a lifeguard wearing a face mask (Maintain in-line stabilization throughout this transition). Backboard the victim.

PATIENT CARE:

Ventilations

Use of a BVM by solo rescuer can be done. It requires additional training. Two-person ventilations with a BVM with HEPA filter should be prioritized over the use of a resuscitation mask. Rescuers should follow guidelines listed in CDC:

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-for-ems.html>

CPR

Rescuers should follow guidelines listed in the CDC:

Water rescue and extrication which leads to Ventilations, CPR and use of an AED

MAKE THE RESCUE. This is a life-threatening situation and there is a good chance the victim has reduced or no breathing. Quickness in stopping the drowning process is imperative. Develop a staggered rescue response: one or more rescuers make the water rescue and the in-water extrication, two dry rescuers are on deck to provide the extrication from the water to the deck with the backboard. The same two dry lifeguards are donned in proper PPE (per COVID-19 guidelines from the CDC) to initiate care or have two additional lifeguards to provide initial patient care.

First Aid

Assume that all patients may have COVID-19. Minimum PPE for all patient encounters is a mask and gloves. Try to perform initial assessment from at least 6-feet away if possible. Utilize a single rescuer to provide care if possible, and have back-up staff available if needed.

Summary of Lifeguard Safety Guidelines:

- Lifeguards should wear appropriate facial coverings
- Employ Reach or Throw prior to Go response for rescues
- Remove mask prior to making an in water rescue
- Utilize flotation equipment for active victims with front, side, or rear approach
- Utilize rope on rescue equipment for physical distancing
- Rear approach and rescue for all unconscious victims
- After extraction additional rescuers would wear facial mask and normal PPE's as well as BVM for respiratory needs

LIFEGUARD IN-SERVICE TRAINING PHYSICAL SKILLS:

Ventilations and use of a BVM as a solo rescuer (Initially taught in ARC EMR)

Lifeguards will maintain 6 feet of distance between each other during the in-service.

NOTE: LGT instructors must become proficient prior to holding an in-service on this specific skill. Infant BVM's with HEPA filter are not currently available, only adult and pediatric.

Initial training should address developing proficiency at providing ventilations with a BVM as a solo rescuer specifically at maintaining an adequate seal while keeping the victim's airway open. Training should be done on an adult, child and infant manikin.

Once proficiency is demonstrated, the lifeguard should demonstrate the skill while in full PPE with appropriate equipment: gloves, mask, and BVM with HEPA filter.

Once proficiency is demonstrated, rescuer should include a primary assessment which leads to ventilations. Rescuer should be able to demonstrate Head-tilt/Chin-lift, Jaw-Thrust with head extension, and Jaw-Thrust without head extension.

Equipment: Adult and infant manikins, and Adult/child and Infant BVMs

Ventilations and use of a BVM with two rescuers

Initial training should address proficiency at providing ventilations with a BVM with two rescuers specifically at maintaining an adequate seal while keeping the victim's airway open with both rescuers wearing masks and gloves. Training should be done on an adult, child and infant manikin. Once proficiency is demonstrated, the lifeguard should demonstrate the skill as a solo rescuer with a secondary rescuer having a staggered arrival. The staggered arrival could simulate the secondary rescuer has a delayed response to the scene, is donning PPE or is drying off then donning PPE. Initial responding lifeguard is in full PPE.

Equipment: Adult and Infant manikins and Adult/child and Infant BVMs

One-Rescuer CPR

Initial training should address proficiency while in full PPE. The focus should be on providing consistent compressions and ventilations with a BVM. Once the lifeguard demonstrates competency, focus on building endurance between 4-8 minutes of uninterrupted care due to a delayed arrival of secondary rescuer or a secondary rescuer is delayed due to donning PPE.

Equipment: Adult and Infant manikins, Adult/child and Infant BVMs

Two-Rescuer CPR

Initial training should address proficiency while in full PPE. The focus should be on providing consistent compressions and ventilations with a BVM. Once the lifeguards demonstrate competency in both a simultaneous and staggered arrival, focus developing fluidity and uninterrupted care by rescuers when changing positions, changing out equipment due to equipment failure, and changing out damaged PPE. Building endurance between 4-8 minutes of uninterrupted care due to a delayed EMS arrival. Consider incorporating use of an AED.

Equipment: Adult and Infant manikins, and Adult/child and Infant BVMs

Use of an AED

Train on using AED in full PPE, as both a solo rescuer, two rescuers and multi-rescuer. Consider solo rescuer bringing AED and reviewing both witnessed and unwitnessed collapse scenarios. Consider solo rescuer performing CPR with secondary rescuer bringing AED. Consider two rescuers performing CPR, and a third rescuer arrives with the AED.

Equipment: Training AED, Adult and infant manikins, and Adult/child, and Infant BVM's

CPR with Airway Obstruction

Initial training should address developing proficiency while in full PPE. The focus should be on providing consistent compressions and ventilations with a BVM. Once the lifeguard demonstrates competency, focus on two rescuer response, a staggered two rescuer response, conscious choking transitioning to unconscious choking victim, clearing the airway and continuing CPR, clearing the airway and continuing ventilations only, clearing the airway continuing CPR with use of an AED, and lastly clearing the airway and placing the victim into a recovery position due to the victim being unconscious but breathing.

Equipment: Adult and Infant manikins, and Adult/child and Infant BVM's, and AED

Controlling External Bleeding

A number of scenarios within training should be utilized when practicing skills. Two would be a no direct contact approach (verbal and simulated on equipment). The verbal approach would have the lifeguard verbalize how to control bleeding to the victim and would specifically direct the victim on how to self-control the bleeding. This has good real world practical application but does take a lot of practice. In the use of simulated equipment, the lifeguard could practice controlling bleeding on either a manikin or on a pool noodle as they would on a real person. This approach maintains their ability to perform the skill appropriately. The last approach would be to work developing proficiency on providing care in Full PPE.

Equipment: Control bleeding gauzes and bandages, mask, Adult and Infant manikins, pool noodle

Reaching Assists from the Deck

Lifeguard should train in demonstrating proficiency in doing a reaching assist with the following pieces of equipment: Shepherd's Crook and Rescue tube. Rescue tube reaching assists can be done both from the deck and in shallow water. NOTE: Depending on the situation, a Shepherd's Crook can support multiple victims. Lifeguards should practice doing an in-water reaching assist with the rescue tube in deep water. This should

include a safe entry, approaching the victim, a quick-reverse, followed with a reaching assist to the victim.

Equipment: Shepherd's Crook, Rescue Tube

Throwing Assist from the Deck

Lifeguards should train in demonstrating proficiency in doing a throwing assist with a Ring Buoy. Lifeguards should focus on good aim and accuracy, throwing the ring buoy over the victim (avoid hitting the victim), a quick return and recoiling of the rope of the ring buoy if the first attempt is unsuccessful. If the agency uses throw bags, follow the same objectives.

Equipment: Ring Buoy

Simple Assist

Lifeguards should practice making contact of the victim from the side and rear of the victim to avoid direct face-to-face exposure. Once proficient, incorporate a safe entry and a walking approach. Can be done with a submersible manikin.

Equipment: Rescue Tube, Submersible Manikin

Active Victim Front and Rear Rescues

Lifeguards should prioritize approaching the victim from the rear to avoid direct face-to-face exposure. If necessary, the lifeguard could do a front approach but transition the rescue tube to provide an in-water reaching assist. If the rescue tube has the capability to clip the victim into the rescue tube, do so to extend the distance between the victim and the lifeguard during the tow. NOTE: If towing a victim, lifeguard must remain in control of the victim and keep their airway above the water. Once proficient, incorporate a safe entry and approach.

Equipment: Rescue Tube

Passive Victim Front and Rear Rescues

Lifeguards should prioritize approaching the victim from the rear to avoid direct face-to-face exposure. If the rescue tube has the capability to clip the victim into the rescue tube, do so to extend the distance between the victim and the lifeguard during the tow. NOTE: If towing a victim, lifeguard must remain in control of the victim and keep their airway above the water. The lifeguard could do a front approach only if the victim is face down on the surface and not breathing. Once proficient, incorporate a safe entry and approach.

Equipment: Rescue Tube, Submersible Manikin

Towing a Victim

Towing a victim could be done with a submersible manikin to develop proficiency in securing the victim to the rescue tube and developing speed while towing.

Equipment: Rescue Tube, Submersible Manikin

Multiple Victim Rescue

Until restrictions are lifted, multiple victim rescue should be done with multiple rescuers (1 victim to 1 rescuer). Follow active victim rescue guidelines. If possible, due to the size of the victims and proximity to the side of the pool, a reaching assist with a Shepherd's Crook could be utilized to make the rescue.

Equipment: Rescue Tube, Shepherd's Crook

Passive Submerged Victim in Shallow Water

Practice using a submersible manikin for this skill. Focus on quick rescue and rapid extrication to the side of the pool. Once proficient, add a safe entry.

Equipment: Rescue Tube, Submersible Manikin

Submerged Victim in Deep Water

Practice using a submersible manikin for this skill. Focus on quick rescue and rapid extrication to the side of the pool. Once proficient at bringing the victim to the surface and securing them to the rescue tube, focus on safe entries, approaching the submersion point and feet-first and head-first surface dives before making the rescue.

Equipment: Rescue Tube, Submersible Manikin

Until restrictions are lifted, hold off on performing this skill during in-service.

Front and Rear Head-Hold Escapes

In-Water Ventilations, Shallow and Deep Water

This skill could be performed on a submersible manikin. Cleaning and disinfecting the manikin will be required in-between lifeguards. Focus on good placement of the rescue tube that allows the lifeguard to provide successful ventilations.

Equipment: Rescue Tube, Submersible Manikin

Extrication Using a Backboard at the Pool Edge

Extrication can be done with 1 lifeguard in the water, and 2 lifeguards on the deck. Deck lifeguards should be in full PPE (this will take additional time and the water lifeguard needs to realize this). Start in shallow water, lifeguard in the water can have a cloth mask on as long as lifeguard doesn't submerge. Victim can be a submersible manikin. Wet and dry lifeguards will focus doing a smooth transition from water to land. Once proficient, work on developing proficiency in deep water extrication. Variation could include the water lifeguard entering water, which would trigger the 2 deck lifeguards begin to don PPE and get the extrication board ready.

Equipment: Rescue Tube, Extrication Board, PPE

Over-arm Head and Head Splint with Victim Face-up at the Surface in Shallow and Deep Water

Equipment: Rescue Tube, PPE

Spinal Backboarding Procedure (Shallow, High Edge, or Deep Water)

If available, substitute victim with submersible manikin.

Equipment: Rescue Tubes, Backboard, PPE

Head Splint Face-down at the Surface or-Submerged in Deep Water

Until restrictions are lifted, hold off on performing this skill during in-service.

Screening form below to be used when making reservations/ Staff:

COVID-19 MONITORING FORM

Date: _____

[illegible]

- **Fever:** Have you had a fever or chills in the last 72 hours?
- **Cough:** Do you have a persistent wet or dry cough?
- **Sore Throat:** Do you have a sore throat or a runny/stuffy nose?
- **Shortness of Breath...:** Are you experiencing unusual shortness of breath, fatigue, loss of sense or smell, headache, or muscle pain?
- **Contact:** Have you had close contact with someone with COVID-19 in the last 14 days? Are you or someone in your household awaiting a COVID-19 test result?

Response: "Thank you for answering the screening questions. Based on current State Mandates, there is a risk of you having been exposed to COVID-19. For the health and safety of all, we will not be able to allow you entry to the facility at this time. Once you have been without symptoms for 14 days you may call back to schedule a reservation."

*If they answered NO to all then you may proceed with making their reservation at that time

**KENAI PENINSULA BOROUGH SCHOOL DISTRICT
SUPPLEMENTAL HOLD HARMLESS, RELEASE
AND WAIVER OF LIABILITY RELATED TO COVID-19**

The Kenai Peninsula Borough School District ("KPBSD") plans to allow sporting events or similar activities (herein referred to as "SPORTING EVENT") to take place. In consideration for being permitted to compete, officiate, observe, work, and/or participate in a SPORTING EVENT, I _____, on behalf of myself and my minor children, agree and consent to the following:

1. I affirm that neither I, nor any person residing in my household, including the actual participant(s) in the SPORTING EVENT, has been diagnosed with, demonstrated any symptoms of, or have in any way knowingly been exposed to any communicable diseases, including the Novel Coronavirus Disease known as COVID-19 within the past thirty (30) calendar days;
2. I acknowledge that I am aware that by entering the premises where the SPORTING EVENT is being held that there is a risk to me and my minor children of being exposed to COVID-19, and/or any mutation or variation thereof. I am also aware that such an exposure can occur either directly or indirectly whether or not a mask and-or gloves are worn and that KPBSD cannot guarantee that by entering the premises of the SPORTING EVENT there will be no exposure to COVID-19;
3. I understand that while certain individuals are more susceptible to becoming seriously ill if they contract COVID-19 (such as people over 65, people with serious underlying health conditions, and those with compromised immune systems), anyone, including a healthy person, is susceptible to contracting COVID-19. By signing this Waiver of Liability, I fully and knowingly agree to ASSUME ALL RISKS associated with attendance at a public event and potential exposure which may include potential exposure to the COVID-19 virus for myself and any minor children whom I consent to attend the SPORTING EVENT;
4. I understand and acknowledge that KPBSD cannot eliminate the risk of exposure to COVID-19 and agree that by the signing of this Waiver I, on behalf of myself and my minor children, ASSUME ALL RISKS, associated

with my involvement and my children(s) involvement in the SPORTING EVENT;

5. By signing this Waiver, I acknowledge that participation in or attendance at the SPORTING EVENT is not required by KPBSD;

6. I agree that this Waiver, Release and Assumption of Risk is to be binding upon my heirs and the heirs of my children;

7. I hereby voluntarily agree to RELEASE, WAIVE, DISCHARGE and COVENANT NOT TO SUE KPBSD and/or its officers, directors, Board members, employees, contractors and-or volunteers; including promoters, participants, officials and owners of the SPORTING EVENT premises (hereinafter "Releasees"). By signing this document, RELEASEES WILL BE RELEASED FROM ANY AND ALL LIABILITY for any loss or damage whether caused by the negligence of the Releasees or otherwise;

8. To the maximum extent allowed by law, I hereby agree to INDEMNIFY AND HOLD HARMLESS the Releasees from and against any and all claims for damages, causes of action or injuries, any loss, liability, cost, (including attorneys' fees and costs expended in the defense thereof), which may be incurred or which may arise out of or related to my illness or death, or the illness or death of my children, including the actual participant(s) in the SPORTING EVENT whether caused by the negligence of the Releasees or otherwise.

BY SIGNING BELOW, I CERTIFY THAT I HAVE READ AND UNDERSTAND THIS WAIVER AND RELEASE; THAT I AM THE PARENT OR LEGAL GUARDIAN OF THE MINOR CHILD(REN) WHOM I ACCOMPANY OR ALLOW TO PARTICIPATE IN THE SPORTING EVENT; AND THAT I KNOWINGLY AGREE TO RELEASE AND WAIVE ANY CLAIM OR LEGAL CAUSE OF ACTION THAT I OR MY CHILDREN MAY HAVE AGAINST RELEASEES.

Printed Name: _____

Signature: _____

Date: _____



How to Properly Make and Use Sanitizers & Disinfectants

SANITIZING FOOD CONTACT SURFACES

A solution of bleach and water should be used to sanitize all food preparation and contact surfaces.

1 tablespoon of bleach per **1 gallon** of water will give you a 50-200 ppm sanitizing solution.

This can be used to sanitize dishes, utensils, food preparation counters and tables.

** Make sure that you use only UNSCENTED bleach for food contact surfaces and that you are using chemical test strips to check the sanitizer concentration. All spray bottles must be clearly labeled with contents.**

DISINFECTING CHANGING TABLES, BATHROOMS, TOYS

All changing tables/diapering areas, bathrooms and toys must be disinfected after each use. The following solution of bleach and water should be used on these surfaces:

1 tablespoon of bleach per **1 quart** of water

OR

¼ cup of bleach per **1 gallon** of water

This will give you a 500-800 ppm disinfecting solution. Remake solution daily.

Soaking method for toys:

Wash and rinse toys to remove any visible dirt. Soak toys in a solution of **¾ cup** of bleach **per gallon** of water for 5 minutes. Rinse toys and allow to fully air dry.

IN CASE OF ACCIDENTS AND ILLNESS

For all surfaces impacted by ill children (vomiting, diarrhea), a stronger solution of bleach and water is required.

1/3 cup bleach per **1 gallon** of water

OR

2 tablespoons bleach per **1 quart** water.

This will give you a 1000+ ppm disinfecting solution.

After cleaning the area with detergent, spray or wipe with surfaces with the disinfectant. Make sure to allow surfaces to fully air dry.

DATE: / /

LAP SWIM RESERVATION SHEET

LANE:	TIME:	NAME	PHONE	GUARD INITIAL
2 *LIFT LANE*				
4				
6 • LADDER LANE*				
2 *LIFT LANE*				
4				
6 • LADDER LANE*				
2 *LIFT LANE*				
4				
6 • LADDER LANE*				
2 *LIFT LANE*				
4				
6 • LADDER LANE*				

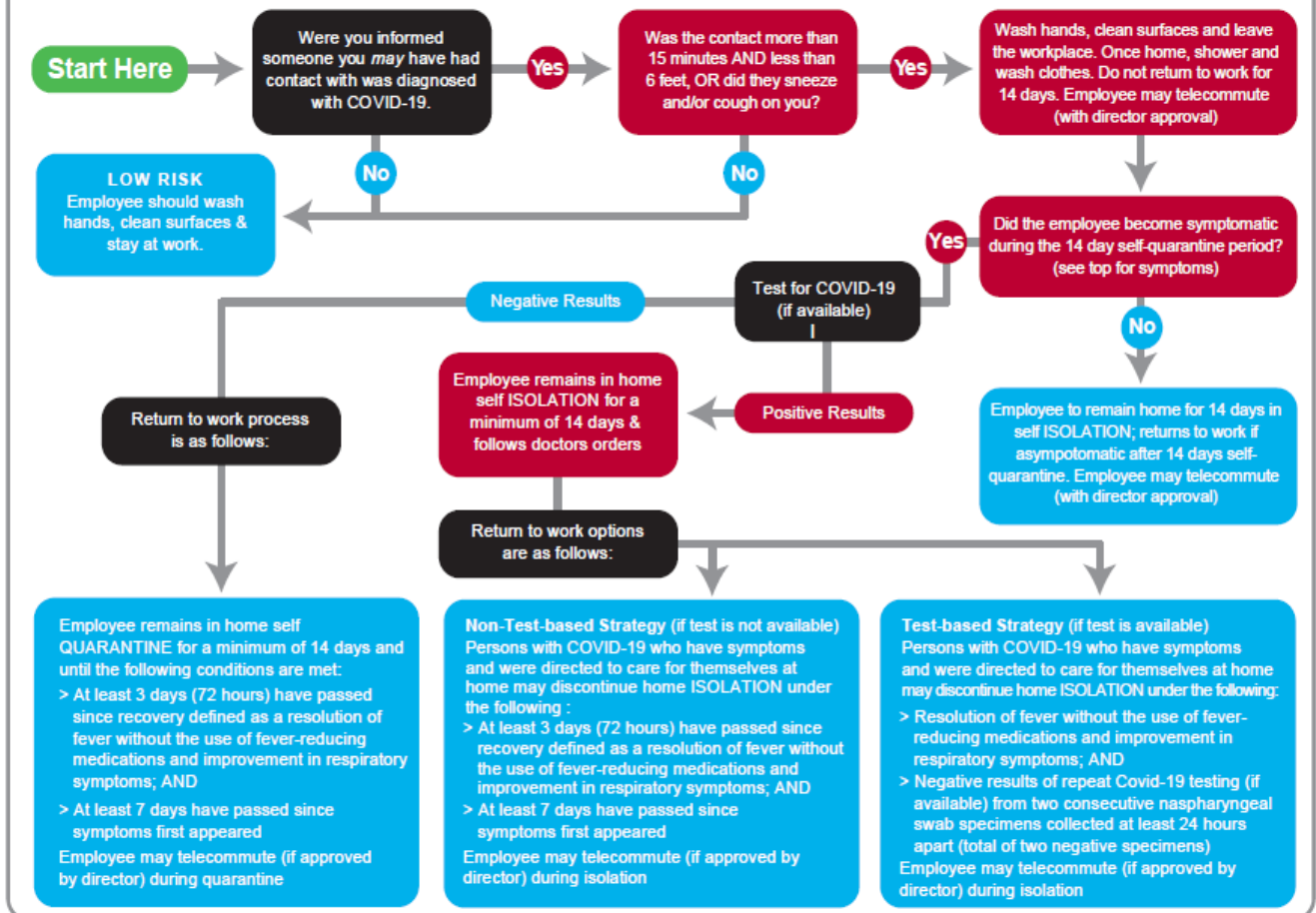
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COVID-19 EXPOSURE PROCESS



SYMPTOMS: FEVER | COUGH | SHORTNESS OF BREATH OR DIFFICULTY BREATHING | CHILLS
REPEATED SHAKING WITH CHILLS | MUSCLE PAIN | HEADACHE | SORE THROAT | NEW LOSS OF TASTE OR SMELL



KPBSD POOL HOURLY DISINFECTION CHECKLIST

Cleaning Chemical Uses

Oxivir Five - Disinfectant

Simple Green – Cleaner

Alcohol Wipe Pads – Key Board, Mouse, Phone **ONLY**

Pool Deck – Bleach Solution

DO NOT USE CLOROX WIPES FOR GENERAL DISINFECTION

DATE: _____

Locker Rooms

	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm
Sinks & Faucets										
Toilets & Flush Mechanism										
Hand Rails & Stall Door										
Shower tree										
Toilet paper dispenser										
Soap Dispenser										
Door Handles										

Admissions Area

	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm
Door handles										
Table										
Pens										

Entrance Area

	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm
Door Handles										
Handicap Entrance Button										

Pool Area

	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm
Hand Rails										
Spectator Rail (if applicable)										
Chairs										
Benches										

KPBSD POOL NIGHTLY CLEANING CHECKLIST

Deck

Pool Deck	_____
Hand Rails	_____
Spectator Rail	_____
Rescue Tubes	_____
Backboards	_____

Locker Rooms

Toilets / Sinks / Faucets	_____
Hand Rails	_____
Shower Trees	_____
Floors	_____
Hallway Floors leading to pool	_____
Stall Door & Hand Rails	_____
Toilet Paper & Soap Dispensers	_____
Paper Towel Dispensers/Dryers	_____
Door Handles	_____

Admissions Area

Table	_____
Safe box	_____
Phone	_____
Scanner/Printer	_____
Hand Sanitizer Dispenser	_____
Door Handles Offices / Entries	_____
Hand held Thermarator	_____