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Ministry of Sports & Youth Affairs

No. 33, Maitland Place, Colombo 07, Sri Lanka.



දිනය 2020/06/05
Date

National Standard Operational Procedure for Aquatic Facilities through COVID 19



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Introduction

Swimming is a prospective high-performance sport in Sri Lanka, and also a healthy recreational activity within our community. There is no evidence Covid-19 could transmit through chlorinated water in swimming pools. Swimming does not require direct contact between teammates or coaches and social distancing could be maintain throughout the practice session. If social distancing, respiratory etiquette, hand hygiene with proper disinfection of frequently touched materials could be thru, swimming is a safe sport to start through COVID 19. Maintaining of water sanitation within the recommended chlorinated levels and pH levels is mandatory with other public health guidelines issued by the health authorities.

National Principles for resumption of sport activities

- Resumption of sport and recreation activities should not compromise the health of individuals or the community.
- Resumption of sport and recreation activities will be based on objective health information to ensure they are conducted safely and do not increased the risk of COVID-19 local transmission rates.
- All decisions about resumption of sport and recreation activities must take place with careful reference to these National Principles following close consultation with relevant National/ Local Public Health Authorities.
- These National guidelines provides a guide to re-introduce swimming to both high-performance and recreational athletes
- Resumption of activities in a swimming pool in initial stages is suggestive with only adults/children, who are not in the vulnerable group. However, the same group of swimmers and staff will have their session together daily and no mix up allowed with limited time slot. **Vulnerable group:** Para-athletes and athletes with concurrent medical conditions including respiratory or cardiac disease, hypertension, diabetes, obesity and immunosuppression due to disease or medication
- If identified any risk by not following the advices, or changing the country's COVID -19 situation, MOS or Public Health Authority could stop activities until further evaluation.
- Please note that these guidelines reflect the information and research available at the time of writing with the existing COVID -19 situation in Sri Lanka, and subject to change with new evidence and country's COVID-19 situation in the future.



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Following algorithm is recommended to resume

Phase One: Re-Opening Through COVID-19

Step 1 – Plan

Step 2 - Prepare

Phase Two: Operating Through COVID-19

Step 1- Planning

General information

- Seeing cleaning practices in action, instils confidence among your swimmers and staff. This has never been truer or more important to your business than now.
- Safety and security are a shared responsibility among your staff and swimmers.
- With limited time slot and space limited number of swimmers will allow into swimming pool at initial stages.
- Suggest to allow Vulnerable groups later.
- Those who are having symptoms or signs of COVID 19 or suspected symptoms and those who had close contact with COVID 19 confirm or suspected person will not entertain into swimming pool. **(Questionnaire 1 – Pre -Training screening)**
- In this stage it is mandatory to plan on Risk Communication and its material. **(Annexure 1)**

Risk communication - Education and awareness, ensuring public health advice to all swimmers, pool staff, and other relevant stakeholders before commencing activities in the swimming pool with daily updates.

- Communicate Resumption plan with Customers - Thoroughly and clearly communicating how you plan to help keep your swimming pool safety helps to increase member and staff confidence. communicate your new arrangements, limitations during reopening and customers responsibilities through digital and physical methods. **(Annexure 2)**

Staff Communication - Establish internal messaging for your staff to ensure everyone's safety and consistent communication.

- Share fact sheets with members and staff on this information.
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- Ensure they understand and effectively communicate the re-opening program guidelines.
- Establish a regular cadence for communicating updates with staff.
- Consider your communication and re-opening plan for absent staff members.
- Appoint “COVID Coordinators” on your staff to be the leaders and inspectors of your program.
- Their responsibility is to stay abreast of the ever-changing COVID-19 data and your local health authority’s response and share information with the staff and members of the swimming pool.
- In addition, COVID coordinators are responsible for routine check-up on safety guideline, security measures and water sanitation (pH levels, chlorine level) for smoothly functioning in the swimming pool
- If using a professional cleaning contractor, ask for documentation on their protocols that align with health ministry and local guidelines.

Step 2 – Prepare

Reception / Front desk and Check in

- Be clear and consistent about your policy and processes to all swimmers and their parents/guardians
- Post appropriate signage around the facility
- Better to have entry way and exit way separately
- Wash basin/Hand wipes/sanitizers will be on offer (or directed to where people can clean their hands)
- Provide clear separation between entryway, exit way, sanitary hygiene station, and temperature check-in station, adhering to social distancing guidelines.
- Queue management - 2m spacing markings on the floor and if necessary, outside the entrance.
- Determine what new signage is needed in the facility and where it should be displayed.
- Enforce maximum capacity standards for your facility that allow safe social distancing. This could be handled in ways such as scheduling appointments with your members.
- Maintain a register daily for entry and exit with the names and times. (provided their general information and contact details are available) suggestive to provide contactless electronic methods for member registration and daily entrance and check outs.



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- Take the temperature of all staff and members who enter your facility. If someone has a fever (37.5 C or above) , keep them separate and inform COVID 19 coordinator the coordinator convince that the person does not have COVID 19 symptoms, member will be asked to leave and get medical advice if appropriate. You should log your screening data and contact details for reference in confidential manner.
- Please allow one parent / guardian to accompany a swimmer for the lesson if needed. Also swimmers should arrive prepared “ready to swim” attire to the pool
- Ask parents / guardians to arrive within five minutes of the scheduled class time. If they arrive early ask them to wait in a designated (inside or outside) area depending on the layout of the facility in accordance with 2m social distancing rules.
- Once swimmers enter the facility they could sit in the lobby and wait at a seat with their parent / guardian until called by name to enter the pool area.
- Staff member could call swimmers to their class, and direct them to their classes. Consider ways to create one-way traffic on pool deck to avoid swimmers crossing each other’s path. Alternatively, schedule breaks between classes or stagger start times.
- At the end of class, a parent / guardian could return to the door that the swimmer entered the pool area to retrieve their child. Consider marking the floor to indicate where they should stand to ensure they are 2m apart.
- Parents / guardians and swimmers should be encouraged to leave the facility after swimming, they should not congregate in the facility or changing areas after swimming.
- No interaction between swimming teacher and parent / guardian should occur. communication with parents / guardians during this time can be done through text, email, and social media options.

Lockers and showers

- Apart from bathroom essentials, consider closing off your lockers and showers.
- Include signage of recommended 20-second handwashing time.



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Planning for Cleaning and disinfection

- Cleaning disinfection should be given highest priority.
- Plan and monitor your deep cleaning and routine cleaning and keep records.
- Prepare to provide adequate supply of disinfectant to the facility and plan for continuous supply.
- Provide readily available, hand-sanitizing stations with at least 70% alcohol throughout the facility
- Clean changing rooms including furniture and surfaces within the changing rooms or cubicles • Showers • Hand gel / hand washing stations • Toilets • Handrails • Door handles • Lockers • Poolside • Pool equipment including lifesaving equipment • Swimming teaching equipment • Reception area • Entry and exit barriers / gates.
- All worn clothes and cloths used in pools should be washed either with “warm water washing machine” or hand wash or machine wash after drying them at least two hours under the sun
- Swimmers and staff should be instructed to take their clothes in a closed bag

Pool Water Testing

- It is vital that the pool plant room is maintained by a competent person and the water is regularly tested to ensure chlorine and pH levels are within the normal pool limits.
- Good chlorine level is between 1.0 and 4.0 parts per million (PPM) while the pH should be between 7.2 and 7.8. This levels should be measure at least daily or as appropriate for the usage. Records must be kept.

Staff Training

- Provide structured, thorough training to staff on new cleaning and safety protocols.
- Consider daily temperature testing for staff to verify they don't have COVID-19.
- Consult health authority guidelines and consider measures for creating a safe work environment, including for example, personal protective equipment (PPE).



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- To the extent that you mandate employee health checks or questionnaires, ensure that resulting documentation is retained in a separate file from the employee's larger personnel file.
- Ensure that any employee medical screening adheres to health authority guidance, recognizing that such guidance may evolve over time.
- Ensure separate resting facility for employees and maintain social distancing and refresh air as much as possible.

Inside the pool

1. Establish new pool capacity limits to support social distancing.
 - Stage 1** –National level swimmers and adults, who are not in the vulnerable group
 - Stage 2** – Age group Swimmers.
 - Stage 3** – Learn to swim for adults and Children(beginners)
2. Social distancing capacity at the pool facility.
 - Following images display model layouts that promote “Social Distancing”. It showcases the starting and ending places in the pool and maintain spacing during rest intervals.
 - Per lane: 25m in length and 2m wide which gives 50m² in total. No swimmers will be resting at the same place.
 - Start with stage 1 and stage 2 and moved to stage 3 when approved to do so.



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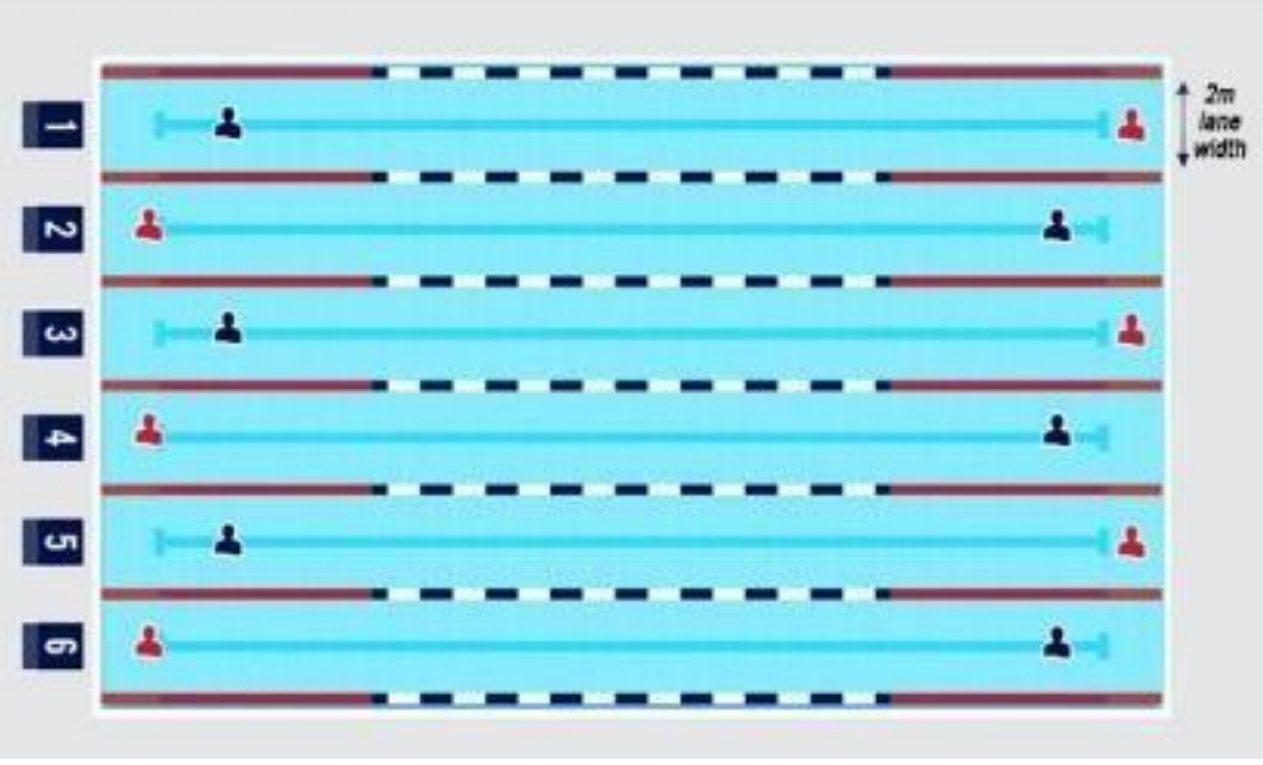


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Stage 1 and 2 - Two swimmers per lane. 12 swimmers in total. (Refer the image 1 below)

Image 1

Social distancing practise layout **12 swimmers**
25m - 6 lane pool





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Stage 3 – Learn to swim for adults and children will have two swimmers on either ends with an instructor in the water. Total 3 individuals per lane. (Refer the image 2 below)

Social distancing practise layout
25m - 6 lane pool

18 swimmers

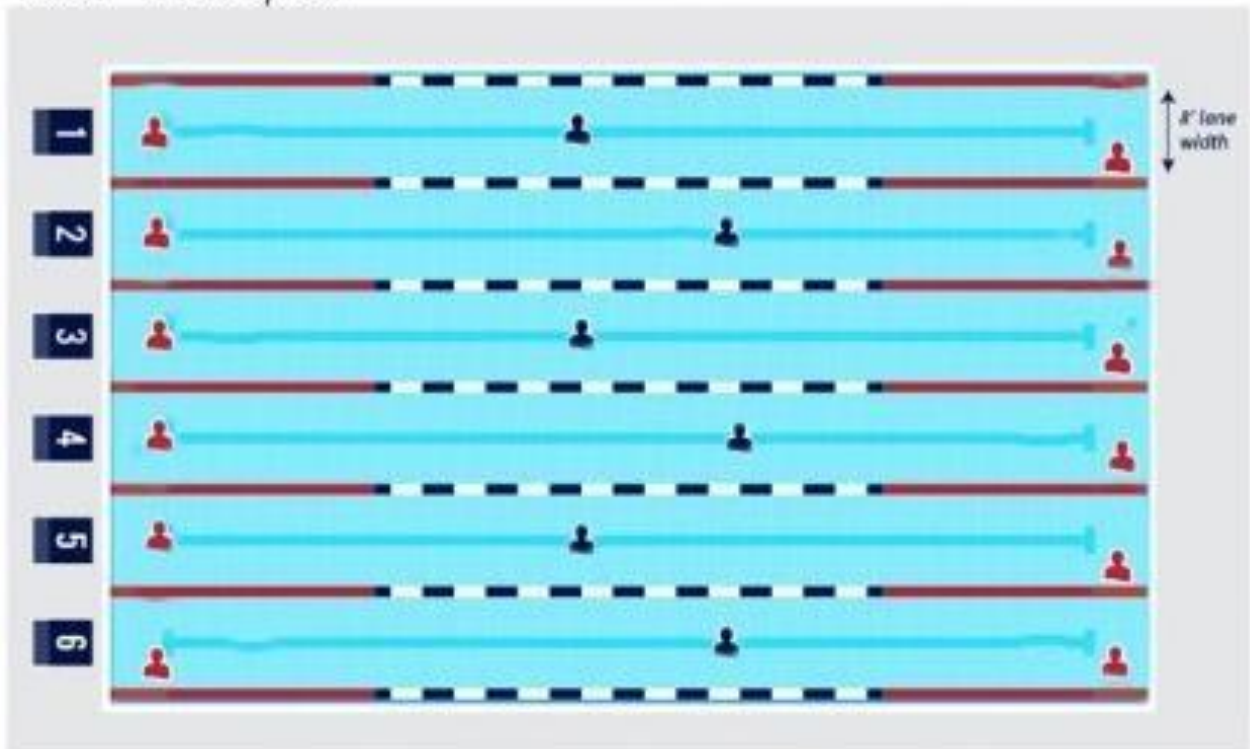


Image 2



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Entering & Exiting the pool (Refer the Image 3 below)
 Two lines per block. Cones or other barriers can be used to separate lines.

*Social distancing practise layout
 25m - 6 lane pool*

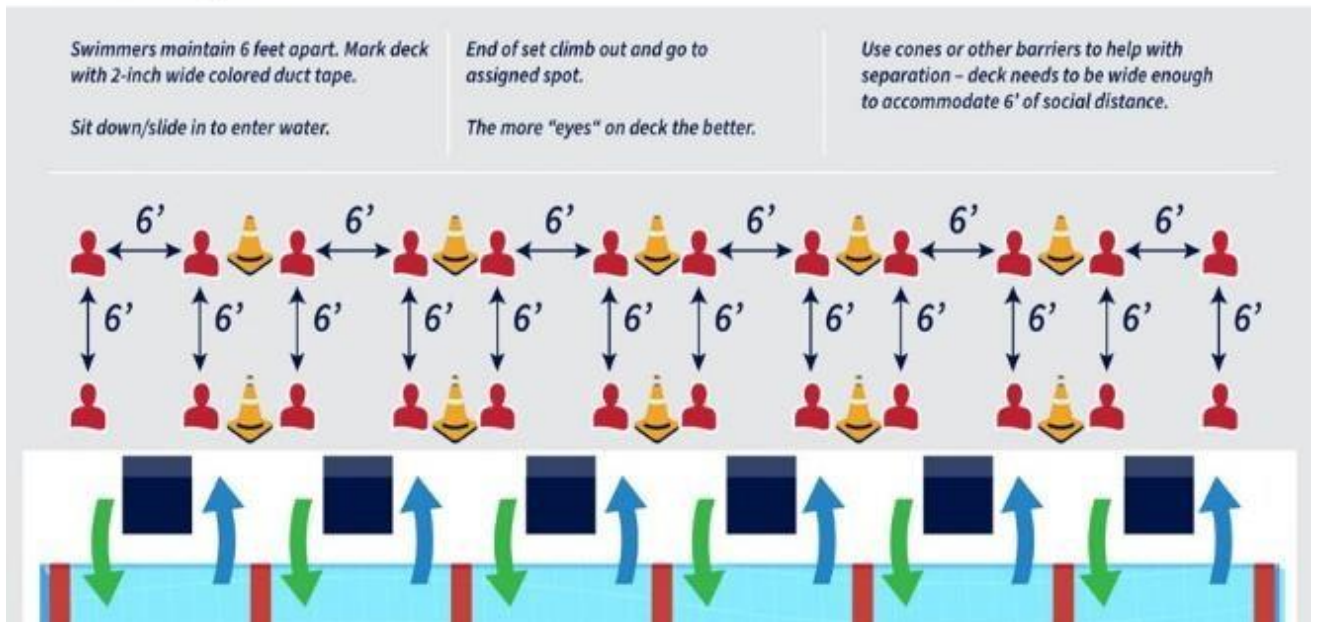


Image 3



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During stage 1 and 2,

- Only coaches are allowed to be outside the pool maintaining social distancing while swimmers are inside the pool.
- 3 coaches per 25m pool which has 6 lanes. No parents/non swimmers are allowed inside the pool premises.

During Stage 3

- Parents/guardians accompanying children, will use the pool pavilion maintain social distancing
- 2 kids per lane with the coach inside – Coach will wear a mask and a face shield (refer image 4 below) providing a barrier between the swimmer to reduce the exchange of respiratory droplets



Image 4

Step 3 - Practice

- Create an operational checklist including every function of the centre and give responsibilities of each functional area to staff member. Operational check list (Annexure 3)
- COVID 19 coordinator must make sure everything going smoothly.
- Create an operational emergency team consisting of staff in essential functions.
- Establish information flows such as situation reports and backups of essential information.
- Plan for communications and dissemination of information for all stakeholders.
- Create contingency plans to address the impact of a virus resurgence after re-opening.
- Assess supply needs and explore options for purchasing additional supplies required.
- The same group of swimmers and staff will be having their exercise session together daily at the same time, no mix up allowed.



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Annexure 01 - Risk communication on

- Clinical features of COVID-19 and preventive measures, especially respiratory etiquette, and hand-hygiene practices.
- The criteria for asking individuals with symptoms to leave the training venue or retreat to a designated area.
- Relative high risk inside a close busy environment.
- Information on physical distancing - 6 feet inside training facility.
- Information on the use of face coverings and medical masks.
- The meaning and practical implications of quarantine, self-isolation, and self-monitoring in the context of the training.
- Cover the mouth and nose with a tissue or sleeve (not hands) when coughing or sneezing. Practice respiratory etiquette (maintain distance: at least 6 feet inside training facility), cover coughs and sneezes with disposable tissues or flexed elbow, wash hands). If coughing persists, isolate and seek medical advice
- Avoid contact with anyone if ill.
- Towels should not be shared.
- Athletes should not share clothing, bar soap or other personal items.
- Avoid shaking hands.
- Be aware of regular cleaning of frequently touched items (door handles, hand rails, training equipment, etc.).
- Importance of using an own water bottle.



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Annexure 2 - Resumption plan

- Consider all available communicating methods.
- Digital methods include SMS, email, website, social media, and ads.
- Physical methods include direct mail flyers, posters, and pop-up banners that are placed throughout your facility.
- Provide an update of when you will reopen, new hours of operations, new occupancy updates, and other changes.
- Share state and local official health guidelines for fitness facilities.
- Communicate that walk into fitness center is not allowed and must take prior appointments before resume training.
- Before resume activities it is mandatory to fill up health declaration form. (Questionnaire 1 – Pre -Training screening) and every day will have to answer daily health status questionnaire (Questionnaire 2 – Daily screening).
- Communicate with members that only one group of swimmers will be allow to use the swimming pool during a one time slot and the next day also the same group of people will be allow to do work out and there is no mixing up.
- Only limited swimming pool time will be allocated.
- Provide your swimmers with the additional preventative safety measures you are taking beyond the official local guidelines.
- Share new expectations of cleaning behaviors that swimmers and staff must adhere to.



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Annexure 3 - Operational check list

- Risk communication strategies
- Communication resumption plan with members
- Staff communication.
- Appointment of COVID 19 coordinator.
- New facility lay out with adequate spacing.
- Adequate and appropriate signage at different spaces.
- Front desk and check in arrangements to avoid congestion and separation between entryway, sanitary hygiene station, and temperature check-in station maintaining social distancing.
- Locker room and shower room restrictions and sanitary arrangements.
- Cleaning and disinfection procedures and monitoring and evaluation procedure.
- Staff training.
- Create an operational emergency team consisting of staff in essential functions.
- Establish information flows such as situation reports and backups of essential information.
- Plan for communications and dissemination of information for all stakeholders.
- Create contingency plans to address the impact of a virus resurgence after re-opening.
- Assess supply needs and explore options for purchasing additional supplies required



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Annexure 4 - Important definitions

Definition of close contacts — “Face-to-face contact in any setting with a confirmed or probable case, for greater than 15 minutes cumulative over the course of a week, in the period extending from 48 hours before onset of symptoms in the confirmed or probable case, or

—Sharing of a closed space with a confirmed or probable case for a prolonged period (e.g. more than 2 hours) in the period extending from 48 hours before onset of symptoms in the confirmed or probable case

— Contact is considered to have occurred within the period extending 48 hours before onset of symptoms in the patient, until the patient is classified as no longer infectious by the treating team (usually 24 hours after the resolution of symptoms)”.

Managing a confirmed COVID-19 case

If a suspected COVID 19 patient found need to identified place to isolate patient and promptly inform the health authorities .COVID-19 is a notifiable disease and Local public health authorities must be informed. Training facilities may be closed on the instruction of the local Public Health Authority or the CMO. Re-opening of the training facility should only occur after close



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Questionnaire for athlete and supporting staff to prevent infection pre-training
 (National Guidelines for safe Return to Sport – During COVID 19)

Name -

Sports -

Have you noticed any of the following symptoms within the last 14 days?

Symptoms	YES	NO
1. body temperature over 37.5 °C		
2. dry cough		
3. sore throat		
4. sudden onset of shortness of		
5. sudden onset of vomiting and/or diarrhoea		
6. sudden onset of articular and/or muscle pain		
7. In the last 14 days did anyone from your house had any of the above symptoms		

Are the following statements true for you?	YES	NO
1 In the past 1 month have you or anyone in your household met a presumptive or declared Covid-19 infected person or anyone who got into close contact with such person?		
2 Is anyone in your household under self or officially imposed quarantine?		
3 Do you live in the same household with an exposed and frail person (> 70 years old, cardiac pathology or chronic pulmonary pathology? immunodeficiency)		
4 Had any contact with someone who travel from abroad in last 21days ?		

Temperature:

Remarks :

.....

Signature of the Team Physician:



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Daily questionnaire for athletes and supporting staff to prevent infection during training
 (National Guidelines for safe Return to Sport – During COVID 19)

Name -

Do you have any of the following:	Yes	No
1. Cough	<input type="checkbox"/>	<input type="checkbox"/>
2. Shortness of breath/difficulty breathing	<input type="checkbox"/>	<input type="checkbox"/>
3. Fever	<input type="checkbox"/>	<input type="checkbox"/>
4. Chills	<input type="checkbox"/>	<input type="checkbox"/>
5. Sore throat	<input type="checkbox"/>	<input type="checkbox"/>
6. New loss of taste or smell	<input type="checkbox"/>	<input type="checkbox"/>
7. Nausea	<input type="checkbox"/>	<input type="checkbox"/>
8. Vomiting	<input type="checkbox"/>	<input type="checkbox"/>
9. Diarrhea	<input type="checkbox"/>	<input type="checkbox"/>
10. Fatigue or muscle pain without a known cause	<input type="checkbox"/>	<input type="checkbox"/>

Temperature:

Fit to train without any further examination Yes No

Need further examination Yes No

Signature of the Team Physician/Team Physio/Authorized official:

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INSTITUTE OF SPORTS MEDICINE

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Ministry of Sports & Youth Affairs

No. 33, Maitland Place, Colombo 07, Sri Lanka.



Reference

දිනය 2020/06/05
Date

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