



# Covid-19 Resuming Operations

## Guidance for Public Swimming Pools & Fitness Facilities

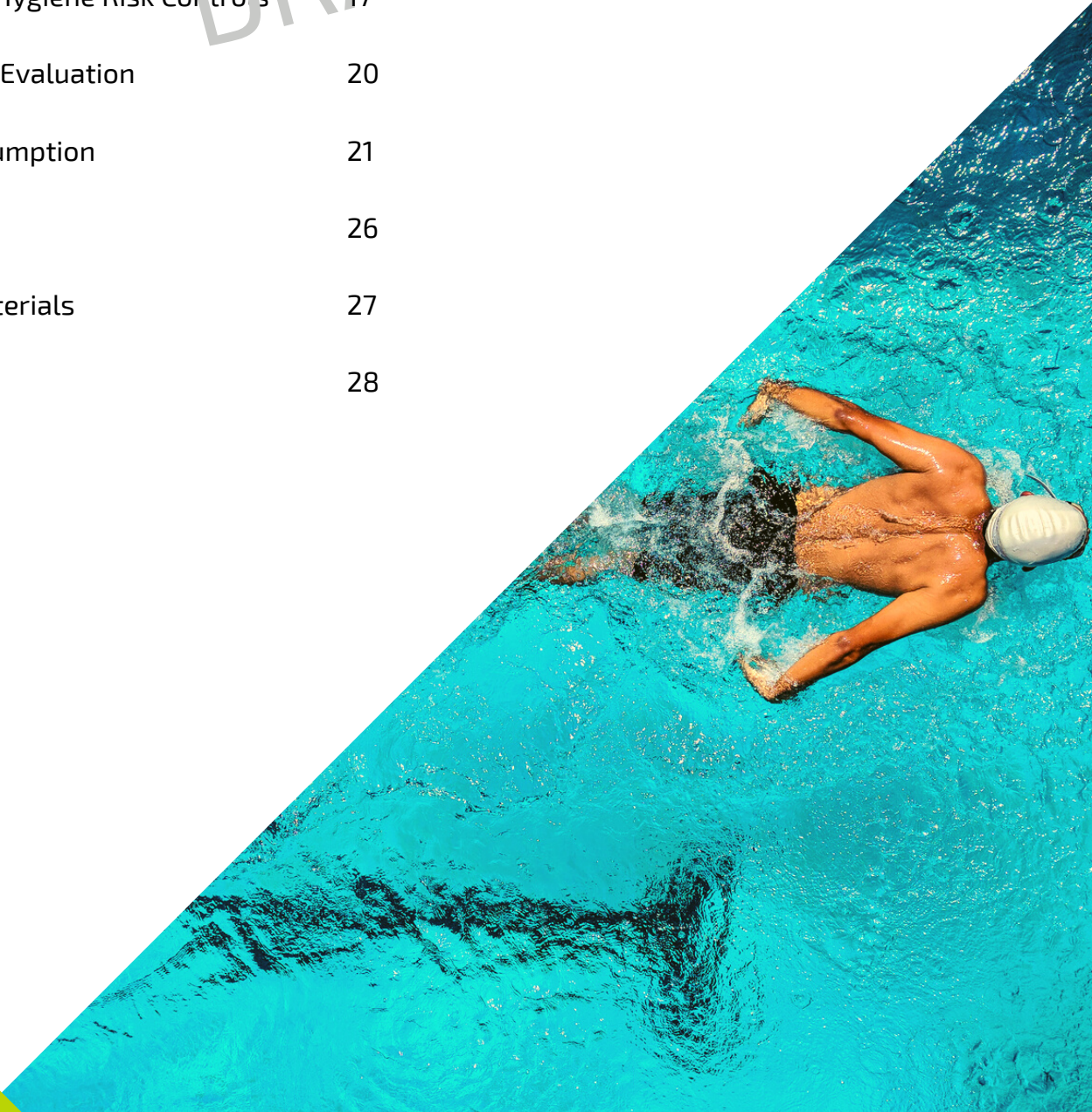


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# 01 Introduction

The current Covid-19 pandemic has caused, and will continue to cause, an overwhelming disruption to how we conduct our day to day business throughout the sport and leisure industry. It is staggering how the effects of this pandemic will leave its imprint on the configuration of society and how we conduct business in the now and near future. With a catastrophic impact on the economy as well as on the health and wellbeing of citizens, the Health and Fitness industry will need to rethink its strategic and operating approach to its entire offering going forward.

The resumption of indoor sport and recreation activities will contribute many health (physical and mental), economic, and social benefits to Irish society as we emerge from the COVID-19 lockdown. At the same time, we need to be vigilant so as not to compromise the health of individuals or the communities we serve.

National and international expert advice suggests that outdoor activities are a lower risk setting for COVID-19 transmission compared to indoor. There is, to date, neither reliable precedence nor good data on risks associated with indoor sporting activity. So, at this time, the risks are assumed to be greater than for outdoor sporting activity, even with mitigation steps taken in relation to social distancing and hygiene.

Since the closure of our facilities in mid-March, we have found ourselves challenged, along with all other leisure providers, to engage with our customers via online live classes, online PTs and nutritional advice over our social media outlets – in order to deliver on our mission to 'Create a Healthier and Happier Ireland'.

With the recent announcement of the Governments phased plan to reopen the economy. Swimming pools, fitness gyms and alike have been designated to the later stages for reopening. Swimming Pools have been designated to Phase 4 while fitness gyms on the other hand will not be allowed to resume activity until Phase 5. However, prior to activating our reopening plan, it will be necessary to have government financial supports in place to compensate for the restrictions on capacity due to social distancing, and the resultant loss of revenue. These supports could include, but are not limited to:

- Wage Subsidy Scheme
- PRSI Relief
- VAT Rate Reduction to 0%
- 0% Interest Loans
- Commercial Rates Waiver

**"THE RESUMPTION OF INDOOR SPORT AND RECREATION ACTIVITIES WILL CONTRIBUTE MANY HEALTH (PHYSICAL AND MENTAL), ECONOMIC, AND SOCIAL BENEFITS TO IRISH SOCIETY AS WE EMERGE FROM THE COVID-19 LOCKDOWN."**

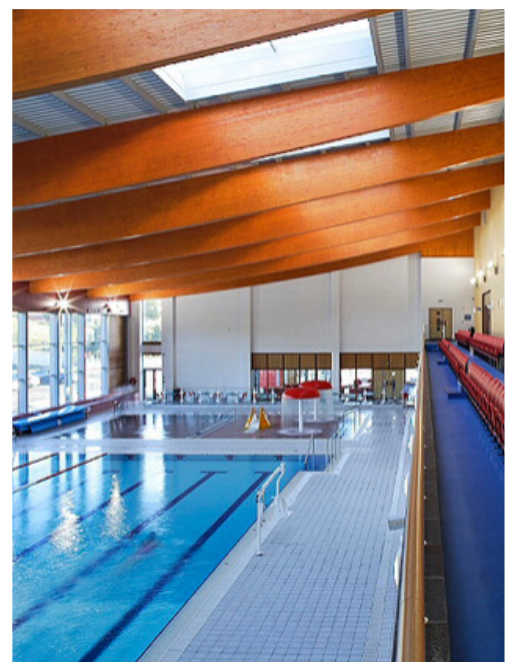


# 02 Purpose

This document addresses risk management issues in respect of the facilities and how they are operated. It is drafted as a living document, employing a consultative approach with the leading experts in health and safety, engineering and facility management and facility operations to aid in the process of developing a strategy to resume operation of our leisure facilities. It sets out an approach to re-opening procedures of Aura Leisure, DKIT Sport and Anytime Fitness Clubs across Ireland in a way that protects the health and safety of staff and customers, in so far as is practicable. The document is aimed at comprehensively covering hygiene and safety measures when the facilities reopen. This draft may not cover all scenarios and each site should consider their own unique circumstances. Additional measures will be included throughout the consultation process and in light of experience as we monitor the effectiveness of the new procedures.

The following assessment of risk has been developed with the specific aim of objectively identifying new hazards for customers and staff arising from the Covid-19 pandemic; evaluating the risks and the effectiveness of various controls to remove or mitigate those risks, with a view to determining whether the swimming pools, fitness gyms and studios can be opened safely.

**"IT SETS OUT AN APPROACH TO RE-OPENING PROCEDURES OF AURA LEISURE, DKIT SPORT AND ANYTIME FITNESS CLUBS ACROSS IRELAND IN A WAY THAT PROTECTS THE HEALTH AND SAFETY OF STAFF AND CUSTOMERS,."**



# 03 Government Phasing

The table below outlines in a staged process of how the government set out a road map on the re-opening of the economy. Further details can be found in section 4 in relation to resuming activities within a leisure facility.

## Irish Phased lifting of sport restrictions 5 Stages x 3 Weeks

Based on a 3 week review process, the current phases would commence on the following dates:		
Phase 1	Outdoor exercise up to 5k	18 <sup>th</sup> May
Phase 2	+ Outdoor non-contact Sport 20k	8 <sup>th</sup> June
Phase 3	+ Indoor sport and playgrounds	29 <sup>th</sup> June
Phase 4	+ Swimming pools & team sports	20 <sup>th</sup> July
Phase 5	All sports, Gyms, limited spectators	10 <sup>th</sup> August



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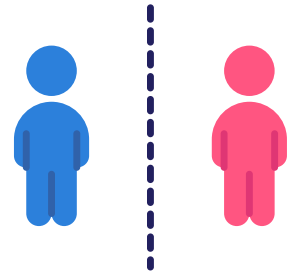


**Rialtas na hÉireann**  
Government of Ireland

# 04 Challenges

## 04.1 Social Distancing

Maintaining 2m social distancing as recommended by the Department of Health will be the priority of facilities and may become a challenge within parts of some facilities. e.g. smaller facilities and/or confined areas, such as free weights rooms may present hazards.



## 04.2 Hygiene

Comprehensive cleaning regimes shall need to be established, above and beyond what was previously in place, to ensure sanitisation for all touch points and persons entering and exiting facilities.



### 04.2.1 Cleaning Regimes

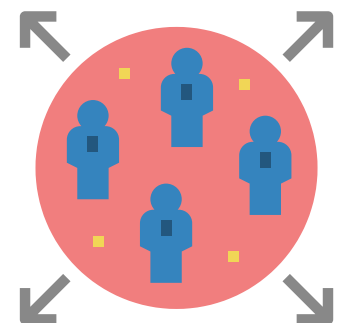
Employees will undergo additional training in relation to cleaning and hygiene procedures prior to reopening to ensure all aspects of the cleaning procedures are understood and implemented to ensure best practice.

## 04.3 Capacity

Due to social distancing restrictions, and for the safety of both our staff and customers, restrictions on occupancy will apply to all areas.

### 04.3.1 Booking Systems

In the event of demand exceeding capacity, facilities may introduce a bookings system to help manage and control numbers within the facility. Customers can book slots online or over the phone and pre-pay in advance minimizing contact time when entering the premises.



## 04.4 Finance

Following the total loss of income during the enforced closure period, leisure facilities have made substantial losses during the lockdown as they cover fixed costs. Additional strains on finance will occur during the reopening phase due to capacity constraints that will result in a dramatic reduction in normal income. Operators will also have an increased cost burden on cleaning and hygiene practices but it will be essential for these increased activities to take place to ensure a safe environment. The government supports as outlined in the introduction will be a prerequisite to allowing facilities reopen and minimise further losses.

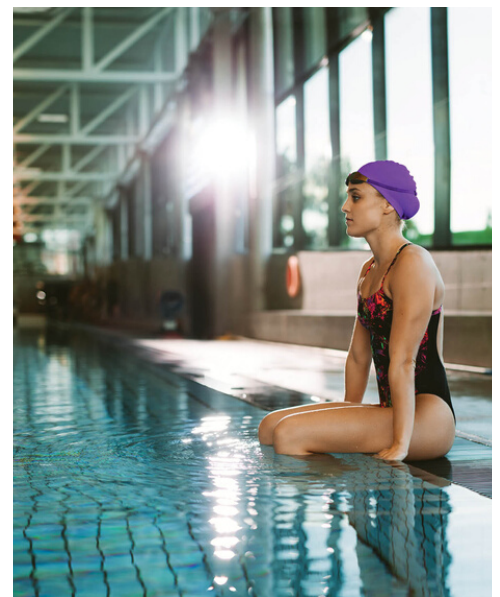
## 04.5 Consultation

The government are currently liaising with the Health and Safety Authority, Ireland Active and other representative bodies in relation to industry specific guidance. Ongoing consultation with industry stakeholders will be key to help establish best practice going forward.

## 04.6 Reputation & Trust

It will be essential to ensure we gain trust from our customers if they are to be confident to resume their active lifestyles. Operating our facilities will not be the same; like other industries we will required to implement risk controls to ensure a safe and hygienic environment.

Further controls and measures are outlined later in the document.





# 05 Risk Factors

## 05.1 Virus Breakdown

The Health Service Executive state – 'Covid-19 is an illness that can affect your lungs and airways. It is caused by a virus called Coronavirus.'

These viruses are either enveloped or non-enveloped viruses. This specific coronavirus is an enveloped virus. This means the virus is surrounded by a biological membrane containing lipids and proteins allowing for the virus to be destroyed by effective disinfectant. While effective cleaning and disinfectant will kill the virus, once in a person it is harder to breakdown. The HSE state regardless of the type of pool, adherence to the appropriate guidelines will control risk from waterborne COVID-19 virus.

Due to this, symptoms vary between hosts and can be asymptomatic, mild, moderate, severe, or fatal. 'Children appear to be at very low risk of severe disease and death. Older adults and those who smoke or have chronic diseases such as diabetes, heart disease, or lung disease have a higher chance of developing complications like pneumonia, which could be deadly.' – Harvard Medical School

## 05.2 Symptom Identification

Common Symptoms	Less Common Symptoms
Fever	Headaches
Tiredness/Fatigue	Sore Throat
Cough	Runny Nose
Shortness of Breath	Diarrhoea
Aches & Pains	Vomiting

It is essential that operators inform employees of all the symptoms.

Where symptoms are identified in an employee, as per HSE guidance isolation of the individual should take place immediately and they should then contact their GP or the HSE helpline and await further advice from a medical expert.

Where suspected symptoms are identified in a customer within the facility, they must be asked to leave the facility immediately and isolate. A deep clean and sanitisation of the entire area must be conducted immediately using the adequate cleaning chemicals and cleaning regime. The area should be closed off for 30 minutes to ensure the area is well ventilated. The customer should be advised to contact their GP or the HSE as per the HSE guidelines.

### 05.3 Risk Identification

Touch Points' refer to areas of the facility in which customers and staff will come into contact on a regular basis. These areas are of high importance in a cleaning and sanitising regime and should be considered as priority during ongoing cleaning. The below table outlines the main touch points within a facility. These touch points were identified within a leisure centre facility. Please note additional touch points may exist within alternative facilities.

<p><b>Touch Points</b></p>	<p>Door Handles, Keyboards, Light Switches, Taps, Toilet Flushers, Sanitiser Units, Gates/Turnstyles, Shower Buttons, Hair Dryers, Countertops, Tables, Chairs, Handrails, Cubicle Locks and Doors, Bins, Vending Machines, equipment, machines, Fridges/Freezers, Bike Racks, Lifeguard Chairs, Lift buttons.</p> <p><i>Additional items may apply to a specific site.</i></p>
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### 05.4 Staff Consultation & Briefing

Staff should be reminded of the safety measures on a daily basis prior to commencing shift. A staff member should not come to work if they are unwell or are showing any of the above symptoms.

## 05.5 Risk Controls

In relation to measures to be implemented we have broken down the deciding factors into two overarching principle factors:

- **Social Distancing Measures**
- **Sanitisation & Hygiene Measures**

Based on the HSE guidance, the aforementioned two principle factors and how they are monitored and discharged will determine the success of a facilities mechanisms for prevention and control of the virus and its spread.



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### Social Distancing

Maintain 2 meters distance

Restrict occupancy in premises

Signage

Restrict capacity in classes

Restrict capacity to 1 in elevators

Restrict pool occupancy

Health suites to remain closed

Restrict capacity of open changing rooms

Restrict open showers capacity

### Sanitisation & Hygiene

Sanitise entering premises

Sanitise exiting premises

Sanitise after each transaction

Sanitise in each area of the premises

Strict cleaning regime in place

Signage

Touch Points Identified

Personal Protective Equipment

## 05.6 Mechanical Ventilation

Ventilation Systems:

Pool Halls will require mechanical ventilation supply and extract, to provide 6 air changes per hour.

Fitness gyms and studios will require the minimum recommended 4 Air Change Rate Per Hour.

# 06 Risk Evaluation

## 06.1 Risk Matrix

For the purposes of this document a 5x5 (likelihood x severity) risk matrix is adopted along with the hazard consequence table below. Due to the uncertainty surrounding the virus, identifying the likelihood and severity is objective so far as reasonably foreseeable at this stage.

Due to the nature of human behaviour, it is hard to predict the actions any individual will undertake in any due course of events. For this risk assessment we must adhere to the principle of 'unconscious incompetence' of any staff member or facility user. This means we must, insofar as reasonably practicable, execute procedures aimed toward minimising/removing the possibility of spreading the virus by unconscious actions. The following risk analysis and controls will aid in the eradication/reduction of such actions.

HSE RISK ASSESSMENT TOOL

HSE Integrated Risk Management Policy, 2017

1. IMPACT TABLE	Negligible	Minor	Moderate	Major	Extreme
Harm to a Person	Adverse event leading to minor injury not requiring first aid No impaired Psychosocial functioning.	Minor injury or illness, first aid treatment required >3 days absence >3 days extended hospital stay Impaired psychosocial functioning greater than 3 days less than one month	Significant injury requiring medical treatment e.g. Fracture and/or counselling Agency reportable e.g. HSA, Gardaí (violent and/or aggressive acts) >3 Days absence >3 Days extended hospital stay Impaired psychosocial functioning greater than one month less than six months	Major injuries/long term incapacity or disability (see of limbs) requiring medical treatment and/or counselling Impaired psychosocial functioning greater than six months.	Incident leading to death or major permanent incapacity. Event which impacts on large number of service users or member of the public Permanent psychosocial functioning incapacity.
Service User Experience	Reduced quality of service user experience related to inadequate provision of information	Unsatisfactory service user experience related to less than optimal treatment and/or inadequate information, not being talked to & treated as an equal, or not being treated with honesty, dignity & respect - readily resolvable	Unsatisfactory service user experience related to less than optimal treatment resulting in short term effects (less than 1 week)	Unsatisfactory service user experience related to poor treatment resulting in long term effects	Totally unsatisfactory service user outcome resulting in long term effects, or extremely poor experience of care provision
Compliance (Statutory, Clinical, Professional & Management)	Minor non-compliance with internal PPPG's. Small number of minor issues requiring improvement	Single failure to meet internal PPPG's. Minor recommendations which can be easily addressed by local management	Repeated failure to meet internal PPPG's. Important recommendations that can be addressed with an appropriate management action plan.	Repeated failure to meet external standards. Failure to meet national norms and standards / Regulations (e.g. Mental Health, Child Care Act etc). Critical report or substantial number of significant findings and/or lack of adherence to regulations.	Gross failure to meet external standards Repeated failure to meet national norms and standards / regulations. Severely critical report with possible major reputational or financial implications.
Objectives/Projects	Barely noticeable reduction in scope, quality or schedule.	Minor reduction in scope, quality or schedule.	Reduction in scope or quality of project, project objectives or schedule.	Significant project over – run.	Inability to meet project objectives. Reputation of the organisation seriously damaged.
Business Continuity	Interruption in a service which does not impact on the delivery of service user care or the ability to continue to provide service.	Short term disruption to service with minor impact on service user care.	Some disruption in service with unacceptable impact on service user care. Temporary loss of ability to provide service being involved.	Sustained loss of service which has serious impact on delivery of service user care or service resulting in major contingency plans being involved.	Permanent loss of core service or facility. Disruption to facility leading to significant 'knock on' effect
Adverse Publicity/ Reputation	Rumours, no media coverage. No public concerns voiced. Little effect on staff morale. No review/investigation necessary.	Local media coverage – short term Some public concern. Minor effect on staff morale / public attitudes. Internal review necessary	Local media – adverse publicity Significant effect on staff morale & public perception of the organisation. Public calls (at local level) for specific remedial actions. Comprehensive review/investigation necessary.	National media adverse publicity, less than 3 days. News stories & features in national papers. Local media – long term adverse publicity. Public confidence in the organisation undermined. HSE use of resources questioned. Minister may make comment. Possible questions in Dail. Public calls (at national level) for specific remedial actions to be taken possible HSE review/investigation	National/International media/ adverse publicity, > than 3 days. Editorial follows days of news stories & features in National papers. Public confidence in the organisation undermined. HSE use of resources questioned. CEO's performance questioned. Calls for individual HSE officials to be sanctioned. Taoiseach/Minister forced to comment or intervene. Questions in the Dail. Public calls (at national level) for specific remedial actions to be taken. Court action. Public (independent) inquiry.
Financial	0.33% of budget deficit	0.33 – 0.5% of budget deficit	0.5 – 1.0% budget deficit	1.0 – 2.0% of budget deficit	> 2.0% of budget deficit
Environment	Nuisance Release.	On site release contained by organisation.	On site release contained by organisation.	Release affecting minimal off-site area requiring external assistance (fire brigade, radiation, protection service etc.)	Toxic release affecting off-site with detrimental effect requiring outside assistance.

### 2. LIKELIHOOD SCORING

Rare/Remote (1)		Unlikely (2)		Possible (3)		Likely (4)		Almost Certain (5)	
Actual Frequency	Probability	Actual Frequency	Probability	Actual Frequency	Probability	Actual Frequency	Probability	Actual Frequency	Probability
Occurs every 5 years or more	1%	Occurs every 2-5 years	10%	Occurs every 1-2 years	50%	Bimonthly	75%	At least monthly	99%

### 3. RISK MATRIX

	Negligible (1)	Minor (2)	Moderate (3)	Major (4)	Extreme (5)
Almost Certain (5)	5	10	15	20	25
Likely (4)	4	8	12	16	20
Possible (3)	3	6	9	12	15
Unlikely (2)	2	4	6	8	10
Rare/Remote (1)	1	2	3	4	5

## 06.2 Risk Analysis & Controls

### 06.2.1 Hazard Identification

While individual hazards exist, one overarching hazard rules - this being the spread of the virus. All control measures and actions whether identified within this document or by a facility shall have one aim, to prevent the spread of the virus by implementing adequate safety and hygiene controls.

#### Zero Controls Risk Rating

Hazard	Spread of Virus
Victims	Employees Customers Contractors
Risk Rating = 25 Based on No control measures Likelihood 5 Severity 5	<b>Critical</b>

A Critical Risk Rating is automatically applied with the assumption of no control measures in place. The following control table shall identify key measures to support operators to reduce and potentially eliminate the hidden risks in relation to the spread of Covid-19.

## 06.3 Chlorination

Swimming Pool environments which are effectively maintained and monitored are safe environments for bathers. The Irish Health and Safety Executive (HSE) have advised:

*"Adherence to current recommended disinfection practice is sufficient to inactivate COVID-19 virus in chlorinated drinking water and swimming pools."* - HSE

The above statement from the Health Service Executive assists pool operators in developing comprehensive plans to reopen swimming pools with adequate control measures. It is essential for the operator to maintain levels of chlorine within the recommended parameters and free Chlorine a minimum of 1.0mg/l.

While Spa Pools offer chlorinated water, due to the water vapours and close proximity, these pools will remain closed.

# 07

## Social Distancing Risk Controls

All patrons are required to actively undertake adequate social distancing measures.

As per HSE guidance in relation to the 2-meter rule, a maximum of 1 customer to 4 sq m (2m x 2m distancing) shall be allowed in the Gym at any time.

A maximum of 1 customer to 3 sq m (1.75m x 1.75m) shall be allowed in the Swimming Pools at any time.

Equipment should be relocated to studios where space allows. Small facilities will require every second gym machine being marked out of use to ensure social distancing.

Where changing cubicles are provided, cleaning and disinfecting should take place after each use.

Where changing room are open plan, and where social distancing cannot be strictly enforced, these areas should remain closed. Where social distancing and capacity can be controlled these areas can be used when regular cleaning and disinfecting takes place.

Fitness Gym users will be encouraged to a) come to the facility already dressed to work out, and b) shower at home if not essential. Where changing rooms cannot adhere to social distancing customers must shower at home.

Splash Barriers will be installed at reception areas to reduce contact with customers.

Any purchases will be encouraged via card payment. Signs will be on display at reception. Where possible all merchandise and stock will be kept behind the reception desk to reduce contact prior to purchasing.

Consideration should be taken to implementation of a slot booking system for customers to assist in management and control of capacities in the various sections of the facility.

Appropriate Covid-19 signage will be on display in all areas of the facility.

## Social Distancing Risk Controls Continued

Announcements will be played over the music system reminding and encouraging good hygiene practices and social distancing.

Fitness Gym Instructors will not carry out any face to face/one to one instruction but may give advice from the appropriate 2 metre distance.

Fitness classes may go ahead, but social distancing measures must still apply, and all equipment must be disinfected before and after classes, including studio floors and doors. customers will be advised to bring their own mat to fitness classes and only body weight classes are recommended. Where equipment is used for classes, adequate sanitisation systems will be strictly implemented prior to and post classes.

Lifeguards will patrol their zones as normal but will implement social distancing on pool deck. Chlorinated water kills the virus, but it is recommended that social distancing also takes place within the pool.

The health suite (e.g. sauna/steam room/spa) will remain closed.

Conference Calls/Emails/Zoom meetings etc. will be used in place of face to face team meetings.

Sharing offices will only be allowed where the appropriate 2metre distance can be adhered to and adequate hygiene systems are in place during and when changing shifts.

Social Distancing will be adhered to during all breaks for employees.

Markings/Tape will be used to indicate appropriate distancing in reception and other areas of the premises.

First Aid will be conducted only in serious instances. Where a person can administer their own First Aid, they can be guided through it from a distance. Where hands on first aid and CPR is required ensuring your own health is priority. Compression only CPR should be administered, and the casualties face should be covered with a breathable membrane such as a tea towel or triangular bandage to avoid transfer of air vapours.

Contact rescues may be performed but rescue breathing, and CPR should be followed as per awarding body guidelines.

## Social Distancing Risk Controls Continued

Tea and Coffee can be served with correct hygiene implemented, but reception and seating areas must adhere to the 2m rule. It may be necessary to remove or put notices on tables and chairs.

Aqua Aerobics classes will continue but at lower capacities and all spaces will be pre booked. Due to capacity restrictions facilities may be able to offer two 30-minute classes to help cater for demand.

Hair Dryers will be decommissioned as this can move water vapour through the air.

Where possible, facilities may offer an altered time period or session for high risk groups, such as the over 70's.

Admittance policy of 2 Children under 12 to 1 Adult.

Bikes, Buggies, and/or Scooters are not permitted within the facility.

Further guidance on swim lessons is provided in section 9.2.



# 08

## Sanitisation & Hygiene Risk Controls

Antibacterial Hand Sanitiser stations are located at the entrance to the premises and throughout the facility.

All patrons entering the premises are required to use these hand sanitising units.

Hand washing facilities with soap and hot water are in place throughout the facility.

Stringent hand washing will be taking place of all employees on an ongoing basis. All employees shall wash hands after every activity and shall use hand sanitiser after each transaction completed at reception.

Signage is on display to guide staff and visitors on how to correctly sanitise and wash hands.

Sanitiser Spray and Paper towels are available throughout the facility for staff and customers to clean doors, tables, equipment, machines etc.

Gym Users are required to carry a sweat towel with them at all times. They shall be required to clean down all machines and equipment immediately after use with the sanitiser provided.

Employees will clean and sanitise all areas throughout the building on an ongoing basis, including doors and handles, sanitiser units, bins and all touch points.

Touch Points are identified as areas where additional touching occurs. These include door handles, turnstiles, touchpads etc. Each Touch Point shall be cleaned where possible after each interaction. E.g. – sanitise card machine buttons after use.

A trained cleaner (member of staff) will be available to continuously walk the building to clean all door handles and other such touch points.

Employees who handle money should use hand sanitiser after every use.

## Santisation & Hygiene Risk Controls Continued

Changing Rooms and toilets will be cleaned on an ongoing basis. Door handles and other touch points will be cleaned regularly with disinfectant. Signage is on display for all patrons to wash their hands after using the toilet.

All patrons must have a pre-cleanse shower prior to swimming.

The wearing of gloves does not reduce the risk of contraction or spread. Only proper hand washing, proper hygiene measures and social distancing will reduce the spread. The wearing of gloves SHOULD NOT replace proper hygiene and cleaning practices. Wearing gloves reduces the likelihood of a person using the hand sanitiser and can lead to the spread of the virus through unconscious incompetence.

Employees will be required to clock as normal but must ensure to clean hands before and after touching the clock in machine and to also sanitise the machine before and after use.

Where ongoing training is required as part of a qualification the relevant guidelines as set out by the awarding body will be followed.

During all training sessions adequate social distancing will be provided and multiple sessions will be undertaken if necessary, to avoid large gatherings at one time. Training rooms will be measured to ascertain the occupancy levels for both internal and external training to ensure social distancing protocols.

All materials and equipment will be cleaned and disinfected before and after each use.

Where CPR practice is required, breathes shall not be performed on manikins until further notice.

'In-water training' will be with minimum contact, and close face to face contact should be avoided. Please note that the virus is killed at the adequate chlorine levels at which we maintain our pools.

Where an employee has a responsibility to conduct additional duties such as maintenance checks and Plant Room Duties, they should ensure to wash hands before and after such activities. It is recommended to have a sanitiser spray bottle available in the area or to bring a spray bottle to clean the area as required.

Contractors shall inform sites with prior notice of a date and time they will be on site.

## Santisation & Hygiene Risk Controls Continued

In relation to contractors entering the premises, minimum contact should occur, and the contractor should be shown directly to the area required ensuring adequate social distancing measures are adhered to. Employees should open all door to minimise the contractor coming in contact with excessive touch points.

Contractors should not attend a facility if they are showing any symptoms or feel unwell. Operators should touch base with all contractors to ensure they have adequate measures in place.

External Water Testing will recommence two weeks prior to opening.

Stringent cleaning and hygiene will be undertaken during first aid and additional PPE should be worn including a face mask. Follow advice from the relevant awarding body in relation to the administering of first aid and CPR and their safety guidance.

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## 09

# Risk Reduction Evaluation

Taking into consideration the successful implementation of the above control measures and activities, the risk rating of the hazard will ultimately decrease. While any complacency may result in the failure of the above controls it will be essential for the operator to provide positive motivation for all employees and users alike to ensure a safe and hygienic environment for all.

## Implemented Controls Risk Rating

Hazard	Spread of Virus
Victims	Employees Customers Contractors
Risk Rating = 10 Based on No control measures Likelihood 2 Severity 5	<b>Moderate</b>

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# 10

## Activities Resumption

The below activities table provides a brief outline of our 3-stage approach to resuming operations. The stages set out basic measures and operating levels for the associated activities.

### Stage 1

Activities are severely restricted with limit numbers of activities allowed to resume.

### Stage 2

Further Activities resume with limited restrictions.

### Stage 3

Where all government targets are hit a full range of activities can return to normal operation so far as adequate cleaning and hygiene and best practice is adhered to.

Due to the nature of Swim Lessons further detail is contained later in this document.

## 10.1 Activities Table

Activity	Stage 1 July 20th	Stage 2 August 10th	Stage 3 October 1st
Swimming	Restrictions apply while maintaining strict social distancing measures.	Training and Public sessions to a max of 50% capacity, unless advised otherwise.	Full return to normal operating procedures.
Outdoor Pool	Restrictions apply while maintaining strict social distancing measures.	Training and Public sessions to a max of 75% capacity as it is an outdoor area.	Full return to normal operating procedures.
Swim Lessons	No swim lessons to take place.	Lessons may recommence with limits on class capacity. Max of 8 bathers per class. Lessons for bather over 3	Full return of swim lessons.
Swim Baby/Tots	No lessons to take place.	No lessons to take place.	Full return to normal operating procedures while maintaining best practice and hygiene standards.
Water Polo	No water polo to take place.	Training with limits on capacity. Full contact will not be allowed. Throwing and Swimming Drills will only be allowed.	Full return to normal operating procedures while maintaining best practice and hygiene standards.
Aqua Aerobics	Strict Restrictions on Capacity. Max Capacity should be set depending on pool size and depth ensuring social distancing measures.	Capacity levels increased further, where strict social distancing measures can be applied, including changing facilities. No tea or coffee served.	Full return to normal operating procedures while maintaining best practice and hygiene standards.
Sauna	Closed	Closed	Full return to normal operating procedures while maintaining best practice and hygiene standards.
Steam Room	Closed	Closed	Full return to normal operating procedures while maintaining best practice and hygiene standards.
Spa Pool	Closed	Closed	Full return to normal operating procedures while maintaining best practice and hygiene standards.

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Activity	Stage 1 July 20th	Stage 2 August 10th	Stage 3 October 1st
Gym	Closed	Return with strict social distancing measures in place.	Full return to normal operating procedures while maintaining best practice and hygiene standards.
Fitness Classes	Outdoor fitness classes can take place with a Max of 4 participants. It is recommended to continue offering live online classes.	Classes to commence with social distancing. Recommendation to complete classes with no equipment. Capacity will depend on studio size with up to a max capacity of 12 per class.	Full return to normal operating procedures while maintaining best practice and hygiene standards.
Cardio Training	Closed	Return with strict social distancing measures in place.	Full return to normal operating procedures while maintaining best practice and hygiene standards.
Weights Training	Closed	Resumption of weights training where adequate social distancing and cleaning and hygiene regimes are in place. Customers must not lift weights beyond their means as close contact spotting is not allowed.	Full return to normal operating procedures while maintaining best practice and hygiene standards.
Indoor Sports Halls	Closed	Resume activities with limited capacity.	Full return to normal operating procedures while maintaining best practice and hygiene standards.
Outdoor Pitches	Closed	Full return to normal operating procedures while maintaining best practice and hygiene standards.	Full return to normal operating procedures while maintaining best practice and hygiene standards.
Lawn Bowls	Permitted with a maximum of 4 persons, with strict social distancing and hygiene in place.	Permitted with a maximum of 12 persons, with strict social distancing and hygiene in place.	Full return to normal operating procedures while maintaining best practice and hygiene standards.

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## 10.2 Swim Lessons

Due to the nature of the pool environment the chlorine levels when maintained at the adequate levels of above 1.0mg/l Free Chlorine they are considered a safe environment for customers. As of this time there is no evidence that the virus can be spread in this environment.

Where a swimming pool is divided into lanes. The capacity for these lanes is recommended to be no more than 8 swimmers per lane. This capacity should not be exceeded and should only be reached where swimmers maintain a constant flow and social distancing measures.

The following guidelines on swimming lessons may change in relation to new information issued by government and other governing bodies in the future.

### 10.2.1 Adult Lessons

Where adult swim lessons take place, the following measures should be implemented.

1. Pre-book and pay for lessons online or over the phone.
2. Capacity should be restricted to a max of 6 Adults per class.
3. All attendees should use the Pre-cleanse showers before classes.
4. 2 sq. m Social Distancing measures should be adhered to.
5. Beginner classes where physical contact is required should not be conducted.
6. Pool deck teachers should sanitise before and after classes and avoid close contact to learners.
7. Learners should be advised of Social Distancing measures in the showers after classes.
8. Learners should not attend if they are unwell.



## 10.2.2 Childrens' Lessons

1. Pre-book and pay for lessons online or over the phone.
2. Capacity should be restricted to a max of 8 Children per class.
3. All attendees should use the Pre-cleanse showers before classes.
4. 2 sq. m Social Distancing measures should be adhered to for childrens lessons.
5. Beginner classes and Swim Baby classes where physical contact and closer interaction is required should not beconducted.
6. Pool deck teachers should sanitise before and after classes and avoid close contact to learners.
7. Lessons should be stagger and have a change and washdown gap between each lesson.
8. Children shall leave pool deck one class at a time showering only under the pre-cleanse showers.
9. Parents should maintain social distancing.
10. Parents are advised to sit and wait in the car where possible to minimise social interactions.
11. Parents watching from the viewing gallery must follow social distancing rules.
12. Learners should not attend if they are unwell.

# 11

## Conclusion

With the adequate control measures set in place the perceived Risk Rating has been reduced by an overall of two levels from CRITICAL (25) to MODERATE (8). While this may be a positive outlook, this is only possible with strict and coherent measures implemented by a coordinated team approach.

While we can enforce these within our own facilities it is impossible to control what happens beyond our own doors. As an industry we hope to lead by example in this time of uncertainty to ensure the safety of our customers and employees.

It is of our view that with these controls set in place, our facilities could operate safely.

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# 12

# Reference Materials

Government of Ireland Roadmap

HSE Guidance on Pool Chlorination

Europe Active

Ireland Active

International Association for Sport and Leisure Facilities

World Health Organization

Pool Water Treatment Advisory Group

Chartered Institute for the Management of Sport and Physical Activity

Swim England

Royal Lifesaving Society UK

Royal Lifesaving Australia

Water Safety Ireland

Swim Ireland

International Health, Racquet and Sportsclub Association

Portugal Activo

UK Active

Swim Swam

National Irish Safety Organisation

Harvard Medical School