EDENDERRY SWIMMING POOL

FIT 4 LIFE

www.edenderryswimmingpool.ie

Edenderry Swimming Pool
Carrick Road
Edenderry
Co. Offaly
R45PT32

Statement from Edenderry Swimming Pool

Edenderry Swimming Pool is committed to providing a safe and healthy workplace for all our workers and customers. To ensure that, we have developed the following COVID-19 Response Plan. All managers, supervisors and workers are responsible for the implementation of this plan and a combined effort will help contain the spread of the virus.

We will:

- We will continue to monitor our COVID-19 response and amend this plan in consultation with our workers
- We provide up to date information to our workers on the Public Health advice issued by the HSE and Gov.ie
- We have displayed information on the signs and symptoms of COVID-19 and correct hand-washing techniques
- We have provided an adequate number of trained Worker Representative(s) who are easily identifiable and put in place a reporting system
- We have informed all workers of essential hygiene and respiratory etiquette and physical distancing requirements
- We have adapted the workplace to facilitate physical distancing
- We have a contact log to help with contact tracing
- We have had all workers undergo an induction / familiarization briefing
- We have developed a procedure to be followed in the event of someone showing symptoms of COVID-19 while at work or in the workplace
- We have provided instructions for workers to follow if they develop signs and symptoms of COVID-19 during work
- We have intensified cleaning in line with government advice

All managers, supervisors and workers will be consulted on an ongoing basis and feedback is encouraged on any concerns, issues, or suggestions.

Safety Statement
POLICY STATEMENT

In accordance with the Safety, Health and Welfare at Work Act 2005, the Management of Edenderry Swimming Pool are committed to the health and safety of its staff and customers and to carrying out its work in a safe and healthy manner, relying on the commitment and co-operation of its employees. The overall responsibility for Safety in Edenderry Swimming Pool rests with the Chairman of the Board. Who acts through the staff who are obliged to co-operate with the Board of Directors, in particular by taking care of their own safety and the safety of others who use the facilities in Edenderry Swimming Pool and who may be affected by their actions or omissions.

This document incorporates the Normal Operating Procedures (NOP), accident reporting procedure, Emergency Action Plan (EAP) and Fire Procedure. Also included is the building plan. It is necessary and expected that every staff member reads and understands this document to deliver consistent quality service to our members. Safety, Standards and Service are three critical factors required by Edenderry Swimming Pool.

We will review this safety statement annually and we will consult with our staff as part of this process. We will also carry out structured risk assessments each quarter as part of our safety policy.

COVID-19 and Pools – is it safe to Resume Activity?

According to the scientific literature, there is no increased risk of contracting COVID-19 from swimming in chlorinated pools, and pool operators adhering to previously set guidelines will control risk from waterborne COVID-19.

Further, the US based Centre for Disease Control and Prevention (CDC) suggests that there is no evidence that COVID-19 can be spread to people through water in pools but individuals need to continue to protect themselves and others both in and out of the water through following appropriate social distancing measures and good hand hygiene practices.

STA recognise "that for all swim schools there will be stages of opening before being fully operational – back to 'normal'. Conditions that exist on day one may be different three months later. STA also recognise each UK & Irish member country will be in different stages of opening and may have different restrictions based on their situation. When using this guidance document, remember that not all these will apply to your swim school. STA advise you to make use of the parts that are practical, effective and sustainable for your business."

Hand Hygiene & Sanitising Stations

Hand Touch Surfaces

At Edenderry Swimming Pool hand touch surfaces are a high-risk zone, because so many people touch them. They are also the ones people tend to forget about as they are in the public spaces, reception area, waiting room, handrails, door push plates/handles, the public toilets, water cooler dispenser handle etc. Here are some quick and easy ways to manage these zones and reduce the spread of infection.

There 7 Key locations for hand sanitising Stations

Entry to both Changing rooms in the hall entry
In The office
In the Changing rooms
On Deck bedside the Sauna & Steam

Clean your hands

You can help to stop the spread of bacteria and viruses that cause infection by simply cleaning your hands

Use soap and water or alcohol hand rub to clean your hands regularly.

How to wash your hands with soap and water

1. Wet your hands with warm water and apply soap.
2. Rub your hands together until the soap forms a lather.
3. Rub the top of your hands, between your fingers and under your fingernails.
4. Do this for about 20 seconds.
5. Rinse your hands under running water.
6. Dry your hands with a clean towel or paper towel.

Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands. Please follow the instruction chart on washing Hands if unsure how to do this. Washing Hands should take 30seconds the birthday song sung twice is a good estimate of this time.

In particular make sure you clean your hands:

- After coughing or sneezing
- When caring for the sick
- Before, during and after you prepare food
- Before eating
- After toilet use
- When hands are visibly dirty

- After handling animals or waste
- After surface contact

Edenderry Swimming Pool Limited St. Conleth's Road; Located on the Carrick Road, Edenderry, Co. Offaly. Co Reg. 51125

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Board of Directors: Jeff Traynor chairman, Quentin Crinnigan Vice Chairman, Damien O 'Donoghue, Christine Traynor secretary, Jennifer Brereton, Fergus McDonnell, Sheila Collins treasurer, Noel Cribbon

PPE Gear for COVID19 Officer on Arrival

1. COVID19 Officer must wear mask and blue shoes
2. Ensure that all Temperatures are taken
3. Ensure that the Contact Log is updated
4. Social distancing applies

PPE Gear Can be supplied at the swimming pool regarding masks & blue shoes

Coach / Teacher on deck

1. Coach / Teacher on deck must wear mask and blue shoes
2. Sit in designated spot if requires seating
3. Social distancing applies

PPE Gear Waste

Dispose of the waste in the bins provided. Edenderry Swimming Pool will Empty the bins daily and as often as they can. This Bin is located in the entry hall at the front door. Dispose of the PPE gear on the way out of the building.

Contact Tracing Log

A book is allocated in the office solely for "Contact Tracing". Everyone is entered into to this log that comes into Edenderry Swimming Pool. The purpose of this is trace the people that you or others may have come in contact with reducing the risk by informing them.

This log and its information are solely only used to contact trace, and the information in the log will not be used for any other purpose.

In the case of schools, we will have an attendance record as per appendix 1. This will be supplied with the COVID19 form signed by the class teacher on the day of attendance.

Temperature Log

As part of our COVID19 regulations we take temperature at the Swimming Pool. This is to prevent access at point of entry if anyone displays COVID19 symptoms. For schools we will take temperature of each student and teacher and record this on the COVID19 form as per appendix 1.

This must be done every day the school attends the premises.

A fever (high temperature - 38 degrees Celsius or above)

Instructions on Using and Reading the Thermometer

The Thermometer is fore infrared forehead.

The thermometer is aimed at centre of forehead

Distance 1-2cm from swimmer

Read Temp

Below 37degree Celsius (100degree Fahrenheit) happy face will be displayed to the reading

If 37.8 degree Celsius a sad face will appear, and you will be sent home.

Edenderry Swimming Pool Staff will take the temperature of each student and teacher

Social Distancing Policy

HSE defines Social Distancing as follows:

"In public health, social distancing, also called physical distancing, is a set of non-pharmaceutical interventions or measures intended to prevent the spread of a contagious disease by maintaining a physical distance between people and reducing the number of times people come into close contact with each other."

Social distancing is crucial to help slow the spread of COVID-19. It does this by minimising contact between potentially infected individuals and healthy individuals.

We have a responsibility to reduce contacts as much as possible. To reduce the number of contacts at Edenderry Swimming Pool, every opportunity and flexibility should be explored.

COVID19 Officer / teacher will wait in the hall entry to take the roll call Whilst the Edenderry Swimming Pool Staff Member takes temperature before entry to the dressing rooms. We expect all visitors / swimmers to wait at the door until the first person has been dealt with and so forth.

Guidelines for Schools

Hand Gel / hand washing facilities on entry and exit of the changing rooms
Limited places to 26 people
Arrive Swim Ready – try to wear swim under school uniform
Shower before entry to pool use pool markings
No hair dryers allowed in use
Do not shake clothes or towels when dressing
Social distance applies – use markings where allocated.

Edenderry Swimming Pool Staff on duty
Will take the temperatures and enter everyone into the contact log
They will take the sign in sheet (attendance record / COVID19 form). If you can email the record the day before arrival that would be helpful.

Records

All records will be held by both parties. All forms in regard to COVID19 regulations will be copied and added to the School file.

All certificates on COVID19 induction will be held on file by the representative COVID19 Officer from School. And if records are called for the COVID19 officer will hand over to the Facility Manager of Edenderry Swimming Pool.

Attached is the Medical Release & COVID19 Form for Edenderry Swimming Pool and this form must be completed by every individual and handed to the lifeguard on duty on the first day of attending the pool. It will need to fill in again over the time of the COVID19 period.

Appendix1

COVID19 Medical Release form

Please fill all parts of the form and return to Edenderry Swimming on arrival
If you feel ill, please stay at Home!!

Name:_____
Phone Number:_____
Email:_____
Address:_____
_____
Date of birth:_____
Email Address:_____

Medical Release Form

I CERTIFY THAT, _____TO THE BEST OF MY KNOWLEDGE AND BELIEF, (NAME OF THE SWIMMER below) IS IN GOOD PHYSICAL CONDITION AND HAS NO CONDITION WHICH WOULD IMPAIR PARTICIPATION IN THE PROGRAM. IN CASE OF INJURY, I HEREBY GIVE EDENDERRY SWIMMING POOL LIMITED AND IT'S COACHING, VOLUNTEERS, AND OTHER STAFF PERMISSION TO ACT ON MY BEHALF IN SEEKING MEDICAL TREATMENT FROM ANY LICENSED PHYSICIAN, HOSPITAL OR CLINIC FOR MY CHILD IN THE EVENT THAT SUCH TREATMENT IS DEEMED NECESSARY. I GIVE PERMISSION TO THOSE ADMINISTERING MEDICAL TREATMENT TO DO SO USING METHODS DEEMED NECESSARY. I ABSOLVE EDENDERRY SWIMMING POOL LIMITED AND ITS COACHING STAFF FROM ALL LIABILITY WHILE ACTING ON MY BEHALF IN THIS REGARD

COVID19 Information

Have you or swimmers visited any of the countries outside Ireland excluding Northern Ireland?
Yes
No

Are you or swimmers suffering any flu like symptoms?
Yes
No

Are you or swimmers experiencing any difficulty in breathing, shortness of breath?
Yes
No

Did you or swimmers consult a doctor or medical practitioner?
Yes
No

How Are you all feeling?
Well
Unwell

Have you or swimmers been in contact with someone who confirmed to have COVID19 has visited an affected region in the past?
Yes
No

Office Only

I have taken All temperatures on the list and certify that all temperatures are below 38 degrees or are average of 36 degrees.

Signed: _____

Name of Child	Week1	Week2	Week3	Week4	Week5	Week6

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