CMC Special Services Lap Pool

Pandemic / COVID-19 Changes and Restrictions

In working with the NJ Department of Health and CDC Guidelines, we have developed the following changes and restrictions in order to support a healthy and safe environment for all swimmers.

The maximum pool area occupancy including locker rooms is 250 people.
We are currently limiting this to 76.

The maximum pool occupancy is 120.
We are currently limiting this to 30 (25%) when the entire pool is being utilized.
While lap swimming, our limit will be 12.

Review COVID-19 Self Checklist prior to arriving to pool
If you reply yes to any of the questions below and they can't be otherwise explained, please do not come to the pool.

- Have you, or anyone you have been in close contact with, been diagnosed with COVID-19, or been placed on quarantine for possible contact with COVID-19?
- Have you been asked to self-isolate or quarantine by a medical professional or a local public health official?
- Do you have a fever (temperature over 100.0) without having taken any fever reducing medications?
- New Loss of Smell or Taste?
- Muscle Fatigue?
- Sore Throat?
- Cough?
- Shortness of Breath?
- Chills? Headache?
- Congestion/runny nose?
- Have you experienced any gastrointestinal symptoms such as nausea/vomiting, diarrhea, loss of appetite?

OUT OF STATE TRAVEL

This is a reminder regarding anyone traveling out of state.
If you plan on traveling to a state that is on the NJ Travel Advisory List, you will not be permitted to utilize the facility until you have cleared a 14 day self-quarantine period.

Thank you for your anticipated cooperation.
*OTHER THAN THE CASE OF AN EMERGENCY, NO ONE IS PERMITTED TO ENTER THE HALLWAYS AT ANY TIME!!*

Face Coverings, Social Distancing, Signage and markings are to be respected and followed by all staff and swimmers

*You are required to respect and follow all rules, postings and signage during our current pandemic and at any other time while utilizing the facility. They are in place to help support the health and safety of all. Not following these rules will force us to close the facility!!*

*Please respect the lifeguards at all times while enforcing these rules.

*Except for while swimming and coming in or out of the pool, FACE COVERINGS are required to be properly worn at all times. This includes complete coverage of the mouth and nose areas.

*Children under the age of 2 are not required to wear face coverings.

*You are required to maintain 6’ social distancing at all times.

*Markings and Signage including entrance points, sign in area, yellow 6’ social distance markings, etc…… are to be followed at all times.

*Only the designated / marked spots on the lower section of bleachers at the pool deck are to be used.

*Occupancy level restrictions include:

~Only 4 swimmers will be permitted into the locker room at a time.

~Only 1 person will be permitted at a locker bay, bench or changing table at a time.

~Only the middle shower stall may be used.

*The usage of lockers are prohibited.

**Other Changes and Restrictions to be aware of prior to arriving**

*Lap Pool staff reserve the right to conduct temperature checks.

~If you show signs and symptoms of a fever, you will be checked.

~If your temperature is over 100 degrees, you will not be permitted in the building.

~You may be checked again when returning to the building.

*Lifeguards are not required to wear a face covering while on duty.

~When entering and exiting the pool area, they must wear face coverings.

*Swimmers are required to complete sign in sheets that include their names, date, time and e-mail.

*Additional sanitizing units have been put in place.

*Gloves and hand sanitizer will be located at the sign in sheet for staff and swimmers.

*Reservations will be made for lap swimmers no more than 2 days at a time.

*Usage of lanes during lap swimming will be as follows:

~No more than 12 lap swimmers at one time (circle swim).

~Lanes 1 – 4 will be available for reservations.

~Lanes 5 and 6 will be for drop-ins.