

## HYGIENE RECOMMENDATIONS FOR BATHS AND BATHING WATER IN POOLS DURING THE REMOVAL OF MEASURES (COVID-19)

### MICROBIOLOGICAL POLLUTION OF BATHING WATER

The pool water can be polluted by the bathers and waterside surfaces:

- Rinsing of the skin surface (dirt, skin care and protection products);
- Bodily secretions (tears from the eyes, earwax from the ear canal, saliva from the mouth, nasal discharge and coughing, even in case of accidental intrusion of bathing water into the nose and lungs, sweat, urine, faeces);
- Wounds and inflammations (blood, secretions);
- Washing of pool surrounding surfaces and the pool platform; in the case of outdoor pools, additional water pollution could occur due to the intake of dust, leaves, grass, sand, bird droppings, etc.

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- The two most important transmission pathways of the new coronavirus go through **respiratory secretions (from the nose, the mouth) and through contaminated hands.**
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- The safe interpersonal distance due to the virus that is excreted by sneezing, coughing, loud talking, singing, etc., is at least **1.5 metres or more. If this distance is shorter, the risk of infection is higher.** The longer the distance, the lower the risk of infection.
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- **Hands** should always be treated as so they are contaminated, the only exception being immediately after washing or disinfecting.
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- With contaminated hands **we transmit the pathogen to ourselves and other people and to itemsthat we touch**
- (e.g. doorknobs, handles, handrails, work and recreational equipment, money, etc.).
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- So far **no case of faecal-oral transmission of the new coronavirushas been reported.**
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- By following all the above measures, we will reduce the chance of infection and thus protect ourselves and others. For proper implementation of the self-protection measures, **each individual must accept their own responsibility.**
  - **There is no such thing as complete security.**
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There are no confirmed cases of the COVID-19 causing virus spreading to humans through bathing water in pools, spas, during games in the water and by water attractions (waterslide,

climbers, diving devices and the like). The proper management and maintenance of these facilities, including disinfection (e.g. with chlorine), should deactivate the virus in bathing water of the pools.

### **HEALTH OF VISITORS AND EMPLOYEES**

Only healthy people, without even the mildest signs of infection (cough, cold, runny nose and eyes, fever, sore throat, etc.), should be allowed to enter baths.

### **GENERAL MEASURES**

The bath manager should ensure that the recommendations are accessible in a visible place at the entrance to the bath (e.g. at the information point together with the bathing rules, etc.) and, if necessary, in other places at the bath. We recommend the use of infographics at all points of the bath, where visitors and employees can wash their hands.

### **USE OF FACE MASKS**

The use of face masks covering the nose and mouth provides, in addition to a safe interpersonal distance, greater safety in preventing SARS-CoV infections, especially in enclosed public bath areas:

- When using sanitary facilities;
- When using changing rooms or cabins;
- When using catering activities on terraces and summer gardens in accordance with the Hygiene Recommendations for the operation of catering activities on terraces and summer gardens to prevent the spread of SARS-CoV-2 infections;
- When using ambulance and first aid facilities.

The use of a protective face mask is mandatory for employees of baths in cases where, due to the nature of the work, they have to approach visitors at a distance of less than 2 m. The measure does not apply in the case of water rescue.

Face masks for employees are provided by the bath manager. Visitors should provide their masks themselves.

### **HAND DISINFECTION**

Hand disinfection should be carried out as a preventive measure at baths:

- Upon entering the bath;
- Upon entering and leaving the sanitary facilities;
- Upon entering and leaving the changing rooms or cabins.

Disinfectants and the installation of disinfectant feeders are provided by the bath manager. Disinfectant feeders should be in several visible places.

### **BATHING AND HYGIENE RULES AT BATHS**

Visitors and bathers should follow the prescribed notices of the bath manager, which are published at the information point upon entering the bathing area and at other places of the bath:

- Bathing rules;

- Hygiene rules at baths;
- Instructions for ensuring safety and order;
- Instructions for water attractions;
- Health protection instructions;
- Bathing signs;
- Bathing water quality information;
- Warnings from lifeguards and security.

### **KEEPING THE DISTANCE AND LIMITING THE NUMBER OF VISITORS**

The key preventive measure at baths is to maintain the interpersonal distance both on land (in parking lots, in front of the entrance to the bath, on sunbathing, relaxation and resting areas) and in water (including floating devices such as rafts, rings). Visitors and employees should maintain an interpersonal distance of at least 1.5 m while on the waterside areas and at least 2 m when swimming in the pool. Members of the same household are an exception. The distance between the lounge chairs should be at least 1.5 m or more.

For waterslides, diving devices and other attractions, floor markings should be used to ensure sufficient interpersonal distance.

The estimated number of bathers and the permitted number of visitors must be adjusted by the manager to achieve a safe distance between visitors and bathers in the pool in order to prevent the spread of the COVID-19 causing virus.

### **DIRECTIONS OF MOVEMENT**

Paths and directions of movement at the bath should, if possible, be marked on the floor in a manner to prevent the meeting of visitors from the opposite direction as much as possible or so an appropriate interpersonal distance of 1.5 m or more may be maintained at all times. The entrance(s) and the exit(s) to the bath, as well as to the facilities at the bath, should be separated, if possible.

### **LOCKERS**

Bathers' clothes in lockers should be stored in personal bags of the bathers. The same lockers should not be used by more than one bather (unless they are members of the same household).

Changing rooms must be cleaned and disinfected after each user (lockers, benches, etc.).

### **SHOWERS**

Showering before entering the pool and after leaving the pool is mandatory for all bathers. Visitors should use the showers individually, taking into account the interpersonal distance of at least 1.5 m or more.

Showers must be cleaned and disinfected after each user (all shower surfaces) and constantly ventilated.

### **SANITARY FACILITIES**

Sanitary facilities are a very important location regarding the possible transmission of the pathogen, so special attention should be paid to their use and to their cleaning and disinfection.

- The number of persons that can be in the sanitary facilities at the same time should be adjusted according to the size of the space or let the persons enter the space individually.
- Running water, soap and disposable paper towels must be provided to the visitors.
- The hand dryer must be switched off.
- Visitors should touch various objects and surfaces as little as possible, only as much as necessary.
- The bath manager should ensure regular and efficient ventilation of the sanitary facilities. In the case of mechanical ventilation, the air should only be exchanged with fresh outdoor air, without air recirculation.
- The bath manager should ensure that the sanitary facilities are cleaned and disinfected at least every hour.

### **CLEANING AND DISINFECTION OF SURFACES AND EQUIPMENT**

Adjust the cleaning plans to the current most strict requirements e.g. by cleaning and disinfecting repeatedly.

The manager must perform consistent cleaning of the pool platform, water attractions and playground equipment (waterslide, climbers, diving devices, etc.), with daily disinfection of surfaces, and if they are contaminated, e.g. with blood, vomit, faeces, more than once a day. Contact surfaces, e.g. fences, handles, handrails, doorknobs and other surfaces that visitors often touch with their hands, must be disinfected every hour.

Common equipment (e.g. lounge chairs, sunshade handles, etc.) must be disinfected daily before the opening of the bath and between each new user.

It is best to avoid the lending of equipment (swimming aids, swimming goggles, etc.) or to ensure disinfection of it between each new user.

The frequency of cleaning and disinfection of lockers and showers is listed above.

### **PLAYGROUND EQUIPMENT**

It is currently advised against the use of other land-based playground equipment that are not part of the pool.

### **BATHING WATER PREPARATION**

When preparing bathing water in conventional pools, the manager must carry out the disinfection with a residual effect and the correction of the pH value at the least. The following should be implemented:

- Prescribed continuous and automatic measurements and automatic correction of the values of all prescribed parameters with dosing devices checked by manual measurements twice a day.
- Manual measurements, according to Article 35 of the Rules on minimum hygiene requirements to be met by baths and bathing water in swimming pools, are possible, but in this case manual measurements should be carried out at least every 2 hours.
- The pH value and concentration of the disinfectant must be in accordance with the regulations, but the minimum concentration of free chlorine in the bathing water must be at least 0.5 mg/l.
- At least monthly sampling and testing of bathing water in pools that operate throughout the year and at least twice a month in pools that operate seasonally, that is carried out by an accredited laboratory.

## **VENTILATION OF ENCLOSED SPACES**

Continuous ventilation of enclosed spaces with air replacement and air movement is required:

- In the indoor bath as a whole;
- On each individual pool platform;
- In each individual separate enclosed space: sanitary facilities, changing rooms, changing cabins, showers and other spaces or in all spaces that are available.

In the case of mechanical ventilation, the air should only be exchanged with fresh outdoor air, without air recirculation.

NIZ RECOMMENDATION