

Yoga & More - Aqua Zumba

COVID-19 Policies and Procedures

Aqua Zumba Instructor: Tina Mach

Dates: Mondays, October 19 – May 24

Times: 7:15pm – 8:15 p.m.

Participant Requirements

1. Enter the pool through the side doors in back of the school (ramp) then enter through the main pool doors inside the building.
2. Exit through the brown emergency exit doors in the pool.
3. Follow markings on pool deck for a one way traffic to and from lap lanes.
4. All class participants will sign-in with District Aquatic Center daily.
5. All class participants will sign-in with Aqua Zumba daily.
6. Showers will not be available. Participants will not be allowed to change or use locker rooms for this purpose. Come dressed in your suite and ready to enter the pool as locker rooms are closed for use of showers and changing.
7. 1 lap lane will be utilized for class. Each participant will spread out down this lane to maintain social distancing. Next lane over will be used as a buffer lane.
8. Participate at Own Risk – Due to potential exposure to COVID-19 we ask all patrons to be respectful of others and observe social distancing and CDC guidelines.
9. Only 8 participants at one time. Must be Port Washington School District Residents.
10. Masks must be worn at all times, when not in the lap lane.
11. Please maintain a 6 FOOT DISTANCE at all times. Whenever waiting in line, please maintain 6-feet of distance between yourself and others.
12. Wash and sanitize your hands frequently.
13. Bring your own water bottle. Please have it labeled with your name.

Daily Health Screening -We are asking that all participants run through a daily health screening before attending class each day.

- Do you currently have or have had a fever with in the past 24 hours?
- Do you currently have or have you had chills or body aches with in the last 24 hours?
- Do you have a sore throat or dry cough?
- When you take a breath, is there any chest tightness or congestion?
- Have you had diarrhea in the past 24 hours?
- Are you experiencing any upper respiratory symptoms?
- Have you recently had contact with anyone suspected of or has tested positive for covid-19?
- Have you experienced a loss of taste or smell?

If the answer to any of these questions is yes, you cannot attend class. You will be able to return to class when the following criteria have been met:

- No sign of fever for 3 days (without medication)
- All coughing and breathing complications have subsided
- Any vomiting or diarrhea has stopped for 2 days

Positive Covid-19 Test Policy

If a you or household member tests positive for Covid-19 you will not be allowed to attend class for 2 weeks. We ask that this be reported to our Recreation Director, Kiley Schulte at kschulte@cpwwi.org or 262-284-5881, so that we can handle the situation swiftly and appropriately. We will report the case to the Ozaukee County Health department and the Wisconsin DCF and proceed by following the guidelines from those departments.