

SWIMMING POOL NEWS

Spring/Summer 2020

2020 Annual Edition

GOLDEN HILLS POOL

It's time to welcome our members back for another summer of fun at the Golden Hills pool. This year, we are faced with the challenge of keeping everyone safe and healthy due to the worldwide pandemic of the novel coronavirus, COVID-19. In an effort to follow the guidance from the CDC and SC DHEC for aquatic facilities, we are putting preventive measures in place to help reduce the spread of COVID-19. While we want everyone to enjoy time at the pool we are, first and foremost, obligated to provide a safe environment. As you read through the newsletter you will learn about the changes that are being put in place during this swim season.

The pool will be open from 12:00 p.m. until 8:00 p.m. weekdays and 10:00 a.m. until 8:00 p.m. on weekends beginning Saturday, May 23, 2020 through Monday, September 7, 2020.

Lifeguards will be on duty daily from 12:00 p.m. until 8:00 p.m. Our pool attendants help ensure that members will have a certified lifeguard available to them, rules will be enforced, and

concessions will be available during pool operating hours. This year our staff will also be working to ensure that all surfaces are sanitized and areas of the pool deck are marked for appropriate social distancing.

For children, we offer group and private swimming lessons for all skill levels. The lessons are recommended for children ages 4 and over; however, 3 year olds may be accepted in the program at the instructor's discretion.

We also offer a competitive swim team program for children ages 4-18.

For adults, we offer a lap swimming lane at all times (if a lane rope is not in, please ask the lifeguard for assistance).

What will not change this year is our commitment to providing you with a safe environment to swim, relax and cool off on those hot summer days.



INSIDE THIS ISSUE:

COVID Rules	2
Swimming Lessons	2
Swim Team	3
Swim Team Schedule	3
Contact Us	4
Pool Rules	4

POOL KEYS

The locks on both pool gates are re-keyed prior to the opening of each pool season during the first week of May. The new keys will be available at the pool during normal operating hours. You can receive your key with a \$5 refundable deposit or

trade-in your key from last season.

Pool-only members are requested to turn their key in at the end of the summer and their \$5 deposit will be returned.

Contact Dian Berry at (803) 957-3970 or email: Dian@goldenhillsgolf.com

if you need to make other arrangements to pick up a key.

The replacement fee for a lost key is \$10.



CHANGES TO POOL OPERATION ~ COVID-19

Guidance for opening the pool for the 2020 season, due to COVID-19, requires the strict adherence to the following:

- Attendance is limited to 35 people. Visits will be limited to 2 hour increments. Only 1 time slot can be reserved each day. You will need to reserve your time slot prior to arrival. Reservations can be made on our website: goldenhillsgolf.com Under the "Swim" tab, click on Pool Slot Reservation. You will need to list the # of people in your family that will attend. You will not be allowed entrance into the pool without a reservation. If you are unable to attend, you must cancel your time slot; failure to do so could result in the loss of your pool privileges for the summer
- A pool use waiver must be completed prior to registering for the pool reservation system.
- Arrive as close as possible to

your reserved time slot. Be prepared to leave as soon as your reserved time slot has ended. Do not congregate with others prior to entering or after leaving the pool deck

- Wear your swim suit to and from the pool. Do not change at the pool
- No guests will be allowed
- No pool parties will be held this season
- No pool floats will be allowed with the exception of noodles. Do not share noodles or other personal items brought to the pool with others
- Picnic tables and umbrellas will be in place. No lounge chairs will be provided. You will need to bring your own lounge or upright chair
- Chairs must be placed in the designated areas, and spaced accordingly, to meet the social distancing requirement of 6'
- The baby pool will be limited to 3 swimmers

- Parents will not be allowed on the pool deck during their child's swim lesson or swim team participation. After dropping your child off please return to your vehicle or designated viewing area outside the pool fence
- The shower and water fountain will not be operational during the swim season. Bring a full water bottle to avoid touching the tap. (Water, Gatorade & Soft Drinks, along with snacks & ice cream, will be available at the pool Snack Bar)
- Lost and found will not be provided. Please be sure to pack all your belongings prior to leaving. Items left behind will be discarded
- Person to person interaction between members of separate households should be limited and social distancing of 6 feet should be practiced
- A sanitation station will be provided

STOP THE SPREAD OF COVID-19

- ✓ Wash/Sanitize your hands often
- ✓ Avoid touching your eyes, nose & mouth
- ✓ Cover your cough or sneeze
- ✓ Stay home if you feel sick

POOL HOURS

12:00pm - 8:00pm Mon - Fri

10:00am - 8:00pm Sat - Sun

**No one is allowed on the premises after 8:00 pm. The property is monitored for security & patrolled by law enforcement to detect any violations.*

LIFEGUARD HOURS

Lifeguards will be on duty from
12:00 - 8:00 pm daily.

COVID-19 WARNING

- The danger of exposure to the coronavirus that causes COVID-19 exists
- By entering the pool, you take responsibility for your own protection and for disinfecting your hands and anything you touch in the pool area
- Do not use the pool if you have a cough, fever or other symptoms of illness
- Maintain at least 6 feet between you and other people who are not a part of your household
- Wear a face covering when you are not in the swimming pool (optional)

GOLDEN HILLS GATORS SWIM TEAM

The Golden Hills Swim Team is open to swimmers ranging in age from 4 to 18 years. We encourage all swimmers to participate, regardless of skill or ability. Through dedication and hard work, swimmers are motivated to attain their maximum potential.

Since joining the Columbia Swim League in 2000, coaches and parents have worked to develop a successful program at Golden Hills. CSL has cancelled meets for this season due to COVID. However, we will host meets for our team at GH for everyone to get a feel for the competition. It is our desire to encourage the sport of swimming and for all swim-

mers to improve and excel. Those who attend practices regularly and display a positive attitude are given an opportunity to compete at a level appropriate for their skills.

We are proud to offer two training alternatives: Competitive Team & Developmental Team.

To participate on the Competitive Team, swimmers must be between the ages of 4 & 18, be able to swim one length of the 25 meter pool unassisted, & swim comfortably with their face in the water. We recommend the Development Team for swim-

mers who do not meet the minimum swimming requirements but would still like to participate on the team. Participation on the Development Team requires that a swimmer be between the ages of 4 & 10, & be comfortable going under the water.



The Competitive Team will practice 5

times per week. The Development Team will meet 3 times per week and will provide swimmers with the basics of competitive swimming including stroke technique drills for all four competitive strokes, starts and turns.

For more information, visit our swim team website located in the swim section at www.goldenhillsgolf.com or contact Jennifer McLeod, *Head Coach*, at goldenhillsgators@gmail.com

2020 Dates to Remember:

May 21: Parent Meeting

June 1: Practice Starts

July 17: Last day of practice

Practice Times:

7:30-8:30am: Intermediate & Juniors/Seniors

8:40-9:25am: Beginners

9:35-10:05am: Development Team (Mon., Wed., Fri.)

10:15-10:45am: Development Team (Mon., Wed., Fri.)

SWIMMING LESSONS

Group swimming lessons will be offered in two-week sessions; each session consists of eight 30-minute lessons. Private lessons are also available upon request.

Beginners: Ages 3 – 6

Swimmers will learn to submerge face, blow bubbles, float on front and back, and kick.

Adv. Beginners: Ages 4 – 7

Swimmers should already be able to float and will learn to glide with kicking action, plus basic arm and leg techniques for front and back swimming.

Intermediate: Ages 5 – 8

Lessons will focus on freestyle and backstroke technique, rhythmic breathing, and racing dives.

Competitive: Ages 7+

Swimmers will learn all four competitive strokes, racing dives, turns, and endurance.

Note: ages are guidelines only; there will be exceptions.

For more information, go to GoldenHillsGolf.com or contact Ashley Dunnavant at ashleydunnavant@hotmail.com

“At Golden Hills, we encourage all swimmers to participate, regardless of skill or ability”

SWIMMING LESSON CLASS SCHEDULE

2020 CLASS Schedule

Session 1: June 8 - June 18

Monday - Thursday

Session 2: June 22- July 2

Monday - Thursday

Session 3: July 6– July 16

Monday—Thursday

Session 5: July 20 – July 30

Monday – Thursday

Class Times Offered:

11:00 – 11:30 a.m.

11:30 - 12:00 p.m.

Evening Sessions:

Session 4: July 6 - July 16

Session 6: July 20 - July 30

6:00-6:30pm & 6:30-7:00pm

Cost:

Members \$70*

Non-members \$90*

*cost is per two-week session

Make-up lessons will be offered only in the event of inclement weather.

Private lessons are also available:

\$30 per ½ hour (one child)

\$50 per ½ hour (2 children)

Registration forms available at www.goldenhillsgolf.com

Contact **Ashley Dunnavant** with questions at ashleydunnavant@hotmail.com

Golden Hills Golf & C. C.



Membership: (803) 957-3970
info@goldenhillsgolf.com

Pool: (803) 785-2042

Swim Team:

goldenhillsgators@gmail.com

Swim Lessons:

Group:

ashleydunnavant@hotmail.com

Private:

ashleydunnavant@hotmail.com

100 Scotland Drive
Lexington, SC 29072

FACILITY RULES PER DHEC

1. There will be no solo swimming
2. There should be no running, boisterous or rough play
3. No person under the influence of alcohol or drugs should use the pool.
4. There should be no spitting or blowing nose in the pool.
5. Persons with diarrheal illness or nausea should not enter the pool.
6. Persons with skin, eye, ear, or respiratory infections should not enter the pool.
7. Persons with open lesions or wounds should not enter the pool.
8. No animals or pets allowed in the pool.
9. No glass allowed in the pool or on the deck.
10. No children should be in the pool without supervision.
11. You should take a shower before entering the pool.
12. This pool is open from 12:00 am - 8:00 pm weekdays and 10:00 am - 8:00 pm on weekends.
13. The maximum number of swimmers allowed in the pool is 35.
14. A first aid kit is located in the Lifeguard Room.
15. An emergency phone is located outside the Lifeguard Room.



GOLDEN HILLS: ADDITIONAL POOL RULES & REGULATIONS

1. Pool privileges are restricted to members and guests. **ALL members must register upon entering pool area.**
2. All children under age 12 must be accompanied by an adult.
3. Swim Diapers are required for children who are not potty trained. If a child has an accident in the pool requiring the pool to close, the member will be required to pay an "Accidental Fee" of \$150.00.
4. Only employees are allowed to enter the pump room, equipment room, and lifeguard room.
5. During the hourly 10-minute lifeguard break, adults will be allowed to remain in the pool. Children under 17 will not be permitted to swim unless they are a certified lifeguard.
6. Coolers are allowed at the pool; however, absolutely no glass is allowed inside the gate .
7. Smoking is banned at the pool and its outer perimeter.
8. The lifeguards shall have discretionary authority to discipline children using the following guidelines:
 - **First Offense:** Sit out of pool for 10 minutes.
 - **Second Offense:** Leave pool area for one day.
 - **Third Offense:** Loss of pool privileges for one week.
 - **Fourth Offense or flagrant abuse of rules:** Must appear before management with parents.

GOLDEN HILLS GOLF & COUNTRY CLUB, INC.
POOL USE AGREEMENT

Assumption of the Risk and Waiver of Liability Relating to Coronavirus/COVID-19

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. **COVID-19 is extremely contagious** and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing and have, in many locations, prohibited the congregation of groups of people.

Golden Hills Golf & Country Club Inc. (“the Club”) has put in place preventative measures to reduce the spread of COVID-19; however, the Club **cannot guarantee** that you or your child(ren) will not become infected with COVID-19. Further, **attending the Club could increase** your risk and your child(ren)’s risk of contracting COVID-19.

By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that my child(ren) and I may be exposed to or infected by COVID-19 by attending the club pool and related activities at the Club and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 at the Club may result from the actions, omissions, or negligence of myself and others, including, but not limited to, Club employees, volunteers, and program participants and their families.

I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to my child(ren) or myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I or my child(ren) may experience or incur in connection with my child(ren)’s attendance at the Club or participation in Club pool and related activities (“Claims”). On my behalf, and on behalf of my children, I hereby release, covenant not to sue, discharge, and hold harmless and indemnify the Club, its employees, agents, and representatives, of and from the Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind including Attorney fees arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of the Club, its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any Club program.

Signature of Parent/Guardian

Date

Print Name of Parent/Guardian