

## Athletes Returning to Sport Safety Series | COVID-19

### What Athletes Should Expect:

Athletes should not high five, fist bump, or chest bump

Athletes should maintain physical distance from teammates and coaches when taking breaks and between games

Do not share water bottles, equipment, or towels

Coaches, staff, and fans should wear a mask

### What Teams Can Do:

Facilities, teams, and coaches must acknowledge risks of opening

Athletes, coaches, and staff should undergo screening using a symptom checklist before each practice or competition

Consider a sign in roster to allow for contact tracing

Encourage the use of outdoor facilities

In facilities with showers, teams can encourage social distancing by turning off the water on every other shower

## Frequently Answered Questions Safety Series | COVID-19

### FAQ's Surrounding COVID-19 and Treating with Water

#### **Can the COVID-19 virus spread through water transmission?**

There is no evidence that COVID-19 can spread to humans through the use of pools, cold tubs, or hot tubs. Proper operation, maintenance, and disinfection (e.g. with chlorine and bromine) of pools, cold and hot tubs should remove or inactivate the virus that causes COVID-19.

#### **Is it safe to use HydroWorx Water Solutions during the COVID-19 pandemic?**

Yes. Correctly testing and maintaining proper levels of water sanitation is sufficient to inactivate the COVID-19 virus. Due to the sterile water environment, hydrotherapy may offer one of the safest and healthiest exercise options at this time. Decreasing large therapy group use and properly disinfecting the pool room and HydroWorx surfaces between patients is recommended.

#### **What disinfectants are safe to use on the external HydroWorx product surfaces and pool rooms that will decrease the spread of the virus that causes COVID-19?**

The U.S. Environmental Protection Agency released a list of products that are said to be approved for killing the coronavirus (use the link below to locate the list of products). To best inactivate the virus, ensure proper hand washing prior to operating, and then before and after each patient use wipe down the HMI, remotes, doors, handles, bars, steps and access lifts. HydroWorx recommends using new and clean Lysol disinfecting wipes on the HMI and iPad/ remotes followed by drying with a paper towel to avoid scratching the screens.