



TOWN OF NORTHBOROUGH BOARD OF HEALTH

Town Hall Offices • 63 Main Street • Northborough, MA 01532 • 508-393-5009 • 508-393-3130 Fax

BOARD MEMBERS PRESENT: Theresa Capobianco, Esq
Dilip Jain, M.D.
Swati Sane, M.D.
Lisa Johnson, RDH, MS, MPH, CPH

TOWN: Katie Holt, Administrative Assistant to the Health Dept
Michael Seager, Health Agent

OTHER: Jake Ruszkoski and Andrea Edmunds, Representatives for Northcourt Swim and Tennis Association

The Board of Health met on Tuesday July 19, 2022 via Zoom Meeting. The meeting was called to order at 6:03 by Dilip Jain. Roll call attendance took place.

6:05 - Revised Variance Request from Lifeguard Requirement at Northcourt Pool

Andrea Edmunds outlined the current safety measures that Northcourt has been implementing. These safety measures are listed on the attached variance request. A discussion took place.

Northcourt requested the Board of Health to issue a lifeguard variance from the hours of 4PM - 8:30PM with parameters of:

- Pool attendant presence from 4PM - 8:30PM who is CPR certified
- No more than 10 swimmers per pool attendant
- A site visitation with the Fire Chief to ensure Northcourt's location and emergency access to the pool
- Approval from their insurance company to post a "WARNING NO LIFEGUARD ON DUTY. SWIM AT YOUR OWN RISK." sign when lifeguards are not present

Capobianco made a motion to approve the request for variance submitted by Northcourt Pool, allowing that variance for pool season of 2022 only, to expire upon the closure of pool, with the additional condition that the pool attendants be over the age of 18. Sane seconded. All in favor.

6:22 - Welcome New Health Agent, Michael Seager

Michael Seager introduced himself to the board members. For the last four and a half years, Seager has worked for Ecolab, a third party auditor that worked predominately with grocery stores. Prior to that, Seager worked for 25 in food service management, including several chain restaurants within Massachusetts. Seager is a Northborough resident and is happy to be involved in the community. Seager has already visited Kumar's and Casa Vallarta to introduce himself. A brief discussion about food inspections took place and the board members welcomed Seager.

6:25 - Any other business to come before the Board

Dilip mentioned COVID rates are increasing and reminded the public to be aware. A brief discussion on COVID took place.

6:32 - Meeting Minutes Review

Jain moved to accept May 10, 2022 meeting minutes as recorded. Capobianco seconded. All in favor.

The June 14, 2022 meeting minutes will be reviewed at the next meeting.

Establish Future Meeting Date

The next Board of Health meeting is tentatively scheduled for Tuesday, August 9, 2022.

Capobianco motioned to adjourn the meeting at 6:36. Johnson seconded, all in favor.

Respectfully Submitted,
Katie Holt

7/15/2022

Northcourt Swim & Tennis – 140 South Street Northborough, MA 01532

Attn: Board of Health Director – Kristin Black

Northcourt Swim & Tennis Association is formally requesting a revised lifeguard variance.

The Northcourt members thank you for your careful consideration of this revised lifeguard variance. We have taken your suggestions seriously, and with the help of your health director have modified our policies to meet your expectations. We have incorporated the BOH suggestions and performed surrounding town research, to develop this proposal.

Our diligence has shown us on average the pool is visited by 10 swimmers each hour in the morning for lessons. One guard leads lessons, while the other guard monitors a few swimmers who are not participating in lessons. This typically lasts until 12pm. The pool generally contains no swimmers from 12pm-2pm during lunch. From 2pm-4pm, there are usually 15-20 swimmers maximum at one time, as reported by our lifeguards. Swimmers are children under the age of 18, all accompanied by an adult. From 4pm-8:30pm (proposed closing time), the pool tends to be unoccupied. Occasionally, a family may come down for a night swim before heading home. We ask all families to use a buddy system.

Northcourt's current Safety Policies & Procedures:

- Lifeguards:
 - M-F 9am-4pm
 - Saturday/Sunday 10am-4pm
- Parties require a privately funded lifeguard.
- 6' security fencing with barbed wire and self-closing/self-latching gates.
- Low flow-return water inlets, depth markers, non-slip surfaces, etc.
- There are no blind spots within the pool area. The pool is rectangular. No diving boards or any additional devices.
- Access is restricted to only member families. Only members over the age of 18 are allowed keyed access. The pump house has additional restrictions to authorized personnel only.
- An emergency phone is available poolside and checked daily with Northcourt's address posted inside the phone box.
- Rescue equipment and a first-aid kit containing CPR masks is located at poolside.
- State-mandated safety signs are posted:
 - No lifeguard on duty...swim at your own risk
 - Adults should not swim alone
 - Children under the age of 16 should not use the swimming pool unless accompanied by an adult
 - Northcourt Pool Policies & procedure
- The pool is maintained by a CPO weekly and a pool manager daily, whose information is on file via the annual swimming pool permit application.
- Daily testing (x4/day) will continue to be performed as required by 105 CMR 435 additionally with a weekly shock

We request the board to issue a lifeguard variance from the hours of 4pm-8:30pm with parameters of:

- **Pool attendant presence from 4-8:30pm who is CPR certified**
 - **The Northborough Fire Department has offered a free of charge CPR training to our members. We intend to make this possible by offering member families the opportunity to take CPR.**
- **No more than 10 swimmers/pool attendant**
- **A site visitation with the fire chief to ensure Northcourt's location and emergency access to the pool**
- **Approval from our insurance company to post a "WARNING NO LIFEGUARD ON DUTY. SWIM AT YOUR OWN RISK" sign when lifeguards are not present.**

After extensive consult with our surrounding towns and comparing our water safety policies & procedures to other like facilities, we feel our above proposal is much safer compared to years past and to our lake neighbor 10 mins down the road. We are hoping these added safety precautions satisfy's the Board of Health's concerns.

Sincerely,

Member Families,
Northcourt Swim & Tennis Association.



Northcourt Swim & Tennis



Safety Signs & Equipment



**CHILDREN UNDER AGE 16
SHOULD NOT USE SWIMMING
POOL WITHOUT AN ADULT IN
ATTENDANCE**

**ADULTS SHOULD NOT SWIM
ALONE**

Important & helpful information

• Prior to Arrival

- Members must be submitted and on file for any caretaker or guard beforehand

• Upon Arrival

- Empty swimmer if needed - screwdriver to open is located in phone box outside pumphouse
- Shower pool - swim poles located on side of pump house
- Brush off leaves from pool deck - broom in men's bathroom
- Rinse off before entering pool - shower between bathrooms
- Replace any guests to lifeguards on duty
- Notice - hot sand shoes only allowed on courts

• Before you go

- Lights turned off in bathrooms
- Cleaning any trash and dispose in trash cans
- Empty trash in the parking lot dumpster - Dumpster for Northcourt trash only
- Cases will be down umbrellas at tables
- Lock all gates (pool entrance, bathroom, shed, main entrance)

• Ongoing Maintenance (Daily & Weekly)

- Water filters in pool if needed
- Daily swimming pool & pool deck cleaning (see above)
- Daily pool vacuum filter cleaning and regular attention & program run
- Weekly brushing of pool walls that needs attention
- Weekly tennis court sweeping

Northborough
141 South St.
Northborough, MA 01562

Pool
Tennis & Sports
Buildings & Office

Northcourt General Rules and Guidelines

- This is your club. Treat it as an extension of your home. You are responsible for the responsibility if you see something that looks wrong or broken, please fix it.
- Association facilities are for members and guests only and will not be made available to groups and private parties except as specifically described in the bylaws. No outside groups will be permitted.
- There will be one key for each member family. It shall be the responsibility of the last user to leave the area at any time to lock all gates (main gate, pool gate, tennis court gate) and doors (bathroom, shed, pool), turn off any lights, and put down umbrellas. No one under 18 years of age is permitted use of a key.
- Parents are required to supervise their children. Lifeguards are present to safeguard swimmers.
- Visitors (lifeguards are off duty children 13 years of age and younger must be supervised by a member or caregiver (18 or over)).
- No persons under 21 are allowed on Association property between 8 PM and 8 AM unless accompanied by an adult member.
- All guests must use a Northcourt liability waiver completed on the prior to entering Northcourt. For guest policies, refer to bylaws.
- Adherence to the Rules and Regulations will be required from time to time on the health board. All members are expected to read and comply with these additional regulations.
- Please remember to respect all areas of the club. We rely on the volunteer efforts of everyone to keep everything clean and in working order.

#16 Above will BE CONSIDERATE!

Swimming Pool

- Use of pool will follow Board of Health regulations.
- Persons with communicable diseases, infected eyes or wearing bandages will be excluded from the pool.
- Children who are not fully vaccinated must wear a swim cap in the pool.
- Everyone using the pool must obey the pool rules and regulations of the designated lifeguard. Failure to comply may result in the lifeguard being removed from duty.
- Children 13 years of age and younger must be accompanied by a responsible caregiver (18 or over). A caregiver - water must be signed and on file in the lobby of Northcourt.
- If a member's child is being carried by a lifeguard person, caregiver and the lifeguard must be informed. The caregiver is not responsible for the child's safety.
- All guests that are released on the lifeguard on duty. They will also complete a quick swim evaluation prior to using the pool.
- Without lifeguard assistance and pool key must be used at the discretion of the lifeguard on duty.
- Pool and grounds are not allowed within the second week. Please use any of the pool's tables outside of the pool from 8 AM to 10 PM.
- Pool lifeguard must be on duty during the pool's hours of operation.
- The lifeguard is directly responsible to the Board of Directors regarding concerning them and their duties are to be made directly to the Board.

Tennis Courts

- Tennis courts are to be used only.
- Courts must be swept and trash removed after each use.
- Courts are responsible to their caretaker. Use of the courts and must be made sure courts are properly maintained. If not in company pool house in make sure courts are properly maintained.
- Only the courts which are adjacent to the pool, no hitting others. Hitting shoes will fly into the court and damage the surface.
- Only the caretaker of each tennis court may enter the court. No food or drink is permitted within the tennis court fence.

Safety & First Aid

- NO RUNNING on the pool deck
- No flipping off the sides of the pool or off any furniture
- No jumping backwards into the pool
- No jumping on other swimmers
- No running and jumping into the pool

First Aid Kit is located in pumphouse.

Should you need to make an emergency call, use the landline phone outside the pumphouse to call 911. The property address is 141 South St. (Rt. 135) Northborough.

Emergency Contacts

EMERGENCY DIAL 911

Call from the landline phone located outside of the pumphouse. Cell phones go to State Police.

Northborough Police Non-Emergency	508-255-1515
MA State Police Non-Emergency	508-830-4424
Northborough Fire Department Non-Emergency	508-353-1537
UMASS Memorial Hospital	508-334-1000
Northborough Hospital	508-481-6000

Pool	Jack Ruckstuhl
Tennis & Sports Buildings & Grounds	George Marwood Steve Mattson

Northcourt Address:
141 South St. (Rt. 135) - At end of get driveway
Northborough, MA 01562

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POOL RULES

- All persons are required to take a cleansing shower bath before entering the pool
- No person with a communicable disease is allowed to use the pool
- Do not use when alone
- Do not use while under the influence of alcohol, anticoagulants, antihistamines, vasoconstrictors, vasodilators, stimulants, hypnotics, narcotics or tranquilizers
- Elderly persons, pregnant women, and persons suffering from heart disease, diabetes, high or low blood pressure should not use this pool until they consult with their physician
- Do not use the pool when the water temperature is greater than 104°F
- Observe a reasonable time limit (e.g., ten minutes), then shower, cool down, and, if you wish, return for another brief stay. Long exposure may result in nausea, dizziness or fainting
- The use of oils and body lotion by bathers is prohibited



**NO
LIFEGUARD
ON DUTY**



**SWIM AT YOUR
OWN RISK**

BY SIGN CENTER RE-ORDER NUMBER AS2-233PL