



Carson Valley Swim Center Reopening Procedure and Practice Guidelines

Reservations are required for all areas and programs and masks are required as you enter the building until you are ready to enter the water and as you exit!

Reservation must be made prior to your desired workout time and location.

You can reserve up to 3 different days at a time and after the 11:45am time slot, you are allowed to reserve same areas back to back (except for "Family Time") with the understanding that there is a 15min break in between the 45min sessions. **You may also call the same day to see if space is available.**

"Family Time" will need to be paid at the time of making your reservation (\$15 per area).

Call 775-782-8840 Mon – Fri between 5:30am -6:00pm. Sat & Sun 7:30am-6:00pm.

The following information follows the recommended guidelines based on recreational profession best practices, the national reopening plan, CDC guidelines, OSHA requirements and the governors directives. Staff and patron safety remain our top priority so if it is determined that we cannot safely program our facility we will not offer them regardless of any recommendations. The CDC reports that proper chlorine levels between 1 and 3 ppm kills the COVID 19 virus on contact and that treated and maintained water is not a source of transmission.

Patrons and staff who have symptoms, have tested positive or exposed to someone with COVID-19 within the past 14 days need to stay home and isolate and call your health care provider. Vulnerable populations should continue to shelter in place.

Phase 2 Requires:

- Public gatherings no more than 50 people and operate at 50% capacity for programs, 6ft of Social Distancing
- Staff wear PPE
- The governor anticipates that youth sports and recreation will be able to open at some point in Phase 2 knowing youth sports are important. They have asked for recommendations, from local youth sports associations, the LEAP and national organizations. There are a lot of considerations at play here and for our youth, we want to make sure we have a strong, safe plan in place.

Entrance and Exiting of Facility

- Single point of entry and exit and all patrons are to stay 6' apart due to social distancing.
 - **Masks are mandatory to both enter and exit and as you wait for your workout time.**
 - No gathering is allowed
 - Patrons will wait in designated areas
 - Avoid physical contact
- Temperature check of patrons and staff prior to entering the program with rejection for >100 temps
- Restricting items brought from home (swim equipment such as goggles and fins are allowed)
- Encourage all staff and patrons to wash their hands regularly, cover coughs and sneezing
- Showering is mandatory prior to entering the water. No soap or shampoo permitted on the deck.
- Entry staff will be provided and required to use PPE while on duty
- Exiting will occur through the double gates (outside pool area) near maintenance
- Masks are required if distancing is difficult but not required while swimming.

Locker Rooms, Toilets and Showering

- Locker rooms closed. Staff regulate entrance if patrons need items out of lockers (2 patrons at a time then vacate)
- People shower on the deck 6ft apart using deck showers and portable showers (5 showers)
- Toilets are available from the indoor pool decking and lobby (5 toilets)



Front Office and Lobby

- All patrons are to stay 6' apart due to social distancing and everyone is required to wear masks
- Countertops and other public fixtures are to be regularly disinfected following use by patrons and staff
- A plastic shield has been installed to protect staff from constant patron interaction
- Entry staff will be provided and required to use PPE while on duty and out of the water
- Concessions
 - All patrons are to stay 6' apart ordering and receiving food due to social distancing
 - Food options will be limited to those that are prepackaged and do not require staff preparation of food
 - Countertops and other public fixtures are to be regularly disinfected following use by patrons and staff
 - Concession staff will be provided and required to use PPE while on duty and out of the water

Indoor Main Pool

- 1 swimmer per lane down the middle line allows for 6ft distancing. (45min; 1-4 lanes)
- 1 water walker per lane (45min; 2 lanes); Please walk on black line to maintain social distancing.
- 2 water walkers may be allowed in one lane if from the same household and walk down the middle
- Temporary Schedule
 - Mon-Fri 5:45am-2:30pm, 4:45pm-7:30pm
 - Sat & Sun 7:45am-5:30pm
- Dive Well Workouts Temporary Schedule
 - Mon-Fri 5:45am-1:30pm

Outdoor Main Pool

- 1 swimmer per lane down the middle line allows for 6ft distancing. (45min; 7-8 lanes; 8 people)
- Temporary Schedule
 - Mon-Fri 5:45am-4:30pm (lap swimming)
 - Sat & Sun 7:45am-11:30am (lap swimming)
 - Sat & Sun Family Time 12-1:45pm; 2-3:45pm; 4-5:45pm (1/4 pool, 8 max family members \$15)

Therapy Pool (Indoor)

- Temporary Schedule
 - Mon-Fri 6:30am-2:15pm Physical Therapy for Adults and Persons w/ Disability (45min; 8patrons)
 - Mon-Fri 2:30pm-7:15pm Physical Therapy, Persons w/Disability, Adults w/children <7yrs (45min; 8patrons)
 - Sat & Sun 7:45am-1:30pm Physical Therapy and Persons w/Disability (45min; 8patrons)
 - Sat & Sun 1:45pm-5:30 Physical Therapy Time and Adults w/children <7yrs (45min; 8patrons)

Slide pool (Indoor – no slides at this time but basketball hoops and balls are available)

- Temporary Schedule
 - Mon-Fri 6:30am-7:15pm patrons without a Physical Therapist (45min; 8patrons)
 - Sat & Sun 7:45am-11:30am patrons without a Physical Therapist (45min; 8patrons)
 - Mon-Fri Family Time 1:45pm-3:30pm (1/2 pool, 8 max family members \$15)
 - Sat & Sun Family Time 12-1:45pm; 2-3:45pm; 4-5:45pm (1/2 pool, 8 max family members \$15)

Activity Pool (Indoor)

- Temporary Schedule
 - Mon-Fri Family Time 1:45pm-3:30pm (entire pool with Toys, 8 max family members \$15)
 - Sat & Sun Family Time 12-1:45pm; 2-3:45pm; 4-5:45 (1/2 pool, 8 max family members \$15)



Family Pool (Outdoor)

- Temporary Schedule
 - Mon-Fri Family Time 1:45pm-3:30pm (1/2 pool, 8 max family members \$15)
 - Sat & Sun Family Time 12-1:45pm; 2-3:45pm; 4-5:45pm (1/2 pool, 8 max family members \$15)

Weight Room

- Workouts (45min;3 patrons)
- Sanitizing required before and after each use
- Limiting the number of users in the room at one time 6' social distancing will be required of all visitors
- Staff required to use PPE while on duty (staff stationed in MP Room)
- Patrons exit out north or west door of multi-purpose room
- Temporary Schedule:
 - Mon-Fri 5:45am-11:30am
 - Sat & Sun 7:45am-10:30am

Water Aerobics (Indoor only at this time)

- Water Aerobics will be required to social distance 6ft. and must reserve ahead of time. (45min; 20 patrons)
- The next class will not be allowed to enter the facility until previous class is finished and patrons are exiting
- Classes will be taught indoors at this time taking up 3 lane spaces. Deep water classes (18 patrons)
- Temporary Schedule:
 - Monday = 8:30am, 9:30am, 6:00pm (Deep Water)
 - Tuesday = 8:30am, 9:30am, 6:00pm
 - Wednesday = 7:30am (Deep Water), 8:30am
 - Thursday = 8:30am, 9:30am (Zumba), 6:00pm
 - Friday 7:30am (Deep Water), 8:30am
 - Sunday 9:00am

Lessons (Indoor and Outdoor Pools)

- Continue practicing social distancing will remain in place both in the water and on deck
- Instructor teaches from the deck for higher level
- Instructor demonstrates skills with parent in the water handling children for lower levels
- Drop-In Lessons only available at this time. (1 child per teacher or 2 from same household depending on level)
- Temporary Schedule:
 - Mon-Fri = 11:00am, 11:45am, 12:30pm, 4:00pm, 4:45pm, 5:30pm
 - Sat = 10:00am, 10:45am, 11:30am (No Sunday Lessons)

Miscellaneous

- Lifeguards cleaning surfaces constantly as a rotation (handrails, door handles, drinking fountains)
- Patrons are advised not to wear masks in the water and do not share equipment

The Swim Center staff welcome you back and look forward to serving our community once again. Please have patience as we move through the phases together. We also ask that you respect others thoughts and feelings about the Pandemic and COVID-19.