



## **Carson Valley Swim Center Reopening Procedure and Practice Guidelines**

### **FALL SCHEDULE – HOURS OF OPERATION HAVE CHANGED**

**Masks are required as you enter the building until you are ready to enter the water and as you exit!**

Reservations are required for all areas and must be made prior to your desired workout time and location. You can reserve up to 5 different days in a 7 day period. You cannot reserve the same areas back to back ahead of time but if the lane is open after your workout you can stay for another session once approved by a Supervisor (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 (\$15) and Drop-In Lessons (\$7) will need to be paid at the time of making your reservation.

**Call 775-782-8840 Mon – Fri between 5:30am -2:30pm. Sat & Sun 7:30am-1:30pm.**

The information below follows the recommended guidelines based on recreational profession best practices, the national reopening plan, CDC guidelines, OSHA requirements and the governor's 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.**

#### **Current OSHA Guidelines:**

- Face coverings are mandatory unless a medical condition prohibits their use then a face shield must be worn
- Ages newborn to 2yrs not required to wear a face covering, ages 2-9 are highly recommended to wear coverings
- Any disability preventing you from putting on or taking off a face covering is not required to wear one
- Public gatherings of no more than 10 if social distancing is not possible
- Programs operate at 50% capacity of fire code
- 6ft of social distancing at all times in and out of water
- Staff required to wear PPE and clean surfaces as a rotation (handrails, door handles, drinking fountains)
- Patrons are advised not to wear masks in the water and do not share equipment

#### **Entrance and Exiting of Facility**

- Single point of entry and exit and all patrons are to stay 6' apart due to social distancing.
  - 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.
- Exiting will occur through the double gates (outside pool area) near maintenance



### 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 and cashier 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

### 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
- Schedule for Lap Swimming, Water Aerobics, Lessons (available space will vary)
  - Mon-Fri 5:45am-12:30pm, 5:45pm-7:30pm
  - Sat & Sun 7:45am-2:30pm

### Dive Well Schedule (Indoor)

- Mon-Fri 5:45am-12:30pm Workouts w/o Diving Boards
- Sat & Sun 7:45am-9:30am Workouts w/o Diving Boards
- Sat & Sun 10:00am-10:45am Dive Lessons on Boards
- Sat & Sun 11:00am-12:45, 1:00pm-2:45pm Family Times (Diving boards, rock wall and 1 lane)

### Outdoor Main Pool

- 1 swimmer per lane down the middle line allows for 6ft distancing. (45min; 7-8 lanes; 8 people)
- Schedule
  - Mon-Fri 5:45am-2:30pm, 5:45pm-6:30pm (lap swimming)
  - Sat & Sun 7:45am-11:30am (lap swimming)
  - Sat & Sun Family Time 11:45-1:15pm; 1:30pm-3:00pm (1/4 pool, 8 max family members \$15)

### Therapy Pool (Indoor)

- Schedule
  - Mon-Fri 6:30am-12:15pm Physical Therapy for Adults and Persons w/ Disability (45min; 8patrons)
  - Mon-Fri 12:30pm-2:15pm Physical Therapy, Persons w/Disability, Adult w/child <7yrs (45min; 8patrons)
  - Mon-Fri 5:30pm-7:15pm Physical Therapy, Persons w/Disability, Adult w/child <7yrs (45min; 8patrons)
  - Sat & Sun 7:45am-12:30pm Physical Therapy and Persons w/Disability (45min; 8patrons)
  - Sat & Sun 12:45pm-2:30pm Physical Therapy Time and Adults w/children <7yrs (45min; 8patrons)



### Slide pool (Indoor Slides, basketball hoops and balls are available)

- Schedule
  - Sat & Sun 12:00pm-1:30, 1:30pm-3:00pm (1/2 pool, 8 max family members \$15)

### Activity Pool (Indoor)

- Schedule
  - Mon-Fri Family Time 11:00am-12:30pm, 1:00pm-2:30 (entire pool with Toys, 8 max family members \$15)
  - Sat & Sun Family Time 11:45am-1:15pm, 1:30pm-3:00 (entire pool with Toys, 8 max family members \$15)

### Family Pool (Outdoor)

- Schedule
  - Mon-Fri Family Time 11:15am-12:45pm 1:00pm-2:30pm (1/2 pool, 8 max family members \$15)
  - Sat & Sun Family Time 11:45am-1:15pm; 1:30pm-3:00pm (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
- Schedule:
  - Mon-Fri 5:45am-11:30am
  - Sat & Sun 7:45am-11:30am

### 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.
- Schedule:
  - Monday = 8:30am, 9:30am, 6:00pm (Deep Water 18 patrons)
  - 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 18 patrons), 8:30am
  - Sunday 9:00am

### Lessons (Indoor 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)
- Schedule:
  - Tues & Thurs = 10:30am, 11:15am
  - Mon-Thurs = 4:00pm, 4:45pm, 5:30pm
  - Sat = 10:00am, 10:45am, 11:30am

**The Swim Center staff welcome you back and look forward to continuing to serve our community.**