



Carson Valley Swim Center Reopening Procedure and Practice Guidelines WINTER SCHEDULE '20/21 (Nov, Dec, Jan, Feb)

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 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 and please call to cancel if plans changed.

Family Time (\$15/1hr) and Drop-In Lessons (\$7/30min) will need to be paid at the time of making your reservation.

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

The information below follows the recommended CDC guidelines, OSHA requirements and the governor's directives. 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 need to stay home if:

- Have symptoms in past 48hrs (fever, chills, cough, nausea, muscles aches, new loss of taste/smell, diarrhea)
- Tested positive
- Within past 14 days been exposed for 15min within a 6 foot distance to someone with COVID-19.

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 and no more than 50 people.
- 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 through double doors and exit through single door. All patrons and staff are to stay 6' apart.
 - No gathering is allowed at any time
 - Patrons will wait in designated areas for classes etc.
 - Avoid physical contact
- Temperature check of patrons and staff prior to entering the program with rejection for >100 temps
- 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. Locker Rooms only.

Locker Rooms, Toilets and Showering

- Locker room occupancy is 10 patrons and lockers are available for rent.
- Masks are mandatory at all times except while showering and we ask that you social distance if possible.

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
- Food options will be limited



Outdoor Main Pool Schedule (Open thru November weather and visibility permitting then closing. Reopen March '21)

- Pool hours and days will vary. If you want a guaranteed swim time please reserve the indoor pool.
 - Mon-Sun 8:45am-2:30pm

Indoor Main Pool Schedule (Lap swim, Water Walking, Water Aerobics, DHS, DDST, Lessons, Family Time)

- 1 swimmer per lane down the middle line allows for 6ft distancing (Teams will differ) (45min; 2-5 lanes)
- 2 water walkers allowed in one lane if from the same household and walk down the middle (45min; 1-2 lanes)
 - Mon-Fri 5:45am-2:30pm Lap Swim or Water Walking (45min; lane availability will vary)
 - Mon-Fri 5:45pm-7:30pm Lap Swimming (45min; lane availability will vary)
 - Sat & Sun 7:45am-2:30pm Lap Swim or Water Walk (45min; lane availability will vary)

Dive Well Schedule:

- Mon, Tues, Thurs 5:45am – 8:30 & 10:45am – 12:30pm Workouts w/o Diving Boards
- Wed & Fri 5:45am – 7:30am & 9:45am – 12:30pm Workouts w/o Diving Boards
- Fri Family Time 6:00pm-7:00pm Diving Board, Rockwall, 1 lane (8 max family members)
- Sat 7:45am-9:30am Workouts w/o Diving Boards
- Sat 10:00am-10:45am Dive Lessons
- Sat 12:00pm-3:00pm Family Time 3 Sessions; Diving Board, Rockwall, 1 lane (8 max family members)
- Sun 12:00pm-3:00pm Family Time 3 Sessions; Diving board, Rockwall, 1 lane (8 max family members)

Therapy Pool Schedule

- Mon-Fri 5:45am-11:30am Physical Therapy for Adults and Persons w/ Disability (45min; 8patrons)
- Mon-Fri 11:45am-2:30pm Physical Therapy, Persons w/Disability, Adult w/child <7yrs (45min; 8patrons)
- Mon-Fri 5:45pm-7:30pm Physical Therapy, Persons w/Disability, Adult w/child <7yrs (45min; 8patrons)
- Sat & Sun 7:45am-11:30pm Physical Therapy and Persons w/Disability (45min; 8patrons)
- Sat & Sun 11:45pm-2:30pm Physical Therapy Time and Adults w/children <7yrs (45min; 8patrons)

Slide Pool Schedule (Indoor Slides, basketball hoops and balls are available)

- M-F Family Time 11:00pm-2:00pm & 6:00pm-7:00pm (4 Sessions available; 8 max family members)
- Sat Family Time 12:00-3:00pm (3 Sessions); Sun Family Time 10:00am-3:00pm (5 Sessions; 8 max)

Activity Pool Schedule (Toys – Balls, Mushroom Waterfall, Dump Buckets)

- Mon-Sun Family Time 11:00am-2:00pm (4 Sessions available; 8 max family members)
- Mon-Fri Family Time also available 6:00pm-7:00pm

Weight Room Schedule Workouts (45min; 3 patrons; sanitizing required before/after each use by patrons and staff)

- Mon-Fri 5:45am-2:30pm; 5:45-7:30pm
- Sat & Sun 7:45am-2:30pm

Water Aerobics Schedule (45min; 20 patrons with 6ft social distancing one class allowed in the building at a time)

- 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 Schedule (30min) Instructor teaches from the deck. Parent required in water handling children for lower levels

- Drop-In Lessons only available at this time. (1:1 child/teacher or 1:2 same household depending on level)
 - Mon-Thurs = 4:00pm-6:00pm
 - Sat = 9:30am-11:00am

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