

A Note about all SAND In-Person Workouts

We want your athlete to resume in-person training only when you are comfortable with it. If you have any hesitation or concern, **it is absolutely ok to keep your athlete home.**

Attendance at any scheduled workout is 100% optional.

Attendance will not be taken, and there will be no penalty for not attending.

Temperature and wellness checks at home are highly encouraged. If you have a fever, cough or other symptoms, PLEASE STAY HOME.

The logo for Sandpipers of Nevada, featuring the word "SANDPIPERS" in a stylized, orange, outlined font with a white drop shadow, and "OF NEVADA" in a smaller, white, sans-serif font below it, all set against a dark blue rectangular background.

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Procedures at ALL SAND Practices

- ▶ Locker rooms and bathrooms are off limits
 - ▶ Bathroom may be used in emergencies only
- ▶ **All athletes must wear a mask into the facility and not take it off until the start of practice**
- ▶ **All athletes must wear a mask immediately following practice and wear it until they are in their vehicle leaving the facility**
- ▶ Athletes arrive in their suits and leave in their suits
 - ▶ Deck changing is **prohibited** (per USA Swimming rules)
- ▶ Athletes must maintain 6ft of separation at all times
- ▶ **Pool decks are CLOSED:** Only athletes, coaches, lifeguards and facility personnel are allowed on deck. Parents must remain outside the facility
- ▶ Athletes arrive **no earlier than 10 min.** prior to the scheduled start of practice
- ▶ Athletes must **leave the facility within 5 min.** of the scheduled conclusion of practice
- ▶ Sharing equipment, water bottles, goggles, etc. is prohibited
- ▶ Spitting, splashing, and other rough house is prohibited
- ▶ **GOLD MEDAL** behavior and manners are expected at all times



Specific Procedures at Pavilion & Muni

- ▶ No gathering outside the front door prior to practice
- ▶ All athletes and coaches will have their temperature taken prior to scanning in and entering facility
 - ▶ Temperatures taken using touch-free, digital forehead thermometer
 - ▶ Temperature reading of 100.4° F or higher will result in a dismissal from practice and 14-day quarantine
- ▶ Athletes will place their bags on the designated X's on the bleachers
- ▶ Following practice, athletes will take their bags outside on the patio to change and exit through the outdoor gate to the parking lot
- ▶ Lane and starting side for practices will be staggered when applicable

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Specific Procedures at Durango Hills YMCA & Centennial Hills YMCA

- ▶ Athletes enter and exit through the normal pool deck gates (DHY)
- ▶ Athletes are not allowed in the main building (DHY)
- ▶ Athletes will place their bags in the area designated by their coach
- ▶ Lane and starting side for practices will be staggered when applicable

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Specific Procedures at Stone Sports Swim School

- ▶ Athletes enter through store main entrance
 - ▶ Athletes to wait in lobby until Coach calls athletes into the pool
 - ▶ Athletes must maintain 6ft of separation in the lobby
 - ▶ Store floor area is off limits
 - ▶ Athletes will place their bags in the designated area on the pool deck by their coach
- ▶ Athletes will exit through the pool door to the parking lot
 - ▶ All athlete will exit building before letting the next group into the pool
- ▶ The facility is closed to the public while the Sandpipers are in the facility
- ▶ Lane and starting side for practices will be staggered when applicable
- ▶ Parents must stay outside of the building
- ▶ Parents are welcome to watch practice through the glass windows, but must maintain 6ft of separation

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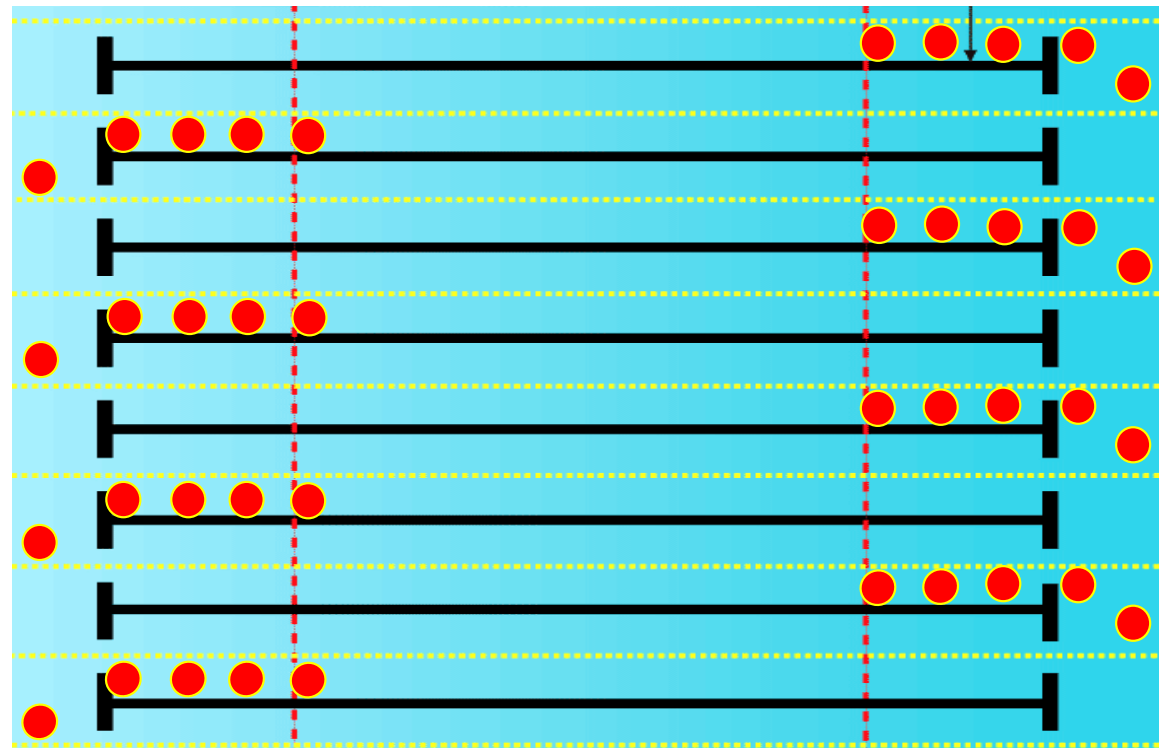
Specific Procedures for In-Person Dryland



- ▶ 6ft rule will be in place at all times
- ▶ Location
 - ▶ Outdoor workouts will be held in an open and interruptible public space such as a city or county park
 - ▶ Workouts will NOT be held at a private residence, gym facility, or other indoor location
- ▶ Equipment
 - ▶ Bag/equipment areas for each athlete will be set up in accordance to the 6 foot rule above.
 - ▶ Athletes will not share workout equipment, water bottles, towels, etc.
 - ▶ Coaches will not share with or have extra equipment for athletes to borrow.

Lane Usage Diagram

- ▶ Rotating wall space implemented
- ▶ Athletes must maintain 6ft of separation at all times



● = 1 Person w/ 6ft of distance in all directions

Rotating Wall Space Diagram

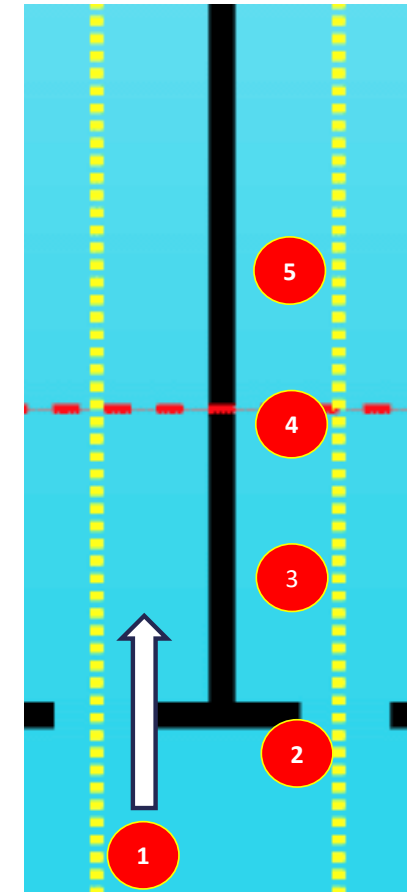
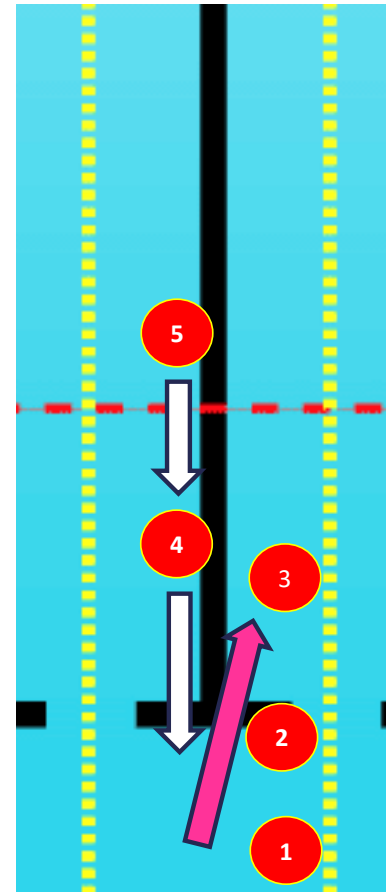
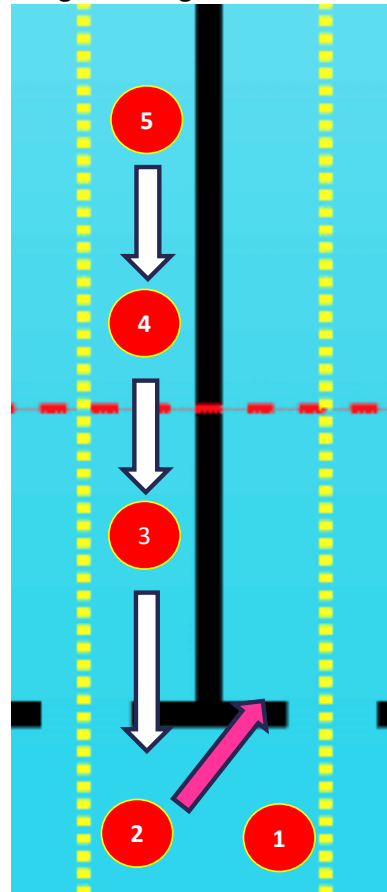
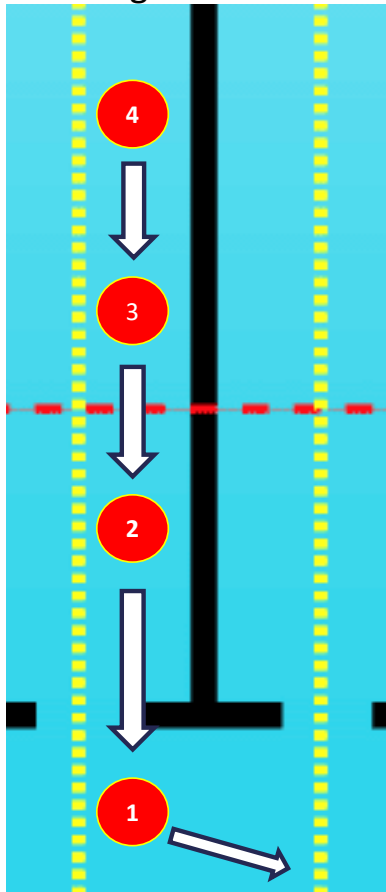
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Finishing Swim

- Swimmer #1 touches, stays to left
- Swimmer #2 touches, moves to right side against lane line

- Swimmer #3 touches and moves to right lane line, behind swimmer #2
- 6ft between Swimmer #2 & 3

- Continues until all swimmers finish
- Swimmer #1 starts next swim from left side of the lane



**Rotating wall space is common practice at competition warm-ups. Sandpipers are familiar with the procedure*