

## 49ER FITNESS COVID19 PREVENTION STRATEGIES

This current phase of reopening will limit the capacity in the gym to be about 18 members (25% of our capacity) at any given time.

- **Face covering guidelines as mandated:** Face coverings do need to be worn at all times while you are in the gym. This is a non-negotiable. If you can't (or won't) wear a face covering, now is not a good time to hit the gym. Now more than ever we need to earn the right to stay open. Your 49ER Fitness Team will be enforcing this to the best of our ability, but we really need YOUR help ensuring that you and those around you have a face covering. Face masks provided in Pro Shop.

Members are required to sanitize every piece of equipment prior to use and after use, utilizing the many sanitizing wipes located throughout the facility.

Members with potential symptoms or high-risk individuals should remain home.

Members are to maintain 6 ft of physical distancing while in the facility.

Limited number of members will be permitted in the facility at one time.

Staff continuously circulating to discourage close proximity workouts.

Hospital grade/CDC recommended disinfectant and hand sanitizer will be available to members in all areas of the club for wiping equipment before and after use.

Physical distancing with cardio equipment – **Plexiglass shields are placed between each cardio machine.**

Select machines and free weight equipment will be utilized as to maintain 6ft of space between members exercising

Drinking fountains will not be available. Water bottle filling stations will be available outside the Pro Shop.

Self symptom screening prior to attending:

Fever

Cough

Sore Throat

Breathing Difficulties

Loss of Smell/Taste

If you show any of the symptoms, please stay home.

**When swiping your access card to gain access to the fitness facility you are in agreement to the above protocols and self symptom screening.**

## **Staffing & Sanitizing Protocols**

Employer provided face masks will be mandatory for staff. Employees will go through a Health Check, including a temperature check, at the start of each shift. All Health Checks will be logged on a shared spreadsheet.

Employees who have symptoms (i.e., fever, cough, or shortness of breath) are required to notify their supervisor and stay home.

Sick employees are reminded to follow CDC recommended steps.

Employees will not be allowed not return to work until the criteria to discontinue home isolation are met, in consultation with healthcare providers and state and local health departments.

Employees who are well but who have a sick family member at home with COVID-19 are required to notify their supervisor.

Employees will minimize face-to-face contact with other employees and work tasks that allow them to maintain a distance often feet from other workers, customers and visitors.

Employees will be instructed to avoid touching your eyes, nose, and mouth with unwashed hands.

Continuously clean and disinfect frequently touched objects and surfaces such as workstations, keyboards, telephones, handrails, and doorknobs.

Employees will avoid using other employees' phones, desks, offices, or other work tools and equipment, when possible. If necessary, employees will be required to clean and disinfect them before and after use.

Employees will be strategically placed throughout the workout floor to monitor and promote social distancing. These employees will be responsible for sanitizing every piece of equipment after member use.

Employees will be notified of any updated local protocols and guidelines

All chemicals used to clean and disinfect will be EPA approved and CDC recommended.

Cleaning protocols will follow manufacturers guidelines for concentration, application, method, and contact time with increased attention to high-touch areas in the gyms.

A minimum of 4 stations with sanitizing wipes will be available throughout the gym.

2 hand sanitizer stations provided

Employees will be provided with policies for worker protection and provided training prior to beginning any cleaning tasks.

Disposable gloves and masks will be provided for all cleaning personnel. Additional PPE will be provided as needed.

Limited hours will allow for deep cleaning and disinfecting during closure of club.