

**PHASE**

**PEOPLE**

**FACILITY**

**Activities and Programs**

**COVID SAFETY MEASURES**

**RESTRICTED**  
(rigid social physical distancing, individual activities only)

**Facility Hours:**  
Mon-Thurs  
4:30am -9pm

Fri  
4:30am-8pm

Sat  
8am-4pm

Sun  
9am-2pm

Staffing limited to "essential staff" only

All staff are thoroughly trained on COVID transmission prevention and new cleaning protocols prior to returning to work

Only members may enter the facility. No guests or nationwide members allowed.

All members will self scan (staff will not handle cards, cell phones or any other personal belongings).

All staff, members and vendors will be asked to wash or sanitize hands upon entry and exit.

There will be a sign posted asking if members have COVID symptoms. They will not be allowed to enter if they have any symptoms.

Staff will be required to wash hands frequently

Numbers will be controlled throughout the building not to exceed: 50% of Capacity

Children in childcare will be completely separate from members at all times.

Any staff, members or vendors who are unwilling to comply with policies and procedures will be asked to leave the facility immediately.

**\*\*Towel Service Will be Available!\*\***

The entire facility will be cleaned and disinfected prior to opening and after closing each day

All equipment will be cleaned with approved cleaner every two hours.

Members will be asked to clean equipment before and after each use. (staff will monitor)

Public entry doors and counters will be cleaned every hour.

Other doors in the building will be propped open to avoid contact.

All other surfaces (railings, light switches, flat surfaces etc.) will be cleaned every two hours.

Employee work stations shall be cleaned and sanitized at the end of each shift.

**Areas, open with Restrictions:**

- Fitness Center open with half of the cardio equipment moved to gym.
- Gyms will be used for group classes along with Shade & Foltz rooms.
- Training Studio will be open for one on one training and small groups. (limit 4)
- Nursery and YZone limited to 10 kids.
- Dumbbell Area (Max 2)
- Sauna and Spa (1 person at a time)
- Locker rooms open (no steam room)

**Closed Areas:**

- Lobby Area
- Steam rooms
- Racquetball
- Gyms will be closed for basketball and volleyball .

**Programs that will NOT be running:**

- Open Swim (Family Pool)
- Adult Sports (racquetball, pickle ball, volleyball and basketball)
- Summer Sport Camps
- Youth Sports (soccer, water polo, tumbling)
- Martial Arts
- Chronic Disease Prevention Programs

**Programs that will be running:**

- Group land aerobics (class size limited)
- Small group training
- Personal Training
- Silver Sneaker Classes (limit 15)
- Group Swim Lessons
- Swim Team
- Water Aerobics (limit 10)
- Preschool
- Summer Camp/Afterschool
- Nursery and YZone (limit 10)
- Open lap swim
- Water Aerobics

Traditional circuit training will not be permitted. Members will need to use one piece of equipment at a time

Towel service will be available

Rigid social/physical social distancing guidelines and procedures.

Individual and small group classes only

Acrylic barriers installed at front desk

Hand sanitizer placed throughout the building

Increased cleaning stations throughout fitness center

Fitness equipment will be regularly and continuously cleaned throughout the day

Free weight room will have a max capacity of 4

Members will be asked to clean equipment before and after each use.

One way traffic patterns where possible indicated by arrows on the floor

Equipment spaced apart to maintain appropriate social distance

Signage on floor to remind everyone to stay 6 feet apart

All staff will be required to wear face masks. Staff cleaning will be required to wear gloves.

Members will be asked to wear masks while walking through the building. They will be allowed to remove them while working out.

Fever checks for all staff prior to starting work

Any individual displaying symptoms of an illness may not enter the building

