

HARDERWYK MINISTRIES

CELEBRATION • FUSION • WATERSHED

Indoor Exercise and Sport COVID-19 Guidelines

Basis: https://www.michigan.gov/documents/leo/COVID-19_Workplace_Guidelines_for_Gymnasiums_06-09-20.FINAL_693416_7.pdf

General Covid-19 Safety Guidance: Each individual is asked to manage their own risks responsibly. Considerations should be made for existing health conditions, pregnancy, and age in consultation with your personal medical health professional and CDC Guidelines. Please do not attend meetings or events at Harderwyk Ministries if you have experienced any of the following:

- A recent diagnosis of Covid-19
- A known exposure to someone diagnosed with Covid-19 in the past 14 days.
- Fever of 100.4 or more in the past 48 hours.
- A persistent dry cough.
- Tightness in the chest or shortness of breath.

General Notes:

- Per above referenced State of Michigan mandate – face coverings must be used at all times while on premises even while exercising. Face covering may only be removed to eat or drink. Disposable face coverings are available at all main entrance areas if needed.
- Participants will maintain social distancing of 6’ at all times, and 10’ while exercising.
- Harderwyk Ministries will provide air handler circulation for the duration of the event. Fan use to promote air movement is also encouraged.
- Cover coughs and sneezes with a tissue or inside of your elbow. Dispose of tissues in the trash please.
- All drinking fountains are closed per the CDC. Water can be brought in your own containers. Disposable drinking cups are available at the kitchen sink if needed.
- After event dismissal, please move immediately outdoors. Outdoor socialization is encouraged.

Leader Requirements:

- A primary exterior entrance door for entry will be identified and propped open when possible and weather allows.
- The leader will immediately proceed upon arrival through the check in procedure and temperature check in the kitchen area of the building where the event is taking place.
- The leader will also ensure all participants complete the check in / log in requirements below as well.

Participant Requirements:

- Proceed immediately upon entry to the main floor kitchen check in station in Red Brick or Anchor.
- Complete a 30 second hand wash.
- Review the 4 self-certification health questions.
- Proceed with temperature check and thermometer sanitization steps.
- Certify health questions, sign, date, and enter temperature on provided sign in sheet.

Post Event Sanitization:

- Leader or designated participant will disinfect all areas / items touched by participants such as handrails, door knobs, chairs or equipment. Instructions and bleach are available on clipboards located in the church kitchen.