



PHASE 1 RE-OPENING GUIDELINES

KEY CONCEPTS:

Physical Distancing, Sanitization Program, Employee Protection, Member Protection

PHASE 1 HOURS

- Monday – Friday: 6:00 am-6:00 pm
- Saturday: 8:00 am-1:00 pm
- Sunday: Closed for Deep Cleaning
- **Business Office:** 8:00 am-5:00 pm
- **Membership:** Monday - Friday: 9:00 am-5:00 pm. *New Members are welcome to join.*
- **Group Fitness Classes:** Starting Monday, 5/11/2020 with reductions and modifications
- **JuiceBar:** Opening Monday, 5/11/2020
Hours: Monday - Friday 6:00 am-5:00 pm, Saturday 8:00 am-1:00 pm.
- **KidWorks:** Closed
- **Aquatics:** Lap Swimming opening 5/7/2020; Monday – Friday 7:00-10:00 am and 12:00-3:00 pm, Closed Saturday and Sunday. Reservations only, no drop-ins. Sign in by calling the front desk and reserving a 1-hour slot. We will have 6 lanes for 50 minutes reserving 10 minutes to clean in between sessions. Swimmers will need to bring a towel and dry off before leaving.

MEMBER PROTECTION

- All members' temperatures will be taken in the lobby before checking into the facility. Anyone with a temperature greater than 100.4°F will not be allowed to check in.
- All members will be screened for signs and symptoms of Covid-19. Anyone answering "YES" to screening questions will not be allowed to check-in.
 - REQUIRED every time you enter the Club:
 - Have returned from travel to NY, NJ, CT, New Orleans or overseas within the last 14 days?
 - Have you had a fever of 100.4 F or greater in the last 2 days?
 - Do you have a cough, shortness of breath, or other symptoms typical of COVID-19?
 - Have you had contact with a person known to be infected with COVID-19 within the previous 14 days?
- Members are required to wear face mask at all times except when actively exercising. Members should provide their own.
- Members will be required to sanitize hands upon entering and exiting the building.
- Members will utilize a touch-free check-in system at the front desk upon entering the facility.



- Members will maintain physical distance of 6 feet from others at all times, and 12 feet with activity that creates heavy breathing (exercising).
- Members will wipe down equipment before and after each use.
- Members will limit time on cardio machines to 30 minutes.
- Members will limit their total time in the facility to 60 minutes and to 1 visit per member per day to allow for utilization by others.
- Members will use only one piece of equipment at a time, no “super-setting”.

EMPLOYEE PROTECTION

- All employees’ temperatures will be taken prior to starting their shift. Anyone with a temperature greater than 100.4°F will not be allowed to work. All employees will be screened for signs and symptoms of Covid-19. Anyone answering “YES” to screening questions will not be allowed to work.
- All employees will be required to hand wash/sanitize hands upon entering & exiting the building and in between all activities.
- All employees will maintain 6 feet physical distancing.
- All employees will wear face mask or cloth face covering.

SANITIZATION

- HealthWorks Fitness Center has multiple hand sanitization stations throughout the facility.
- HealthWorks Fitness Center has sanitization wipes throughout the facility.
- Members will wipe down all equipment before and after each use.
- Establish HealthWorks Ambassador Teams, much like lifeguards managing a pool, which will rotate and manage various zones of the club for cleanliness and spacing.
- HealthWorks Fitness Center has been professionally treated with disinfectant, sanitizer, and virucide during the shutdown.

PHASE 1 OPERATIONAL CHANGES

- No guests
- Track closed
- No Personal Training, Small Group Training, Team Training or Fitness Assessments
- Reduced and modification of Group Fitness classes starting 5/11/2020; sign-up sheet available at the Front Desk. Must complete entrance protocol successfully before signing up for the GF class. First come, first serve- limited space.
- Steam Room & Sauna closed
- Locker rooms and showers closed - Lobby restroom & upstairs restrooms available
- Ice machine/Water fountains closed
- Limited occupancy
- No gym bags allowed in the facility
- Limit workout length to 30 minutes on any piece of cardio equipment.
- Limit total time in the facility to 60 minutes and limit to 1 visit per member per day
- Members are required to wear face mask at all times, except when actively exercising.
- 6 feet physical distancing in the lobby and 12 feet on the fitness floor while exercising.
- Avoid personal contact at all times, including handshaking.