

## FCHC Wellness Center Reopening Guidelines (SUBJECT TO CHANGE)

Reopen Date: Wednesday, June 3

### Renovations

- The Wellness Center has undergone renovations, allowing equipment to be spaced out to meet the 6-foot social distancing state mandates to provide members a safe exercise environment.
- Signs will be posted throughout the facility reminding members to adhere to social distancing guidelines, hand hygiene, etc.
- We are excited for you to see additional updates to the facility including painting, locker room upgrades, and some new equipment such as battle ropes.

### Hours

- Monday-Thursday (5:00 am to 7:00 pm)
- Friday (5:00 am to 5:00 pm)
- Saturday (8:00 am to 11:00 am)
- Plans are being discussed to move the gym to 24/7 in the future

### Protocol When Arriving

- Staff will be following guidelines set forth by the Governor's Office, the Ohio Department of Health (ODH), the Centers for Disease Control and Prevention (CDC), the Fulton County Health Department (FCHD) and the Fulton County Health Center (FCHC).
- Please wear a face covering when arriving to the facility. It is recommended you keep it on while exercising. If this is difficult for you, you can remove it and keep it with you. If you have a cough, or get a cough while exercising, you will be asked to mask or leave the facility.
- Members will enter through the main double doors. Upon entering, please stop at the front desk to self-screen. You will be provided with hand sanitizer, a touchless thermometer to take your temperature and will need to answer no to a series of questions in order to exercise. Staff will be ready to assist you through this process the first few times.
- You will notice X's on the carpet to keep distance between you and other members.
- Please do not use the locker rooms unless necessary. Plan to wear your exercise clothing and shoes to the gym. The showers are unavailable unless discussed and approved with fitness staff.
- Bring plenty of water as the state mandate does not allow for use of the water fountain or to fill water bottles using the sinks.

### Protocol When Leaving

- Members must leave through the side exit next to the locker rooms as we are mandated to have a different entrance and exit.
- Please do not stay and socialize in the building.
- Please use the sanitizer by the door before exiting.

### Cleaning/Sanitizing

- All equipment has been sanitized.
- You will need to wipe down each piece of equipment BEFORE and AFTER use. Wipes will be available throughout the facility.
- Staff will be cleaning equipment, the locker rooms, and any other high-touch areas continuously throughout the day.
- Deep cleaning will happen by our FCHC Environmental Services Department each night.

## **Exercising**

- We ask that you leave immediately after you are done exercising
- Trainers will not be assisting with workouts. Their priority will be to screen and clean.
- Fans will not be allowed per the state recommendations. The building temperature will be lowered to accommodate not having fans. Please dress accordingly.
- If you have a cough, or cough while exercising, you will be asked to mask or leave the facility.

## **Pool**

- If coming for therapy, please see the Therapy section below.
- If coming in for Aquatic Wellness or Aquatic Fitness, you must arrive to the facility with your bathing suit and after your screening, walk directly back to the pool. Sanitize prior to entering the pool code on the door.
- We ask that you not use the locker rooms unless necessary. The showers are unavailable unless discussed and approved with fitness staff.

## **Fitness Classes**

- You will enter through the main doors and need to be screened through the same process as described above.
- We ask that you do not come early for your class. If you arrive early, stay in your vehicle until 5 minutes prior to class.
- We ask that you not use the locker rooms unless necessary. The showers are unavailable unless discussed and approved with fitness staff.
- Please come dressed with your water bottle already filled.
- Class times will be reduced to 45 minutes for now to allow for sanitation in between classes.
- We ask that you bring your own mats and/or equipment if possible. Sanitize your equipment before and after class.
- Class spacing will be set up by the instructor prior to your arrival.
- All FCHC fitness equipment should be left out for the instructor to disinfect after class.
- After class, you are to leave through the side exit by the locker rooms, as we are mandated to have a different entrance and exit. Please do not stay and socialize in the building.

## **Therapy**

- We ask that you do not come early for your appointment. If you arrive early, stay in your vehicle until your appointment time.
- Please wear a face covering when arriving to the facility and mask can be removed before entering the water
- Companions can escort patient in, but then must wait in their vehicle.
- You will enter through the main doors and need to be screened through the same process as described above.
- Please wear your bathing suit to the facility and you will go directly to the pool. Sanitize prior to entering the pool code on the door.
- After your therapy session is over, you can use the locker room to change if needed but the shower will be closed. We ask that you not use the locker rooms unless necessary. The showers are unavailable unless discussed and approved with fitness staff.
- If not using the locker room, you will leave through the door in the pool area. If you need to use the locker room, you will leave through the side exit next to the locker rooms.

## **Lab**

- You will enter through the main doors and need to be screened through the same process as described above.
- You will leave through the same entrance, but be mindful others may be entering the building and please practice social distancing.