

# COVID-19 CCRC Guidelines

## General Guidelines that Apply to All

- Self-isolation – if you are sick, stay home.
- Practice social distancing of at least six feet distance to the greatest extent possible.
- Wash hands frequently (20 seconds with soap and water or use of a sanitizer with at least 60% alcohol)
- Avoid touching of eyes, nose and mouth with unwashed hands
- Cover mouth and nose when you cough or sneeze, and throw used tissues immediately after use

## Guidelines for the CCRC

- Members will have temperature taken immediately upon entering the facility.
- Temperature will be recorded for each member for the purpose of contact tracing. This will be done with name, time, and temperature.
- Temperature must be below 100.4 degrees in order to be allowed to enter, participate in activities at the CCRC.
- Anyone with known exposure to COVID-19 or who has tested positive for COVID-19 should do the following before returning to the CCRC:
  - a. Inform Director of the CCRC of your symptoms.
  - b. Contact your healthcare provider immediately and get screened to be tested for COVID-19. Keep track of your symptoms.
  - c. Self-isolate at home. When you are without fever for at least 72 hours at least 10 days have passed since your symptoms first appeared, then seek testing for a negative result from COVID-19 test or a written statement of good health from a doctor.

## Facility Restrictions

- The entire facility is open for Member ONLY use.
- No purchasing guest passes or using member guest passes.
- Practice social distancing of at least six feet distance to the greatest extent possible.
- No contact training and no equipment sharing training sessions.
- Water fountains are for use ONLY to fill water bottles, no drinking directly from the fountain.
- Only every other piece of cardio equipment will be available for use.
- Members must disinfect equipment before and after use (please squirt disinfectant into towel not directly on equipment).

- Pools will have all sharable equipment removed (for example, kick boards, floats, water weights, etc.)
- You **MUST** wear a mask while in the facility, unless you are actively working out or swimming.
- Basketball courts (with a maximum of 25 people on the courts)
- The weight room (with a maximum of 20 people in the weight room).

#### **All Staff**

- All employees are required to wear a mask. They can wear one of their own or wear one that the CCRC has for employees.
- Gloves are optional and will be provided
- Take temperature when entering the building. Temperature should be below 100.4 degrees in order to be allowed to enter, work or participate in activities at the CCRC.
- Record temperature on sheet with name, time, and temperature.

#### **Enhanced Cleaning and Sanitation Protocols**

- Medical-grade cleaning products will be used to disinfect all areas. This is also available to members to wipe down equipment.
- Facility and high touch areas will be disinfected often. Areas may be closed briefly so that we can disinfect them also.

#### **Fitness Class Protocols**

The bullets below go over some of the new guidelines we will be following for the fitness classes.

- Face coverings should be worn to class and after class
- 10 Members maximum to a class
- 3 Members minimum to have a class
- Members will be asked to disinfect all equipment used during class with either gym wipes or spray bottle disinfectant and towels. When using the spray bottles please spray into a towel and wipe off the equipment. Aerobics room will then be fogged after each class. Water fitness equipment will be put on the pool deck so that we can disinfect each piece used in class.
- Sign-ups will be done online
  - Have to have a current membership and up to date on payments
  - If you sign up and do not show you will not be able to sign up for classes for 2 weeks
  - Sign-ups open Sunday at 12:01am for the upcoming week
  - You can cancel 2 hours before the class
  - Sign-ups will close 30 minutes before classes