

GYMS & FITNESS CENTERS

COVID Safety Protocols

In concordance with the Governor's *Back on Track Indiana* plan, gyms and fitness centers may reopen during the third phase of the plan, of which we are set to enter currently on Sunday, May 24th. However, since none of our gyms and fitness centers are freestanding, but rather located inside larger facilities that host a variety of community programming, the City will open these spaces fall in line with that of our the recreational facilities, which are set to open during phase 4 of the state's plan (June 14th). This affects:

- Charles Black Community Center
- Martin Luther King Jr. Community Center
- O'Brien Fitness Center

STANDARD SAFETY PROCEDURES

- Updated policies with guidelines to all members posted throughout the facility.
- All visitors to facility will be required to sign an assumption of risk and release form in order to use gym.
- Staff to wear face coverings at all times when dealing with public and when working in proximities closer than 6' apart.
- Fitness Attendant(s) will work mainly on keeping sanitation supplies stocked, reminding members to wipe down equipment and adhere to physical distancing mandates, and cleaning equipment.
 - Use of disinfectant spray and clean wipes to physically spray and then wipe off the following:

Hand rails and handles

Foot pedals and plates

Weight pin selectors

Seats and seatbacks

Adjustment levers and knobs

Any small equipment that is deemed usable will be sprayed and wiped down (free weights, mats, bands, etc.)

Touchscreen consoles

- Make sanitization supplies available near lockers. Encourage members to spray and wipe down high touch points (interior/exterior, lock button face, under lock handle, and any hooks) after each use.
- Masks required of all patrons upon entering facility. Must wear during times when 6' is not possible (when checking in, before classes).
- Physical distancing of 6' mandated for individuals not from the same household.

- Require gym members to wipe down all equipment after each use.
- Encourage the washing of hands before and after workout.
- Allow members to utilize group exercise rooms when classes are not in session.
- Hand sanitizers throughout the building
- Towels frequently switched out
- Disposable Wipes in all rooms

GROUP EXERCISE

- All participants of fitness classes must pre-register. No walk-ins.
- Participants must remain 6' apart – marked by X's on floor within the room
- No sharing of equipment
- No changing of stations
- Instructors can remove masks while teaching but must keep 6' distancing
- Class sizes limited to number of participants that can fit safely in room while maintaining 6' distancing.
- Equipment will be wiped down after every class.
- Rearrangement/removal of bikes in cycle room to allow for proper 6' distancing.

CARDIO AREA

- Every other machine will have a “not available” sign on it to promote physical distancing.
 - At noon, switch machines with signs and wipe down all those that did not have signs.
- Equipment rearranged to allow for proper spacing in concordance with physical distancing guidelines.
- Cardio machines with video capability have postings when they walk up to machines.
- All magazines removed from lobby areas

WEIGHT AREA

- No switching stations until equipment has been wiped down.
- Provide suggestions for exercises to do between sets in lieu of switching stations.
 - Jumping jacks, abs, squats, lunges, push ups, etc....
- Mandating 6' distancing between members.
- Signage present throughout reminding members to wipe down equipment after each use.

GYMNASIUM

- No contact sports (ie. basketball) until we reach Phase 5 of the state's reopening plan
- Instructional training/individual activities permitted
- Pickleball permitted, but participants must adhere to social distancing guidelines when waiting to play.
 - mark off 6' spacing on the ground with an "X" in waiting areas on stage (at O'Brien)
 - Set capacity limits
 - participants must pre-register online

FRONT DESK AREA

- Have a clean pen/dirty pen box/holder, rotate with each user
- Hand out an updated policy with guidelines to all members, as well as have posted throughout the facility
- Member can swipe their own credit card, O'Brien Staff will sign slip for them with an X and their initials.
- Encourage/promote cashless options as preferred method for payment

CHILDCARE WATCH

- Daily health screens for all staff and children upon arrival
 - Temperatures taken (if reads above 100 degrees, will not be permitted to work/participate)
 - Asked if experiencing any symptoms of illness (parents asked on behalf of child).
- Children must wear face coverings
- No food/snacks
- Kids must wash their hands before they enter and before they leave
- Sanitize toys after use.