

# HealthPlex COVID-19 Precautions

**The HealthPlex team has been working hard to ensure that the fitness center is safe and clean (as always). Each area (Play Center, pool, locker rooms, front desk, juice bar, fitness floor, group exercise rooms, gym, members' lounge, showers) has been deep-cleaned, disinfected and sanitized.**

**Here's what to expect in each area upon your return:**

## HealthPlex

- Temporary hours: Monday-Friday, 5 a.m. - 8 p.m. (pool closes at 7:30 p.m.); Saturday, 7 a.m. - 5 p.m. and Sunday, 11 a.m. - 5 p.m.
- ONLY MEMBERS WILL BE ALLOWED - No guest passes during this interim time.
- Masks must be worn at all times in the building.
- Door knobs, railings and other high-touch areas will be wiped down frequently
- Water fountains will not be available for drinking purposes
- Towel service is offered – see Front Desk for your towel
- Limited availability of Massage services – See the Front Desk
- Back check-in entrance is closed
- Signage and directional arrows have been posted throughout the building
- Additional hand sanitizers and hospital-grade cleaning supplies/wipes have been conveniently placed throughout the facility
- Members' bags, jackets, keys, hats, etc. are not allowed on the fitness floor (personal items should be placed in lockers or on hooks against the back wall on the fitness floor)
- Maximum capacity signs have been placed at the main entrance, as well as throughout the building

## Front Desk/Lobby

- Temperature checks will be performed by self-scanning device upon entrance
- Plexiglass has been installed around the entire check-in/front desk area
- Shoe sanitation mats have been placed at the entrance
- Furniture has been re-upholstered for easier sanitation
- Tables/chairs have been rearranged to ensure social distancing

## Fitness Floor

- Exercise equipment has been re-positioned to promote social distancing
- Every other piece of cardio equipment will be in use at one time
- High-touch equipment (i.e., weight belts, cable attachments, kettle bells, mats) will be checked out and cleaned after each use
- Members are expected to clean equipment after completing each exercise
- Inside and outside lanes of the track will be used to encourage social distancing (middle lane will not be open and running will not be permitted at this time)
- Fitness assessments (i.e., body measurements, cholesterol screenings) are suspended

## Group Fitness Rooms

- A modified group fitness schedule will be offered with limited capacity
- Some classrooms (i.e., spin room, fitness studio, multi-purpose/yoga room) will be open for members following social distance protocols

## Pools

- Four lap lanes will be open (3 for swimming, 1 for walking/water exercises)
- Only one swimmer per lane is allowed per session (45 minutes max)
- Swimmers must rinse off in shower located on the pool deck prior to entering the water
- Free swim will not be allowed
- Water aerobics and warm-water arthritis classes will be offered with limited capacity
- Fins and kickboards will be provided and returned to a separate bin to ensure proper sanitation after each use

## Locker Rooms

- Whirlpools and steam rooms are temporarily off-limits
- Some lockers will be restricted to keep members safely distanced
- Showers will be sanitized throughout the day

## Gymnasium – Limited Capacity

- Masks or face coverings are required at all times – Must cover mouth and nose
- Basketball games, 1 on 1 or other activities that do not allow social distancing are not permitted
- Basketballs can be checked out for individual shoot around and individual skill work
- Group fitness classes may be scheduled in the gym
- Exercise equipment (i.e., jump ropes, cones, mats) can be checked out to ensure proper sanitation of used equipment

## Play Center

- Members will not be permitted beyond child drop-off point
- Infants will not be accepted at this time
- All children will have temperatures checked upon arrival

## Membership/Billing

- All membership/billing updates will be handled at the membership representative desks
- Touchless payment options (credit/debit cards) are preferred over cash and checks
- Credit cards can be placed on members' accounts to avoid cash transactions

## Friendly Reminders

- Wear a mask at all times
- Keep as much distance as possible between you and other members
- Wash hands frequently during your workout
- Stay home if you are not feeling well, have a fever, showing signs of respiratory symptoms or have been in close contact recently with someone who has COVID-19
- Avoid shaking hands, hugging, etc. to respect social distancing guidelines