

## GUIDELINES FOR PHASE 2 ACTIVITY AT THE BIRCH BAY ACTIVITY CENTER

### Safety and Health Requirements

#### **DISCLAIMER: DO NOT PLAY IF YOU:**

1. Are exhibiting any symptoms of the coronavirus: mild to severe respiratory illness with fever, coughing, difficulty breathing, or other symptoms identified by the CDC.
2. Have been in contact with someone with COVID-19 in the last 14 days.

#### **PLAY AT YOUR OWN RISK IF YOU:**

1. Are 65 years or older.
2. Are a vulnerable individual with serious underlying health conditions, including high blood pressure, chronic lung disease, diabetes, obesity, asthma, or whose immune system is compromised such as by chemotherapy for cancer and other conditions requiring such therapy.

*Effective: June 8, 2020 until further notice. During Phase 2 of State Re-opening*

All staffed fitness training facilities operating during Phase 2 have a general obligation to keep a safe and healthy facility in accordance with state and federal law, and comply with the following COVID-19 worksite-specific safety practices, as outlined in Governor Jay Inslee's "Stay Home, Stay Healthy" Proclamation 20-25, and in accordance with the Washington State Department of Labor & Industries [General Requirements and Prevention Ideas for Workplaces](#) and the Washington State Department of Health Workplace and Employer Resources & Recommendations.

#### **Fitness Class Schedule:**

BBBPRD2 will facilitate free, online access to all classes that are restricted to up to 5 people. Class attendees must pre-register for class. Class is limited to 5 people during Phase 2.

1. When arriving for a class, guests will wear a mask inside the Birch Bay Activity Center when signing in.
2. All class sign in will be done by a staff member. All month pass, fitness insurance and Punch Card holders will scan themselves in with the new key tabs and hands-free scanner. If customer needs help, they can ask staff on duty.
3. Water fountain will be closed off. Please ask staff for permission to use the kitchen sink to refill water bottles.
4. Markers will be placed on the gym floor or outside grounds indicating safe social distancing spots. Once signed in with a staff member for class please go to one of the markers and wait for the instructor. Masks can be removed during exercise as long as you maintain at least 6 feet distance. Once class is over, you will be asked to replace your masks and collect any items you

may have brought and to then exit the building. Please do not congregate in the gym or parking lots for an extended period of time. Must stay 6' apart when outside as well.

5. A safety briefing must be conducted at the beginning of each personal training session to re-emphasize the protective measures for everyone to include maintaining social distancing, sanitation protocols, and pre-session screening.
6. Screen all trainers reporting to work and guests for COVID-19 symptoms with the following questions:
  - a.  Have you been in close contact with a confirmed case of COVID-19?
  - b.  Are you experiencing a cough, shortness of breath, or sore throat?
  - c.  Have you had a fever in the last 48 hours?
  - d.  Have you had a loss of taste or smell?
  - e.  Have you had vomiting or diarrhea in the last 24 hours?
7. Each client will sign a waiver of consent and commitment to the facility's reopening policies prior to their scheduled appointment time. Clients will be informed to wear training attire to the facility and bring their own hand towel.
8. Always maintain minimum six-foot separation between all employees and customers in all interactions. When strict physical distancing is not feasible for a specific task, other prevention measures are required, such as use of barriers, minimize staff or customers in narrow or enclosed areas, stagger breaks, and work shift starts.
9. No large group fitness classes (more than 5) will be permitted during Phase 2.
10. No in-facility childcare services will be permitted during Phase 2.
11. Disinfectant spray and towels will be provided for pre and post fitness class participants. All equipment used must be wiped down prior to and after class. Disposable hand wipes will also be available at all employee stations. Employees must keep all personal desk computers and items cleaned.
12. Tissues and trash cans will be made available throughout the facility.
13. Congregations of no more than five people will be allowed in common areas such gym or outside parking lot, and only if social distancing may be maintained.
14. Soap and running water shall be abundantly provided for frequent handwashing.
15. Hand sanitizer with at least 60% alcohol must be available and distributed throughout the facility.
16. All clients will wash their hands or use facility provided hand sanitizer upon entrance to the facility and prior to entering the training floor.
17. Trainers must wash their hands and use hand sanitizer before and after each training session.

18. Staff **must** wear face coverings (employer is required to provide) and other personal protection items as required by the Washington State Department of Labor & Industries if they cannot be 6 feet apart.
19. If a staff member or trainer is confirmed to have COVID-19, facility owners should inform staff and trainers of their possible exposure but maintain confidentiality as required by the Americans with Disabilities Act. The facility owner should instruct employees and trainers how to proceed based on the CDC Public Health Recommendations for Community-related Exposure.
20. Keep doors and windows open where possible and utilize fans to improve ventilation
21. Suggestion for Entering / Exiting Gym: To limit exposure, have the Main Gym Doors be the entrance to the gym and all participants will exit through the Gym door.

**PM Office:** No more than two staff in the office at one time.

**Kitchen:** No more than two staff in the kitchen at one time.

**AC Office:** No more than two staff in the Activity Coordinator office at one time.

**Bathrooms:** Men & Women's room, maximum one person at a time. A Vacancy sign will be available to ensure privacy.

**Gym:** No more than **5** class participants at one time and one instructor or staff member.