



## **CAP Fitness Center Reopening Post COVID-19 Policies and Procedures**

### **FACILITY:**

#### **PHYSICAL DISTANCING GUIDELINES:**

- Fitness Center (max occupancy is 10)

Minimum of 6 feet should be maintained at all times. Participants are asked to enter and leave the facility with minimal interaction and congregation with other participants and staff.

Signage regarding social distancing on walls and/or machines will be added for reminders.

#### **HOURS OF OPERATION**

1. Fitness Center will be open from 5am - 1pm, 5pm - 8pm on Monday-Friday, then 7am-12pm on Saturdays and Sundays
2. Hours are subject to change; based on Administration/Fitness Center Director discretion.

### **CLEANING:**

#### **CLEANING AND SANITIZING PLAN AND SCHEDULE:**

1. Staff will sign off on posted cleaning checklists (attached) daily.
2. Staff will follow the CDC's recommendation for cleaning and disinfecting (Reference: <https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html>)
3. Two cleaning stations will be available in the Fitness Center.
4. Members will be asked to wipe all touch points with disinfecting wipes stationed around the facility. Staff to provide cleaning and disinfection per cleaning checklist.

#### **RESPONSIBILITY OF CLEANING PROCESS:**

1. Staff and members will be trained how to clean the equipment via instruction and/or signage posted throughout the facility. Recommendations will again reference current CDC guidelines.
2. Extra cleaning supplies will be kept in staff areas only. Replenishment of supplies will be provided by the Fitness Center Director or custodian.
3. Cleaning is a team effort! All members and staff will need to take collective responsibility for cleaning equipment between uses. Signage will be present for reference.

## **EQUIPMENT:**

1. Equipment adjustment to meet social distancing guidelines
  - a. Every other piece of fitness equipment will be allowed for member use. Machines that are not used will be unplugged/powered off and marked with signage that indicates no use.

## **MEMBER & FACILITY ACCESS:**

1. 10 total members will be allowed in the Fitness Center at one time
2. Health Concerns
  - a. Any member that exhibits one of these symptoms are asked to seek their medical healthcare professional for additional assistance and denied entrance to the facility due to prevent possible viral transmission of COVID-19 within the facility.
    - i. Per CDC guidelines (on April 30th, 2020), symptoms of COVID-19 include:
      - Cough
      - Shortness of breath or difficulty breathing
      - Or at least 2 of these
      - Fever (temperature greater than 100.4)
      - Chills
      - Repeated shaking with chills
      - Muscle pain
      - Headache
      - Sore throat
      - New loss of taste or smell
      - Been in known contact with someone that has the COVID virus within the last 14 days.
3. Members will swipe their scancard that will allow the Fitness Center Director to use attendance tracking for contact tracing if needed.
4. Masks are required upon arrival and departure and may be worn while working out per the members discretion.
5. Hand sanitizing will be required at entrance and exit.

## **Member Safety:**

1. Signage will be posted to ensure 6 feet of distance from each other while in the building and where lines may form.
2. Belongings must be stored in a tote/bag when and in the cubby area.
3. Additional signage to include CDC recommendations like frequent hand washing, keeping your hands away from your face, maintaining 6 feet of distance from others, frequent cleaning of surfaces after use and using a face and nose covering while inside the facility.
4. Water fountains will be open, but please use at your discretion.
5. Cleaning supplies and hand sanitizer are readily available for use.

## **LIABILITY:**

1. CAP has been trained with the new guidelines (including but not limited to proper handwashing, how to wear/take off a mask, social distancing requirements, how to clean vs how to disinfect)
2. CAP will ensure a new COVID-19 liability waiver has been signed by all members prior to facility use.
3. The Fitness Center Director is the point of contact for all COVID-19 related concerns. If a member contacts the Fitness Center Director regarding a confirmed COVID-19 case, then the Fitness Center Director will follow current local, state, and federal guidelines to ensure safety of everyone involved.

**PLEASE FILL OUT THE ATTACHED  
WAIVER FORM ON THE NEXT PAGE**



## COVID-19 Member Waiver and Release

COVID-19 is an extremely contagious virus that spreads easily through person-to-person contact. Federal authorities and the State of Wisconsin recommend physical distancing to prevent the spread of COVID-19. Contracting COVID-19 can lead to severe illness, personal injury, permanent disability, and death. Use of The Cambridge Community Activities Program (“CAP”) facilities or participation in CAP programs could increase the risk of you or your child contracting COVID-19.

CAP and its staff undertakes every effort to keep our facility clean and disinfected; however as with any public facility, we cannot guarantee that you will be 100% safe from airborne illnesses such as COVID-19 or colds and flu while using CAP facilities or participating in its programs.

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Member Name

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Member Signature or Electronic Signature / Date