

Memorial Health System Wellness Center Reopening Plan

Outline provided by the International Health, Racquet, and Sportsclub Association. This plan is divided into four sections to address the major areas of concern for reopening: Containment, cleaning and sanitation, staffing, and operations.

Containment

1. How will the Wellness Center limit the number of people in the facility at one time to comply with social distancing requirements; how will this be monitored and enforced?
 - a. For **55 PLUS members** (Wayne Street Facility only), an appointment-scheduling system will be implemented to ensure that a maximum of 10 persons (30% of maximum capacity) are in the facility at one time.
 - b. The schedule and ALL appointments will be managed by the Memorial Health System's Contact Center. To schedule an appointment, current members **must call (740) 568-4731**. Any cancellations must also be done through the Contact Center at this number.
 - c. Appointments will be 45 minutes in length and will begin at the top of each hour, leaving 15 minutes between groups for staff to clean and sanitize and to allow for a less congested transition.
 - d. For **employees** (both Belpre and Wayne Street facilities), the usage during spring and summer months is low and therefore does not require scheduling of appointments **at this time**; this is subject to change. Usage will be monitored daily. Please note – employees are still permitted to use the Wayne St. facility during 55 PLUS hours, however, staff may give guidance on use of equipment during workouts, and may ask that you exit the facility during the cleaning period. Availability of equipment may also be more limited during these hours (6 a.m. – 12 p.m. and 2 - 5:30 p.m.).
2. Will you reopen group or small group exercise with extreme social distancing?
 - a. Group exercise classes are currently held at the Broughton Medical Building on 7th Street in Marietta will resume on June 3.
 - b. In order to create an atmosphere conducive to social distancing, class size will be limited to 12 participants. This will be monitored and enforced by scheduling directly with the class instructor.
 - c. In order to allow for increased participation, the Monday/Wednesday morning class will be broken up into two classes:
 - i. 8:30 - 9:15 a.m.
 - ii. 9:30 - 10:15 a.m.
 - iii. Afternoon class schedule is as follows: Mondays and Wednesdays, 4 - 5:30 pm.
 - d. This will allow for decreased congestion between sessions and will give the instructor time to clean and sanitize.
 - e. All class participants will be asked to provide their own mat. For those without mats, one will be provided and will be cleaned thoroughly after each use.
 - f. All shared equipment, such as dumbbells, will be sanitized between use for each individual and will be handed out by instructor, in order to avoid congestion at the free-weight area.
3. How will you enforce social distancing on cardio machines, in the free weight area, and in common areas, such as the locker room?
 - a. In all exercise areas, there will be a minimum of 6 feet between machines, or an approved barrier will be used.

- b. Where this is not possible, equipment will be “tagged out” and members will not be permitted to use them.
 - c. In open areas, 6 feet markings will be placed on the floor as a guide for members.
 - d. The locker room will not be used, as it is not practical to clean between each use. Participants will be asked to wear workout clothes into the facility. Chairs spaced out 6 ft apart will be provided for members who wish to change shoes.
 - e. Sitting areas: chairs are spaced 6 feet apart for social distancing and will be cleaned with disinfecting wipes after use.
4. What policies or procedures will you implement to prevent people from congregating in certain areas?
- a. Participants will not be permitted to arrive to the Wellness Center more than five minutes prior to their scheduled appointment. They will be asked to wait in their car until five minutes before the hour.
 - b. Members will be let in by the Wellness Center staff, and no gathering at the door will take place. In particular, the barcode reader will not be used, to ensure multiple members are not gathered there at one time.
 - c. Members may leave the facility early, but will not be permitted to stay after their scheduled time; this decreases congestion between groups.

Cleaning and Sanitation

1. How often will machines and surfaces be cleaned and sanitized?
 - a. Each member will be **required** to clean machines after each use with the disinfecting wipes provided.
 - b. It is **recommended** that members clean machines prior to use as well.
 - c. Staff will clean machines and common surfaces (i.e. counter tops, door knobs, etc.) throughout each hour, as well as in between each group of exercisers. Approved cleaning and sanitizing products will be provided by MHS environmental services team and/or materials management.
2. How will you communicate and enforce good member cleaning practices?
 - a. All members will be called personally and given the information needed.
 - b. Signs will be posted around the facility to remind members of the current cleaning practices.
 - c. Staff will regularly remind members of the current cleaning practices.
3. Will sinks for hand washing or hand sanitizer be made available for participants?
 - a. There are restrooms located across the hall from the Wayne Street Wellness Center and down the hall in the Belpre Wellness Center for hand washing.
 - b. Purell hand sanitizer is also located in several locations within each facility, including immediately inside the entry door at each location.
4. How will you minimize the spread of droplets in the air?
 - a. Stand fans will not be permitted in the facility.
 - b. Members will be permitted to use a personal hand-held paper or plastic fan, or small battery operated fan.
 - c. It is recommended that all members wear a mask when possible during their exercise session. Times when this may not be possible or advisable include:
 - i. When aerobic activity is being done
 - ii. When exerting a significant effort with strength training activity
 - iii. Anytime when breathing is difficult or impaired, i.e. asthma, COPD
5. Are there hard-to-clean items that will be removed from the floor?

- a. Resistance bands, towels, clipboards, and writing utensils will be stored behind the staff desk and will be available upon request.
 - b. All materials mentioned above will be sanitized between member use. Towels are to be placed in the soiled linen bins for laundering as normal.
6. Are there any additional cleaning procedures you will add?
- a. Carpet in the Wayne Street facility will be shampooed prior to reopening, and every two weeks thereafter.

Staffing

1. How many staff members are needed to carry out Phase I of reopening?
 - a. One or two staff members will be utilized at all times during (55 PLUS) open hours.
 - b. On occasion and for a short time, three staff members may be present.
2. How will staff be protected from possible exposure during each shift?
 - a. All staff will be required to wear a mask or face covering during their shift when entering and exiting the facility, as well as when not in the office area, and when interacting with members closer than 6 feet (i.e. when demonstrating use of a machine to a member).
 - b. A protective barrier has been put in place at the front desk to minimize staff contact with participants.
 - c. All staff will wear gloves when performing cleaning duties.
 - d. It will be strongly recommended that all members wear face coverings when possible to help protect staff from potential exposure.
 - e. All staff will have temperature checked daily before reporting for their shift, and will follow MHS guidelines if temperature is detected.

Operations

1. How will you time the reopening of different sections of your club? Will you reopen all at once or in stages?
 - a. Employees - The Wellness Centers (both Wayne Street and Belpre facilities) will open for use on May 26.
 - b. 55 PLUS - The Wayne Street Wellness Center will open for use by on Thursday, May 28, by appointment only.
 - c. Group exercise classes - Will resume on June 3 with class size **limited to 30% capacity**. Participants will call instructor to schedule for class.
 - d. The locker room at Wayne Street will be closed; members should come dressed to exercise.
 - e. The shower facility at Belpre will be closed; locker room and restroom will remain open for use.
 - f. There will be no water cooler provided at Wayne Street; participants must bring their own water bottle for use during workouts.
 - g. Water cooler will be available in Belpre with instructions for employees to sanitize after each use.
2. Other:
 - a. Members will be asked to keep a temperature and symptom log to monitor health status. Anyone exhibiting symptoms will not be permitted to enter the facility.
 - b. Staff will also continue to self-monitor temperature and symptoms. No staff will be permitted in the facility if showing symptoms.

These processes will be utilized for Phase I of reopening. After two weeks, the Wellness Center team will reevaluate and assess the need for changes based on workflow, compliance to guidelines, and any information provided by the CDC, ODH, MHS administrative and infection control team.