

Memorial Health System Wellness Center Reopening Plan

Outline provided by the International Health, Racquet, and Sportsclub Association. This plan is divided into 4 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 St 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 weekly schedule will be managed by the Memorial Health System's Contact Center. To schedule an appointment or to cancel or change a future appointment, current members **must call (740) 568-4731. For same-day changes to the schedule, please call the Wellness Center at (740) 568-5380 (i.e., if you need to cancel the day-of an appointment).**
 - 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 St. 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 (6-12 and 2-5:30).
2. Will you reopen group or small group exercise with extreme social distancing?
 - a. Group exercise classes currently held at the Broughton Medical Building on 7th St. in Marietta will resume on June 3rd.
 - b. In order to create an atmosphere conducive to social distancing, class size will be limited to 17 participants. This will be monitored and enforced by scheduling directly with the class instructor. Class size subject to change.
 - c. 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.
 - d. 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. The locker room will be limited to one person at a time. Members are required to let staff know when they are using the locker room, so that adequate cleaning can be done

between uses. Additionally, cleaning wipes have been provided in the locker room for members to use on their own.

- d. Sitting areas: chairs are spaced 6 ft apart for social distancing and will be cleaned with disinfecting spray each hour 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 5 minutes prior to their scheduled appointment. They will be asked to wait in their car until 5 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. Extra coat hooks are located in the back of the facility; members will be encouraged to use these as well, in order to allow for decreased congestion near the main door.
 - d. 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) each hour 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 St 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.
 - c. Members are required to use hand sanitizer upon entering the facility each time.
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. Per the policy of Memorial Health System, all members (guests/patients/visitors) must wear masks when entering the facilities. Masks *may* be removed when **actively exercising**, per Ohio Responsible Restart guidelines, however they must be worn when walking about the facility (i.e. in between machines). Times when it may not be possible or advisable to wear a mask 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, clipboards, and writing utensils will be stored behind the staff desk and will be available upon request.
 - b. Towels will be placed in a single layer on designated shelves, so that members may take one as needed, but are not placing hands on other clean towels. Extra towels are available behind the staff desk – members may request these as needed.
 - c. 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 St. facility will be shampooed on a monthly basis.

Staffing

1. How many staff members are needed to carry out phase I of reopening?
 - a. 1 or 2 staff members will be utilized at all times during open hours.
 - b. On occasion and for a short time, 3 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. As noted above, all members must wear face coverings unless *actively exercising* to help protect staff from potential exposure.
 - e. All staff will have temperature checked daily, and will follow MHS guidelines if temperature is detected. Other symptoms will also be monitored and reported.

Operations

1. How will you time the reopening of different sections of your club? Will you reopen all at once or in stages?
 - a. The WC (both Wayne St. and Belpre facilities) will open for employee use on May 26th.
 - b. The Wayne St. Wellness Center will open for use by 55 PLUS on Thursday, May 28th, by appointment only.
 - c. Group exercise classes will resume on June 3rd with class size limited to 30% capacity. Participants will call instructor to schedule for class.
 - d. The locker room at Wayne St. is open for limited use; see additional notes above.
 - e. The shower facility at Belpre will be opened for employee use; employees must clean shower with provided disinfecting spray after each use.
 - f. There will be no water cooler provided at Wayne St; 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 monitor their own health status daily, and let staff know if they have been exposed to a known Covid-positive person, or if they have tested positive. Anyone exhibiting symptoms will not be permitted to enter the facility until quarantine period is complete.

- b. Staff will also continue to self-monitor temperature and symptoms. No staff will be permitted in the facility if exhibiting symptoms.

These processes will continue to be utilized for daily operation of the facilities. The Wellness Center team will continually reevaluate and assess the need for changes based on workflow, compliance to guidelines, and any information provided by the CDC, ODH, MHS administrative team and/or Infection Control team.