



RECREATION

Fitness Center, Phase One - Emergency Operational Procedures

The following procedure has been expanded pursuant to regulations recommended by the CDC, State of California, and Orange County and incorporates guidelines for at risk senior communities in particular for fitness centers.

Use of this facility is not allowed if you are exhibiting any symptoms of the coronavirus: Mild to severe respiratory illness with fever, cough and difficulty breathing, or other symptoms identified by the CDC; have been in contact with someone with COVID-19 in the last 14 days. Completion of a COVID Survey is required for all GRF Authorized Residents using this facility.

Usage is limited to individual exercise. Per county guidance, fitness venues should avoid activities that promote group gatherings.

1. FACE MASKS

- 1.1. Wearing a face mask is mandatory. Mask must cover nose and mouth completely.
- 1.2. Public health authorities recommend the face mask is the minimum requirement for protection of both the wearer and the people around the wearer.
- 1.3. A splash shield/face shield does not provide a level of protection to the wearer and those around them.
- 1.4. A splash shield/face shield may be worn in addition to the required mask.

2. FACILITIES

- 2.1. During Phase One, only the primary Exercise Room will be in use. The large and small Multiuse rooms will remain closed.
- 2.2. Fitness Attendants will monitor all activity within the facility
- 2.3. Drinking fountains will be turned off. Authorized Resident must bring their own water.
- 2.4. All common-area chairs and tables will be removed.
- 2.5. Use of restrooms is limited to 2 persons per restroom at a time. Hand washing prior to and after use is required.

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3. MONITORING OF HEALTH AND SAFETY PROTOCOLS

Recreation Department personnel will monitor use of masks and social distancing.

4. SAFETY REQUIREMENTS

- 4.1. All touch points will be eliminated wherever possible.
- 4.2. Activity should always be in line with the federal government's advised social distancing measures (defined by the CDC as keeping a minimum of 6 feet apart), including when arriving at and departing from the Fitness Center.
- 4.3. Masks must be worn in all areas.
- 4.4. Individuals should wash hands (for 20 seconds or longer) with soap and water or use hand sanitizer prior to entering the facility.
- 4.5. Exercise equipment and machines will be set 6 feet apart wherever possible. When not possible, Authorized Residents will be instructed to use alternate machines, leaving one machine vacant between users.
- 4.6. Workout times will be scheduled in 45-minute increments with 15 minutes in between to ensure there are no congregations of individuals and to allow for sanitization between sessions.
- 4.7. Sharing of equipment/gear is prohibited. Free weights will not be available during Phase One, however Authorized Residents may provide and sanitize their own.
- 4.8. Gym bags, purses, or valuables are not permitted in the Center and should be left in the Authorized Resident's vehicle or at home.
- 4.9. Authorized Residents must leave the immediate area to avoid congregation in the Fitness Center or parking areas.
- 4.10. The Attendant and custodial contractor will sanitize the area at regular intervals.

5. RESERVATIONS

- 5.1. Requests are accepted at <http://www.lwsb.com/reserve> Monday through Sunday before 4:00 p.m. for exercise the following day. No walk-ins permitted.



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- 5.2. Authorized Residents from the same household wanting to exercise together may use machines next to each other within the same reservation.
- 5.3. Reservation times: First reservation: 6:15 a.m.; last reservation: 7:15 p.m. Monday through Friday; On Saturday and Sunday, the first reservation is 7:15 a.m. and the last reservation is 4:15 p.m.

6. AUTHORIZED RESIDENTS CHECK-IN & USAGE GUIDELINES

- 6.1. Authorized Residents must not arrive more than 10 minutes before reservation time and must adhere to masks and social distancing requirements while being processed.
- 6.2. All Authorized Residents will check in with their GRF ID card, once they are registered, at the Attendant's station.
- 6.3. Staff will monitor equipment use and resolve any problems, as necessary.
- 6.4. Staff will limit use of equipment to 15 minutes when other Authorized Residents are waiting.
- 6.5. Staff will sanitize equipment prior to another Authorized Residents using it during the same 45-minute session.
- 6.6. Authorized Residents must bring their own towel and wear proper athletic footwear or be refused admission.
- 6.7. Talking on cellphones during workouts is prohibited.

7. RULES OF ETIQUETTE

Any Authorized Residents, who is loud, uses offensive language, demonstrates offensive or violent behavior, uses profanity, is bothersome to other Authorized Residents/employees, behaves otherwise in an unbecoming manner, or who is cited for an infraction of the policies or violations of the code of conduct, may be suspended or terminated from the Fitness Center.

Document History

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