Student Activities Center Fitness Center Re-Opening Plan with COVID-19 and Physical Distancing Considerations

General Facility Considerations
- One entry through Fitness Center front entrance; one exit through opposite side Fitness Center door
- Locker-room restrooms will have signs to request the use of alternating stalls by patrons
- Showers will be closed
- Increased hand-sanitation stations (anticipate approx. 3 stations throughout the facility)
- Provide additional disinfectant stations next to water fountains and other high-touch areas for students to self-disinfect
- In following World Health Organization guidance, masks are not required when exercising in the facility as masks may reduce the ability to breathe comfortably
- Masks must be worn outside of the Fitness Center an inside locker/restrooms
- No visitors or community member use of the Fitness Center; students use only
- Mandatory card swipe-in and swipe out processes for student access of Fitness Center to keep track of student movement throughout the facility
- Reduce hours to 8 am – 6 pm M-F (Closed on weekend) to support increased cleaning and custodial needs
- Maximum of 10 patrons on both the Cardio Deck & Weight Floor (20 total in facility) Count will be maintained by Fitness Attendants
- All patrons must maintain 6 feet physical distance while exercising in the facility
- Train student assistants to monitor and observe distance throughout facility use
- Every patron will be given a cleaning cloth when entering FC, to help maintain cleanliness and number count. Bin at exit door will be used to collect after usage
- Drinking fountains are marked for allowed usage

Employees
- Masks are required to be worn properly by all employees while in Fitness Center
- Gloves are highly recommended to be worn at all times, but only required while during the cleaning of equipment
- Will maintain 6 feet of separation at all times while in the facility
- Will be required to complete the University Covid-19 Training

Administrative Offices
- Strongly encourage students to make Teams and phone appointments with staff to avoid visits to the offices of DRW
- Maximum of 2 people in a given office
- Require masks to be worn by all when meetings or visits take place in offices

Weight Floor
- Free weights will not be available for use
- Machine weights will be separated to give at least 6 feet of separation, by participants
- Maximum of 10 patrons allowed on Weight Floor at any given time
- Additional hand sanitation stations will be available
- Additional machine sanitation stations will be available

**Cardio Deck**
- Machines are marked for available usage to maintain at least 6 feet per participant
- Additional hand sanitation stations will be available
- Additional machine sanitation stations will be available
- Maximum of 10 patrons allowed on Cardio Deck at any given time

**Studios**
- Group exercise rooms will be offline for use

**Group Exercise**
- Classes will be offered on the Basketball Court 2
- Only offered M-TH, 5pm-5:45pm
- Instructors will be required to wear masks
- Maximum of 10 participants per class
- Markers and mats will be used to signal participants spacing

**Student Events and Activities**
- Large-scale events will be prohibited in physical spaces
- Tennis Courts will remain available for free-play. Signage will be posted to remind players of social distancing practices

**Outdoor Spaces**
- We will encourage a max of 10 students in any given outdoor space and work with the university to post signage—using similar practices and guidance as provided at public parks

**Intramural Sports**
- We will offer non-contact, non-area sports such as tennis, corn hole, and disc golf as example intramural offerings with modified rules
- We will not offer contact sports such as basketball, flag football, soccer and kickball as examples
- We will promote our E-sports and other online gaming opportunities

**Outdoor Adventure**
- All interactions with students and staff will be done virtually whenever possible
- Due to travel restrictions, all outdoor adventure trips are cancelled indefinitely
- All Outdoor Adventure Clinics will be hosted virtually
- The Gear Rental program will provide limited equipment for lending. Camping equipment will not be available
- Team-building activities will be available virtually and in-person with distancing and mask requirements
- Due to nature of elements, the Challenge Course will remain closed until social distancing guidelines can be established