

BIDARKI REC. CENTER OPERATIONAL PLAN / COVID-19



The operational plan and procedures for Bidarki Recreation Center will continue to evolve as information and our understanding evolves. Our response level plans and procedures will coordinate with those established by authorities on the Local, State and National levels.

Staff Wellness Checks

Until directed otherwise, staff will conduct a daily wellness check for COVID-19 symptoms BEFORE coming to work. Each employee will have their temperature checked upon entering the reception area at each facility. Staff will notify the director as soon as possible if they display any symptoms related to COVID-19 or are diagnosed with COVID-19.

Potential phases of response

Subject to staff availability and ability to carry out tasks safely.

Subject to availability of PPE and sanitization supplies.

Phases may jump forward or back as warranted, as well as jump more than one phase either way.

General PPE Considerations

Follow social distancing, hygienic, disinfecting and PPE requirements.

Incorporate non-required recommendations as much as possible.

Plan for disinfecting and PPE supplies for each stage.

Limited access to required PPE may impact our ability to work, open or provide services.

The CDC suggests 10ft. separation between those working out. All weight room equipment has been moved 10 feet apart. Some equipment has been eliminated from the weight room and placed in the upstairs gymnasium. We have created work out stations/areas in the upstairs gymnasium. These stations will be left in place until further notice. **Adult organized athletics will not be facilitated during this phase (and perhaps other phases) of re-opening. Sauna's and showers are not available during this phase (and perhaps other phases).**

10-person capacity per hour in Bidarki Rec. Center:

- 7-person max capacity for the weight room (including instructor)
- 10-person max capacity for upstairs gymnasium classes (including the instructor; using the whole gymnasium).
- 5-person capacity per ½ of the upstairs gymnasium.
- 4-person max capacity for 3rd floor cardio equipment area.
- 1-person capacity for 2nd floor therapeutic area

No extended barcode access, currently. This may be revisited as new expectations are met and/or become habits. This would be possible while maintaining max. capacity rule by manipulating barcode access controls.

- **Patrons can make appoints every half hour and stay up to 1.5 hours depending on occupancy levels, leaving a 10-minutes (minimum) to disinfect all the equipment they touched during their visit. Patrons should disinfect equipment continuously and particularly prior to moving to a different zone in the building.**
 - **Come ready to work out**, locker rooms are not being used to change clothes at this time. You will find extra benches throughout the facility to change your shoes.
 - 10am- 8pm M-F will be available, on a first call, first serve basis.
 - 12-5pm Saturdays will be available on a first come first serve basis.
 - Weight training class schedules TBA, currently not offered in this phase.
 - Facility usage agreements may be authorized after or before hours of operation, at the discretion of the Director.
 - Toilets and urinals will be available for use. Sauna's and showers are not at this time.
 - Extra benches are placed around the building for changing out of street shoes.

All sales will be credit/debit:

- No walk ins currently.
- Sales can be made over the phone or in person if you call ahead and schedule. We want to avoid congestion in the (very small) reception area. **Sales should not be made at the time of the apt.** Please purchase your drop in or pass prior to you apt. time.

Reception process:

- Patrons must wear a mask upon entering the facility.
- Patrons will be required to use hand sanitizer upon entering.
- Staff will perform a wellness check; ask a few questions and take the temperature of each patron. Those with fevers will not be allowed to enter. This process should be relatively quick. No one should be purchasing their pass or paying a drop-in fee at this time; this should all happen prior to arrival.
- Patrons should refrain from using a form of physical exercise to get to the gym, as this may raise their body temperature.

Decontamination process / patron expectations:

- **Patrons who are comfortable wearing a mask for lifting weights and low impact cardio workouts are welcome to do so.** We recommend however, patrons not wear a mask while performing **high** impact cardio exercises.
- We ask that patrons place their mask into a zip lock or sealable bag while they perform high impact, cardio exercises. and keep it near them, always. If a patron does not have a sealable bag, the P&R dept. will provide them with one, and require they use one each time they visit.
- A waste bucket and disinfecting agent will be placed next to **every** piece of equipment, station, and free weight rack in the facility. Those performing high impact cardio exercises without a mask must be sure to extensively disinfect the area around them.
- Everything touched by the patron, **must** be disinfected by the patron.
- Patrons will be encouraged to wash their hands prior to going to the bathroom and **required** to wash their hands after using the bathroom.

- If patrons choose to lay on the floor, they do so at their own risk (and we **strongly recommend** disinfecting the area of use, prior to using it) It will be impossible to disinfect the floor to the extent needed; particularly because we will not be requiring masks while working out. We will offer a station in the upper gymnasium for core work. Here again, disinfecting the mats used will be **required**, and disinfecting agents provided.

Traffic patterns:

- Practice social distancing while moving around the building in general. Yield if you can; allowing others to pass prior to entering the staircase and/or hallway.
 - Patrons are **required** to don a mask if they choose to move from one zone to another. We want to avoid close contact exposure in the hallway and on the staircase.
 - Patrons are **required** to don a mask while traveling to and using the restroom.
- Patrons will **enter at the main office** and **exit through any of the following doors**:
 - The barcode entry
 - The lower hallway to the rear of the building
 - 2nd or 3rd floor fire exits. ** please make sure the doors are closed tightly after you exit.