

## **FITNESS CENTER**

### **Hours of Operation:**

- Monday – Friday: 0500 - 1900
  - o *Note: Staff members are cleaning during non-peak times to adhere to sanitation standards*
- Saturday: 0600 - 1200
- Sunday/Holidays: CLOSED

### **COVID-19 Preventative Measures and Operating Procedures Basic**

#### **Guidelines:**

- Military and DOD Civilian Common Access Card Holders Only (Active, Guard, Reserve, and DOD Civilians)
- 100% ID Check
- Temperature check upon entering facility
- Masks are required entering and moving throughout the facility
- Maintain minimum of 6' distance
- ONLY areas available (Max. total capacity 73):
  - o Weight Room (Max. capacity 38)
  - o Cardio Room (upstairs/mezzanine) (Max. capacity 25)
  - o Selectorized weight equipment room (Max. capacity 20)
  - o Restrooms
  - o All outdoor areas and equipment (e.g. weight plates, bars, tires, stools, etc.)
- No facility reservations or equipment check-out
- Note: Classes will also continue Virtually on Short Fitness Center Facebook page

#### **Workout Parameters:**

- The Fitness Center has not been over capacity so we aren't monitoring the amount of time the guests are working out at this time. If capacity is reached, a 1-hour time limit will be enforced.
- Mask wear is required in all areas but may be removed while on cardio equipment
- Limit to 1 piece of equipment at a time (no supersets)
- Bring personal water bottle (bottle fillers are available but drinking fountains are not)

#### **Sanitation/Disinfecting:**

- Fitness Center staff will provide specific disinfecting requirement applicable to each room
- Equipment is marked off to ensure 6' distancing/DO NOT remove tape
- Towels are a recommendation, not a requirement to workout. Guests are utilizing the sanitation wipes to wipe down equipment before and after use
  - o **You** will be provided all items needed for disinfecting
  - o **You** must wait to use a piece of equipment a specified time after disinfecting
  - o **You** must clean equipment BEFORE and AFTER use

**Reporting:** If an individual on base tests positive for COVID-19, PHEO will confirm if they frequent the Fitness Center within the last 7 days. If the answer is yes, Fitness Center Staff will identify when the individual was in the center and determine other patrons who were in the fitness center at the same time. This data is only available for up to 7 days after a person badges into the fitness center.