



march wellness & fitness center COVID-19 Reopen Plan

DATE: JUNE 2020 PRESENTED BY: Amber Webster, director march wellness & fitness center

What's Really New?



- Wear a mask, face shield or face covering
- Reduced equipment/space availability
- Limit workouts to 30 minutes
- Maintain 6 feet distance
- Showers, steam, sauna, pools CLOSED



Guidelines & Changes



[Oregon Health Authority \(OHA\)](#) has issued specific phase one reopening guidance for fitness related organizations. The following policies and procedures follow these guidelines.

We have also incorporated additional disinfection measures and greater distancing.

South Waterfront Max Occupancy = 100

Hillsboro Max Occupancy = 35

Disinfection



One of the critical steps to prevent infection is disinfection. We have added several steps to the processes throughout the center. In addition, we need your help by taking extra care and steps to follow the new guidelines.

- Additional wipe and hand sanitizing stations.
- Staffing to disinfect* cardio equipment after each use.
- Staffing to disinfect* strength equipment by zones in 15 minute intervals.
- Mats disinfect* between each use.
- Nightly treatment with [Protexus Electrostatic Sprayer](#).
- Additional disinfection* of high touch areas.

*Virex solution

Check In



All members checking in to march wellness will be required to do the following:

- Wear a personal mask, face shield or face covering.
- Answer screening questions.
- Sanitize hands.
- Check-in with membership card for tracking/tracing and parking validation.
- Remain 6 feet away from people at check in until check in process is complete.

Screening Questions



All members checking in to march wellness will be required to answer the following.

Within the past 72 hours

- Have you had a new or worsening cough?
- Have you had a fever?
- Have you had shortness of breath?
- Have you been in close contact with anyone with these symptoms or anyone who has been diagnosed with COVID-19 in the last 14 days?

Front Desk



There are a few physical and process changes.

- Physical distance shield.
- Follow one-way traffic patterns.
- Mats available to check out.
- Credit card, house charge, apple pay only.
- Max of 3 people behind desk.
- Auto hourly count down to alert occupancy levels.



Fitness Floor



- Cardiovascular equipment will have a CLEAN/USED sign, please flip the sign to USED after use.
- Every other piece of cardio equipment will be blocked.
- 30 minutes time limit on all cardiovascular equipment.
- Staff will be monitoring the fitness floor to help educate members and disinfect the equipment.
- No spotting allowed.
- Members must wipe down equipment after use.
- Water fountains are closed, bottle filler is available.

Fitness Floor



Personal Services



- Personal training will continue to be offered in person and virtually.
- In-person personal training must
 - Wash or sanitize hands before and after session
 - Maintain physical distance
 - Wear personal mask, face shield or face covering
- The Medical Exercise Program will follow personal training guidelines.
- Massage will require personal mask, face shield or face covering and additional disinfection.

Fitness Studios & Balcony



Studios will be available for member use:

- Available equipment will be reduced.
- Signs posted indicating capacity limits.
- Wipe down equipment before and after use.

Fitness Classes



- Classes have staggered start times and shorter class duration.
- 30 minutes between classes in the same studio to allow for disinfection of the space.
- Instructors will setup needed equipment before class and clean after.
- Classes will require a [reservation](#)
- 8 people max per class in studios.

Locker Rooms



- Showers, steam room and sauna are closed.
- Lockers have been blocked off in order to maintain physical distancing.
- Wash hands using soap and water for 20 seconds.
- Try to minimize time spent in the locker room by being as efficient as possible and refrain from additional personal grooming activities.



Pools



- Lap pool is closed
- Therapy pool is closed
- Hot tub is closed

Membership



We closed quickly partially through the month of March. We will open slowly and cautiously in the coming months.

- Open first to OHSU employees and students on June 15. Community members will be invited once processes have validated. No guest visits.
- COVID-19 holds are available without providers approval and with **no fee** for 60 days.
- For those at higher risk for severe COVID-19 complications (persons over the age of 60 or with underlying medical conditions) please continue to stay home to reduce the risk of exposure.
- For those that paid full dues for the March, a half month credit has been applied to your march wellness membership account.
- No dues have been charged beginning April 2020.