

# Phase 1 Re-opening for LIFT Wellness Center

**Key concepts: Physical Distancing, Sanitization Program, Employee Protection, Member Protection**

## Phase 1 Hours

- M-Fr 5am-8pm
- Sat/ Sun 11am- 4pm
- Café 7am-2pm
- Childcare: normal hours
- 1:30pm-3:30pm reserved for those over 65 or those in the Exercise is Medicine program M-F; no other Members can check in at this time unless scheduled for an appointment for personal training or massage therapy.

## Member Protection

- All members will agree to and sign the LIFT Member Pledge
- All members' temperatures will be taken in the lobby before checking into the facility. Anyone with a temperature greater than 100.0 will not be allowed to check in. All members will be screened for signs and symptoms of Covid-19. Anyone answering YES to screening questions will not be allowed to check-in.
- Members will be required to sanitize hands upon entering and exiting the building.
- Members will still check-in at the front desk as usual.
- Members will maintain physical distance of 6 feet from others at all times, and 15 feet with activity that creates heavy breathing.
- Members will wipe down equipment before and after each use.
- Members will limit time on cardio machines to 30 minutes.
- Members will limit their total time in the facility to 90 minutes
- Utilization of childcare will be limited to 90 minutes.
- Members will use only one piece of equipment at a time, no "super-setting"

## Employee Protection

- All employees' temperatures will be taken prior to starting their shift. Anyone with a temperature greater than 100.0 will not be allowed to work. All employees will be screened for signs and symptoms of Covid-19. Anyone answering YES to screening questions will not be allowed to work.
- All employees will be required to hand wash/sanitize hands upon entering & exiting the building and in between all activities.
- All employees will maintain 6 feet physical distancing.
- All employees will wear face mask or cloth face covering.

## Sanitization

- LIFT Wellness Center has multiple hand sanitization stations throughout the facility.
- LIFT Wellness Center has sanitization wipes throughout the facility.
- Members will wipe down all equipment before and after each use.
- LIFT will be conducting facility sanitization using the Clorox Total 360 Electrostatic Sanitization System multiple times a day.

## Phase 1 Operational Changes

- No guests
- No family swim/ gym
- No basketball
- No rockwall
- Track closed
- Childcare- reservation only all ages- limit to 90 minutes; limit of 9 children total
- No swim lessons
- Reduced and modification of group fitness classes
- Hot tub, steam, & sauna closed
- Locker rooms closed-Café restroom & upstairs restrooms available
- Water fountains closed
- Lobby “closed”
- 50% occupancy
- No towel service
- No gym bags allowed in the facility
- Limit workout length to 30 minutes on any piece of cardio equipment.
- Limit total time in the facility to 90 minutes
- Massage- client and therapist wear a mask
- Personal and small group training- maintain 15 feet physical distance
- Fitness assessment- exercise specialist and member wear a mask