

Introduction

This guide serves as a protocol for operation during the COVID-19 outbreak. The guide is intended to provide basic guidelines for operation during this time. Mount Fitness reserves the right to change or alter these rules at any time. Any State guidelines will remain unaltered. The guide was created to give employees the proper information and tools for personal safety and for the protection of our members.

Occupancy Limits – The numbers listed INCLUDE STAFF

- Mezzanine Cardio – 11
- Bay 1 Group Exercise/Cardio Machines – 25
- Bay 2 Circuit Area – 25
- Bay 3 Ride Room – 25
- Pool – 25
- Free Weight Area Upstairs – 25
- Rig – 2 person MAX

****IF YOU HAVE BEEN OUT OF STATE WE STRONGLY ENCOURAGE YOU TO SELF-QUARANTINE FOR 14 DAYS****

Guidelines

- The club hours will be split into Morning and Afternoon/Evening shifts with a 2-hour window to disinfect in the middle of the day.
- A disinfecting fogger will be used, at the minimum, twice per day for mass disinfection.
- Members must wear a mask except when they can remain 14 feet apart.
- Basketball Courts will be closed.
- Doors, where possible, will remain open to avoid contact with handles.
- Locker Rooms will be open. Customers must stay 6 feet apart and it will be clearly marked. Regular use of showers is not permitted.
- Showering is not allowed, except for swimming pool users who are required to shower before entering the pool.
- One door will be used to enter and another to exit.
- Foot traffic flow has been determined and will be marked appropriately.
- Classes will be programmed 30 minutes apart.
- Child Care will be closed at this time.
- Massage will be suspended until further notice.
- All equipment to be sanitized between uses by member.
- All water fountains will remain closed. Water Bottle fillers will stay open.
- Instructors and Trainers must wash their hands before and after sessions/classes.
- Hand Sanitizer will be placed at various locations throughout the club.
- Towel service is suspended.
- Locker room benches will be marked for one person at a time.
- Lockers will be zip tied in 6-foot increments.
- Gang showers will be closed.
- The Keurig machine has been removed and will be unavailable.

- Circuit Training (Machine Jumping) is strongly discouraged.
- A list of members and workers will be kept in a log to be used if contact tracing becomes necessary.
- All front desk workers must wear masks.
- The front desk will be protected by a plexiglass shield.
- Members must stay 6 feet apart while waiting to check in or waiting for service. Spots will be marked appropriately on the floor.
- Credit card machine will be self-service.
- Members will be provided with a clean pen to sign any documents.
- Members will be required to disinfect their hands upon entering the building. Sanitizer will be provided.
- All machines and equipment will be distanced at 14' in the 2nd and 3rd bays and will face away from people where possible.
- Free Weights will remain upstairs and be placed 14' feet apart where possible. If you use a machine that is not 14' away from an individual, you must wear a mask.
- Group Ride Classes will be held in the 3rd bay with the bikes placed 14' apart.
- Customers must bring their own personal equipment. (Mat, jump ropes, foam rollers, etc...)
- Wipe buckets will be provided at or near every machine.
- Core room will remain closed.
- Racquetball courts will be for "Singles" play only.
- Personal Trainers will remain 6 feet away from their clients and wear a mask.
- Classes will require pre-registration either through the member app or by phone.
- Members may not show up any earlier than 10 minutes before a class.
- All group exercise participants will face the same way.

Pool

- 2 people to a lane.
- Deck direction will be counterclockwise (one way) and social distancing markers will be placed in various spots.
- Swimmers must wear a mask to and from the water.
- Lifeguard to remain 6 feet away from individuals.
- 1 shower available for pre swim.
- All buoys, kickboards, belts to be sprayed after each use.
- Total pool load, including staff, not to exceed 25.

In Case of Infection

If a member or staff member becomes ill with COVID-19, the club will determine the proper course of action in correspondence with Human Resources. Depending on the case, the club may have to close for up to 36 hours for disinfecting.

Hours of Operation**Weekday - Closed from 12 PM to 2 PM for cleaning**

5 AM to 12 PM

2 PM to 8 PM (8 PM to 9 PM Cleaning)

Weekend

7 AM to 12 PM