

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.

ALL STAFF AND MEMBERS MUST WEAR A MASK AT ALL TIMES, EVEN WHILE PARTICIPATING IN WORKOUT ACTIVITIES.

Operations

- The club hours will be split in to Morning and Afternoon/Evening shifts with a 1 hour window to disinfect in the middle of the day.
- The club will operate at 50% of maximum occupancy.
- 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.
- Every other shower will be closed off to ensure 50% capacity
- Maintainer on site during all hours of operation.
- 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.
- Total bather load in the pool not to exceed 25.
- Observers on the pool deck MUST wear a mask.
- All equipment to be sanitized between uses.
- 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.

Front Desk

- 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 their own pen to sign any documents.
- Members will be required to disinfect their hands upon entering the building. Sanitizer will be provided.
- Workstations will be placed a minimum of 6 feet apart.
- Front desk workers must fill out a health questionnaire before each shift and sign it. The form will then be signed off on by the appropriate supervisor.

Workout Areas

- All machines and equipment will be distanced at 14' in the 2nd and 3rd bays.
- Free Weights will remain upstairs and be placed 14' feet apart.
- Spin Classes will be held in the 3rd bay with the bikes placed 14' apart.
- Customers will be encouraged to use their own personal equipment. (Mats, Jump Ropes, etc.)
- Members may not show up any earlier than 10 minutes before a class and sign in for the class is required.
- Foam rollers will not be provided.
- All swimmers must practice social distancing while on deck.
- Wipe buckets will be provided at or near every machine

In Case of Infection

If a member becomes ill with COVID-19, the club will work with human resources to notify all club entries within the given timeframe of club entry for the infected member going back 14 days. Anyone that was potentially exposed will need to produce a negative test or quarantine for a period of 2 weeks. Depending on the case, the club reserves the right to close for 24 hours for disinfecting.

Hours of Operation

Weekday - Closed from 12 PM to 1 PM for cleaning

5 AM to 12 PM

1 PM to 9 PM

Weekend

7 AM to 3:30 PM