

Phoebe HealthWorks Re-Opening Guidelines (Phase 2)

The following changes to facility access and requirements have been made to ensure the safety of facility members and staff, as well to ensure we comply with all the applicable regulations for fitness facilities.

Adherence to these guidelines is required for all members.

- We are required to have a staff member present in the gym to follow the appropriate monitoring and sanitation protocols. The new days/hours for facility access will be:
 - Mondays – Thursdays 5:00am – 8:30pm
 - Fridays 5:00am – 6:30pm
 - Saturdays 8:00am – 12:00pm
 - Sundays CLOSED
- BOD POD Assessments will reconvene and be allowed by scheduled by appointment
- Locker Room access will be allowed under restricted guidance. Lockers Rooms will be accessible during the following timeframes:
 - 5:00am-8:00am, then close for sterilizing
 - 11:00am-2:00pm, then close for sterilizing
 - 3:00pm- 6:00pm, then close for sterilizing
 - Individual spray bottles with sterilizing cleanser will be stationed at each shower. Members will be **REQUIRED** to spray down the shower after each use
 - Towels/cloths must be brought by member
 - Multi-person seating will be removed and replaced with spaced out single chairs
 - Locker spacing - every 3rd locker will be available for use
 - Daily cleaning for locker room areas
 - Public restrooms will remain available in alternative locations, within facility
- Only 60 members will be allowed within the facility at a given time, individual member utilization will be limited to 60 minutes
 - The members limit does not include the walking track
 - Healthworks staff will monitor facility usage every hour to ensure maximum occupancy is within regulated guidelines and all rules are being followed
- All members must adhere to the following prior to facility entry:
 - Temperature screened
 - Asked to sanitize their hands
 - Wear a mask while in facility
 - Asked to sign a COVID questionnaire and liability waiver
- Limited group fitness class schedule (see attached) with limited participation
 - Social distancing requirements (no less than 10 feet) will be enforced among class participants – Outdoor classes will be offered as weather permits



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- Physical assessments and youth programs will not be conducted
- All equipment will remain adjusted or restricted to adhere to social distancing requirements (10 feet) and circuit training will not be available.
- Free weight exercises requiring spotting will not be allowed
- Towels will not be provided and the water fountains will not be accessible
- All soft surface equipment will be removed (yoga mats, padded attachments to cable machine, etc.)
- Personal training will be available on a case - by - case basis, depending on safety protocols.
- The Juice Bar will not be operational for sale of shakes and produce
 - Retail services will be provided (shirts, bottle water, protein bars, etc.)
- At any time, if a Phoebe employee tests positive for COVID, the employee's badge, as well as their spouse member's badge (if applicable) access will be deactivated until the employee is cleared to return to work.
- Social distancing will be enforced through the entire facility.
 - Congregating between non-cohabitating members will be prohibited at all times
- The following enhanced sanitation protocols will be applied to the Healthworks facility:
 - Users wipe down equipment with sanitizing wipes before and after every use
 - Staff will clean all equipment every hour
 - EVS will conduct nightly cleaning
 - Facility will be disinfected with fogging technology once per week