



Enhanced Health and Safety Procedures

We are So Happy to Be Back!

In order to help reduce the transmission of COVID - 19 and keep everyone healthy and safe all staff and members will be required to follow the 5 main rules.

5 MAIN RULES FOR STAFF AND MEMBERS:

1. If you are sick, stay home.
2. Keep social and physical distance from others.
3. Wear a mask that covers your nose and mouth at all times.
4. Cover your coughs and sneezes.
5. Clean your hands and surfaces often and thoroughly.

TEMPORARY WINTER HOURS OF OPERATION

Monday-Friday: 9:00am-5:00pm for Open Workouts

Monday-Friday: 7:00am-7:00pm for In-person Training, Virtual Training, or In-person/Virtual Group Exercise Classes

WHEN YOU ENTER THE FACILITY:

The screening will include a temperature check with an infrared thermometer and the following two questions:

1. Have you experienced any two of the following symptoms in the past 72 hours: fever, chills, repeated shaking with chills, muscle pain, headache, sore throat, loss of taste or smell?
2. Have you been in contact with someone who has tested positive for COVID - 19 in the past 72 hours? Contact is defined as being closer than 6 feet for 15 minutes or longer.

If someone's temperature is 100.0°F or greater OR they answer "YES" to either of the two questions, they will not be permitted to enter the facility. They may return when they are symptom - free and they can answer "NO" to both questions.

Staff shall report illness to their supervisor and Human Resources for further instruction on healthcare procedures and return to work dates.

THE FITNESS CENTER WILL BE OPEN BY RESERVATION ONLY.

In order to allow for proper social distancing and adhere to the capacity restrictions for fitness centers, we ask that all members reserve their spot in one of our 2-hour open workout sessions.

Reservations can be made by phone **(860) 286-3107**, by email at **AdaptiveFitness@OakHillCT.org**.

What You Need to Know about our Open Workouts:

- We will be limiting the number of available reservations in each time slot to allow social distancing.
- You may enter and leave anytime within your open workout.
- We ask that you wear a mask at all times
- All staff must wear masks at all times when on the fitness floor
- Masks that cover your nose and mouth will be required by everyone in the building at all times including while exercising
- The multipurpose room will still have a variety of cardio and functional movement equipment that will stay 12-feet apart
- We ask caregivers to remain within arms distance of their individuals or stay in the waiting area.
- If you need assistance on equipment and you're not bringing a caregiver, we ask that you wear a mask while staff are directly assisting you
- Intraday cleanings will be occurring throughout the day. We will be fogging and disinfecting all equipment several times a day.