

## FOF COVID-19 Guidelines

We are excited to welcome you back! Below are guidelines that we have put in place in accordance with COVID-19 concerns. Please know that the majority of these new policies and procedures will be temporary, but also that they are required by the State of Oregon for us to remain open and continue to provide you service without facing repercussions. We realize that we are in a unique situation with the demographics of our membership, and want to take every step possible to ensure your health and safety. While other facilities may choose to do only the minimum, we know that it is worth it to ensure that our members are safe and that a few months of minor inconveniences will make sure we all get through this safe, healthy, and happy. An example of how a visit to Fitness Over 50 will go once we reopen follows:

- We know how important and unique socializing is to Fitness Over 50, and we can continue to do so while still following guidelines!
- First and Foremost, if you answer yes to any of the below questions, please stay home until you are symptom free for 72 hours without medication:
  - Are you currently sick or have been sick in the last 72 hours?
    - This includes anything from the flu to the common cold.
    - If you have allergies that are causing sneezing or coughing, kindly remain home as well.
  - Have you had a new or worsening cough?
  - Have you had a fever?
  - Have you had shortness of breath?
  - Have you been in close contact with anyone with these symptoms or anyone who has been diagnosed with COVID-19 in the past 14 days?
- **PER STATE GUIDELINES, FACE COVERINGS MUST BE WORN TO ENTER THE FACILITY**
- All staff will be required to wear face coverings (and gloves where applicable)
- Fitness Over 50 will provide hand sanitizer located throughout the facility.
- Upon arriving at Fitness Over 50, you'll notice one way traffic for entering and exiting the building. Please use the right side of the walkway when entering.
  - Entry and Exit will only be through the main doors. The doors on the Country Club Drive side of the building will be for emergency use only.
- Once through the automatic doors, a staff member or volunteer will help you with the check in procedure.
  - Should we reach a point where the number of members in the facility does not allow for 6 feet physical distancing, you may have to wait briefly until another member exits.
- After check in, it is required that you wash or sanitize your hands before entering the gym.
- While exercising, please observe physical distancing of at least 6 feet.
  - We have rearranged equipment to safely facilitate use of the most frequented and popular machines.
    - If a piece of equipment you normally use has been put out of order, please ask a staff member to help you with an alternative exercise!

- In some instances, strength training machines continue to be positioned where they are less than 6 feet apart.
  - If someone is on a machine within 6 feet of the equipment you would like to use, please kindly wait until they are finished before using that machine.
- All members will be required to wipe down equipment before and after use. Again, this is a requirement of the State of Oregon but is a great habit to get in to regardless!
  - Fitness Over 50 will provide an EPA approved disinfectant and wipe-down towels for members to use.
- Time-based Circuit Training classes will be temporarily suspended.
  - Warm-up exercises will continue on their regular schedule.
  - Members can still perform a repetition based circuit. Please see a staff member if you have questions on how to get started!
- Fitness classes not taught by FOF staff will resume per instructor comfort levels. Fitness Over 50 staff-led classes will continue with the schedule provided during the stay at home order for the immediate future.
  - In person attendance will be limited to the number of members in the fitness studio that will allow for 6 feet of distancing.
    - Fitness Over 50 led classes will be on a first come, first served basis.
- Other State Mandated Guidelines
  - Water fountains will be put out of use.
    - Please bring your own water bottles to stay hydrated during your workout.
      - FOF staff can safely refill water bottles for you if needed.
  - Fitness Over 50 will not be able to provide coffee.
    - You are more than welcome to bring your own!
    - Single grab and go items (meal bars, etc.) will still be available.
  - Lounge seating will be adjusted to respect 6 feet physical distancing.
    - Same-household members are permitted to share couches/seating.
    - Properly spaced seating outdoors will be provided for post workout socializing.
- Additional Policies
  - Clean towels will be provided for sanitation purposes.
  - We will temporarily not be providing hand and face “sweat” towels as we have in the past.
    - If you are not comfortable using a towel for your hands/face that may have previously been used for wiping down equipment, please bring your own.

We understand this is a lot, and that some people may view these “rules” or guidelines negatively. However, please consider these measures as a temporary inconvenience to a more permanent solution. These policies will allow us to remain open and provide the same quality service as we always have, and do so safely. The more we adhere to these requirements the quicker we will get through this. We cannot express how excited we are to see those of you who are ready to come back, and we are committed to providing the online services for those of you who aren’t quite ready to return!

We hope to see you soon,

Nate, Jason, and Staff