



# **MUKWA HEALTH AND FITNESS CENTER** **COVID-19 SAFETY POLICIES & PROCEDURES**

*“In accordance with BMCC guidelines, State guidelines, and Bay Mills Indian Community guidelines”*

The COVID-19 pandemic is an ever-evolving situation and facilities and organizations have to plan for many contingencies. The following plan is based on current information that is known about COVID-19 as of today.

Many of the following policies and procedures are backed by research and industry standards that are being set as of now. This is a fluid situation, so we ask all of our members and guests to be flexible and accommodating as some of these guidelines may change.

## ***DISCLAIMER ABOUT COVID-19***

People with COVID-19 have exhibited a wide range of symptoms – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

However, this list does not include all possible symptoms.

There is no vaccine to prevent coronavirus disease 2019 (COVID-19). Therefore, the best way to prevent illness is to avoid being exposed to this virus. The virus is thought to spread mainly from person-to-person, as follows:

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs, sneezes, or talks.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.



- Studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

## **MEMBER AND GUEST POLICIES AND PROCEDURES**

*First and foremost, if a member or guest is exhibiting any signs or symptoms of COVID-19, PLEASE DO NOT VISIT THE FACILITY. Stay home and respect others and limit the “potential” spread of the virus.*

### **Screening and Access to the Fitness Center**

1. Instituting a screening process will require the facility to go from a 24-hour facility to an hourly facility. The hours will be posted around the gym and other areas of interests to our members (Facebook, BMCC, and Mukwa Health and Fitness website).
2. A screening desk will be positioned outside the front office. A staff member will be stationed there at all times. Staff will open the door for any incoming member or guest, greet the patron, and start the screening process there.
3. The entrance screening will include a quick list of questions that relate to COVID-19. You MUST answer all questions honestly. If you answer “yes” to any of those questions, you may be asked to leave the facility for your safety and the safety of others.
4. There will be a non-contact thermometer at the screening station, and we will require all members and guests to allow staff to check their temperature. Temperatures may vary slightly. However, if a patron exhibits a temperature above 100.4 degrees, he/she will not be permitted to enter the facility.
5. With a successful screening process, the member or guest will be permitted to use the facility. Please remember, as before, children under the age of 13 are not permitted in the Fitness Center except for organized youth activities.

### **Using Fitness Center Equipment**

1. After a successful screening, staff will instruct members or guests to grab their own personal disinfectant spray bottle and towel. PLEASE wipe down the equipment before and after each use. This includes dumbbells, bars, benches, weight lifting plates, balls, or other small pieces of equipment as well as larger equipment.
2. Some equipment maybe turned off or sectioned off to ensure space for social distancing. It may be necessary to reduce the duration of your workout when others are waiting for equipment, please be courteous and accommodating.
3. Members and guests will be required to wear a mask in and out of the facility. We will work with medical and public health professionals to determine when and where you will have to wear a mask.
4. Access to locker rooms will be limited to the restroom and lockers only. Showers will NOT be accessible. Patrons may use the lockers in the hallway and locker rooms but must disinfect them before and after use. Please account for this change in your workout schedule.



5. Patrons will not be able to drink straight from the drinking fountain. The fountain fixture for filling water bottles will be accessible. Please bring a clean drinking bottle. There will be NO cardboard/disposable cups available at this time for the drinking fountain.
6. The BIA and weight scale will be unavailable until further notice.
7. There will be more fans than normal stationed throughout the facility to encourage ventilation and air flow. Please do NOT turn them off or move them.
8. The total number of members/guests using the facility at one time will be capped at 20. We will ask members or guests to keep their workouts under an hour to provide access for more people over the course of the day. If the facility reaches capacity, staff will set a timer on the current users and alert them to the fact others are waiting to get into the facility. The timer will be set at 15 minute intervals, and the member who has been there the longest will be “on the clock” and will have to finish their workout within that time period. Staff will track members and guests as they enter and leave. Staff will use only first names for policy enforcement and communication in the Fitness Center.
9. Group fitness room: all equipment and fitness items will be available for use except the overhead sound system. Please bring in your own personal listening devices. Staff will ask for your assistance in disinfecting and wiping the items you use.

*Again, PLEASE be flexible and accommodating during this situation. We will be working diligently to get the facility as close to “normal” as possible.*

### **Staff Procedures and Policies**

1. Upon arrival, staff will be screened for signs and symptoms of COVID-19. If they present any signs or symptoms, they may be asked to leave for the rest of the day or until further testing can be completed.
2. Hand hygiene and sanitation will be completed regularly for all staff. There will be more hand sanitation stations for convenient access.
3. Staff are required to wear a mask while in the walkway or screening area, classroom, cardio and free weights area, group fitness room, any of the closets, and locker rooms. Staff will be permitted to remove the mask in the offices as long as there is a barrier between them and potential guests and members.
4. Staff will spend 30 minutes (minimum) before opening and after closing the facility cleaning and disinfecting the facility.
  - a. At the end of every 2-hour block, the last 15 minutes will be spent wiping down and disinfecting all of the equipment. **EVEN IF A PERSON IS USING THE EQUIPMENT.** This can be an inconvenience but will help mitigate the spread of any potential virus or disease. Please be flexible and accommodating to staff during this time.
5. Staff will still be able to adjust memberships and take money for memberships at the facility, but the fingerprint scanner will be shut down until further notice.



### **Group Fitness Classes (Outdoors Only):**

1. The Mukwa Health & Fitness Center will remain closed to any indoor group activity.
2. No more than 25 participants per class.
3. All instructors and participants must adhere to the 6' social distancing guidelines at all times.
4. No physical contact between participants.
5. Masks are optional.
6. Participants will be responsible for bringing their own sanitized water bottle and filled water bottle.
7. All participants must utilize disinfectant prior to and after the class (a disinfectant station will be provided).
8. Parents/guardians will be allowed to watch the classes but must maintain at least 6' social distancing.
9. All participants will be screened for symptoms prior to class.
10. Socializing will not be allowed prior to or following class.
11. In the event of inclement weather, the instructor has the option to reschedule class or utilize the Brimley/Bay Mills Farmers Market Pavilion or another appropriate space. The instructor will be responsible for communicating with their participants.

Thank you for your cooperation as we work together to keep everyone safe and healthy.