



Wellness & Fitness Center members,

We've missed our WFC community so much, and we can't wait to welcome everyone back soon! Our team has been hard at work prepping our facility and equipment, updating cleaning protocol, and making plans so we're ready for when all of you can join us in the WFC again!

We know there are some WFC members who are ready to come back to the WFC to find some sense of normalcy and routine. We know that there are some WFC members who are still a little (or a lot) nervous about how we move forward in this "new normal". This has been an unpredictable time for everyone, and we want to give you an idea of what you can expect when we re-open the WFC on Monday August 17<sup>th</sup>.

As you read this message, please note that we consider this "Phase I", and we will continue to monitor and open more equipment and hours when we can. We will reveal a "Phase II" when appropriate.

### **When will you be open?**

The WFC is expected to reopen on Monday August 17<sup>th</sup>. It will be open to members in the following limited increments throughout the day in order to allow for cleaning and disinfecting between peak hours.

Monday thru Friday 5:30 AM to 10:30 AM and 12:00 PM to 7:00 PM

Saturdays and Sundays CLOSED

Please note that these are two separate periods of open hours. We will be closed before, after, and in between these hours to thoroughly clean and disinfect the facility and equipment. While we are closed, our focus will be on cleaning and disinfecting - if we miss your phone call or email, we promise to return your message as soon as we return to the WFC front desk.

### **What will be open and available?**

All space and equipment will be available on a first come, first served basis. We will not be taking reservations.

The following areas of the WFC will be open but will be limited in capacity. Aerobic Studio: Maximum of 6 people; Weight Room: Maximum of 3 people; Multi-Purpose Room: Maximum of 6 people.

Guest Passes will not be provided during Phase I. Access to the WFC will only be granted to the KCKCC community: students, community members and employees.

The indoor track will be accessible, but walkers will be asked to maintain social distancing practices.

There will be Group Fitness Classes. These classes will be limited to the first 6 participants. Virtual group Fitness Classes will continue via Zoom and Facebook during this time. The Multi-Purpose room will also be made available for virtual use but limited to 6 participants.



Water bottle filling stations will be accessible; however, drinking fountains will be closed until further notice. We encourage WFC members to bring their own water bottle when coming to exercise.

Towel service is suspended until further notice. Shower facilities will still be open for use. Please bring your own workout and shower towel with you.

All floor fans have been removed from the facility to reduce the potential spread of COVID-19.

Spotting in the weight room has been suspended until further notice due to social distancing. Participants will not be allowed to attempt maximum efforts that require a spotter.

Personal Training is still available but will be limited due to social distancing.

### **What can I expect when I come to the WFC?**

WFC members will be responsible to scan their own ID card when they arrive and leave the facility. The WFC will not be touching or handling any participants personal items such as student ID cards or keys to name a few.

We will only have one employee at the WFC front desk at a time during our open hours. Plexiglas will be installed at the front desk for member and staff safety. Additional employees will be circulating throughout the facility to clean and sanitize between equipment uses, but they will maintain social distancing guidelines.

All WFC participants must wash their hands as soon as they enter and check in at the facility front desk. Frequent handwashing is strongly encouraged to prevent potential virus spread.

All WFC employees must wash their hands as soon as they report to work. Employees must wash their hands after cleaning and touching of fitness equipment.

All WFC members will be asked to follow social distancing practices – maintaining 6 feet apart.

Alternating pieces of cardio equipment will be unavailable for use in order to support social distancing practices. Some equipment has been removed from the gym floor to allow for safe, distanced use.

Signage will be posted around the facility to promote social distancing guidelines.

Tape or decals will be placed along the floor to indicate traffic flow and to encourage social distancing in areas where lines and groups may form.

Members will be encouraged to exercise individually, rather than in larger groups (6 or less arriving together at one time).

WFC employees must always wear face masks.

WFC members must always wear face masks while in the facility except when preparing and using the shower area.

Hand sanitizer will be readily available for employees and WFC members.



WFC members will be asked and are expected to wipe down their equipment after use. As always, we have disinfectant wipes stations that are an EPA approved disinfectant (Gym Wipes) spaced out throughout the facility.

There will be no “working in” on equipment and circuits are discouraged. WFC members must finish sets and wipe off equipment after use.

Commonly touched surfaces throughout the entire facility such as door handles, equipment, etc., will be cleaned and sanitized at least once every hour by WFC employees.

Most of our shared, hand-held, and smaller equipment has been removed because of difficulty in disinfecting them properly between uses.

### **What happens if someone does not follow these reopening policies?**

The WFC reserves the right to refuse service/access to any patron.

The WFC will operate with a zero-tolerance policy through the fall semester. Failure to follow the above guidelines and policies will result in being asked to leave. If this behavior is displayed again, then there will be no future admittance for the remainder of the semester with no refund.

We understand that change is difficult. This list is long, and many of these new procedures may sound challenging. But your safety is our number one priority. Everything we are doing is with you in mind. Again, we consider this “Phase I”, and we will continue to monitor and open more equipment, machines and hours when we can.

We have been and will continue to work with KCKCC’s leadership, local health professionals, our cleaning supply vendors, college colleagues and recommendations from our professional organizations to ensure best practices are maintained. We’ll also be listening to our members' concerns and adjusting as needed. Please let us know what we can do to make you feel more confident and safer.

As always, don’t hesitate to reach out to me via phone call, email, or soon in-person if you have any questions or concerns.

Stay safe and be well,

Rob

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