

Bainbridge Island Metro Park & Recreation District

Recreation Division Reopening Plan

The Bainbridge Island Metro Park & Recreation District recognizes that parks, trails, recreational, and cultural programming provide opportunities for physical activity while also providing respite, health, and wellness. As our Governor has announced, our state's approach to reopening will be phased in over some time while monitoring the health status of each county. As we embark on this reopening plan, the Park District strongly encourages community members to use parks, trails, and open spaces while still following guidelines from health experts and government officials to prevent the spread of COVID-19.

Going forward, our recreational and cultural programming will be reconvening under new operational standards to help protect community members and our staff. The Park District staff has drafted these new standards based on research from the CDC, Kitsap Public Health District, National Recreation and Park Association, and the Washington Recreation & Park Association. As we all may have read and heard in the news, this reopening will be gradual and segmented. We understand the initial reopening will seem restrictive and provide some inconveniences, but it is for everyone's well-being and safety.

Upon reopening, offerings may be modified and will be limited in capacity and subject to limited availability or closed, based on direction from health experts and government officials to promote physical distancing. Once you have registered for a recreational program, a Park District staff member will reach out to you with guidance on how the program will be following the new health guidelines.

WE RESERVE THE RIGHT TO CANCEL ANY RESERVATION, ADMISSION, EVENTS OR PROGRAM ACTIVITIES AND PROVIDE APPLICABLE REFUNDS PER THE PARK DISTRICT'S REFUND POLICY.

COVID-19 WARNING

We have taken enhanced health and safety measures to protect all Park District participants and staff. You must follow all posted instructions while participating in Park District programming.

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

By registering for Park District programming, you voluntarily assume all risks related to exposure to COVID-19.

Let's all work together to stay healthy!

PHASE 2 – KITSAP COUNTY GUIDELINES

All businesses operating during Phase 2 have a general obligation to keep a safe and healthy facility in accordance with state and federal law, and comply with the following COVID-19 work site-specific safety practices, as outlined in Governor Jay Inslee's "Stay Home, Stay Healthy" Proclamation 20-25, and in accordance with the Washington State Department of Labor & Industries [General Requirements and Prevention Ideas for Workplaces](#) and the Washington State Department of Health Workplace and

[Employer Resources & Recommendations](#). All businesses are required to post signage at the entrance to their business to actively encourage their customers to use cloth face coverings when inside with their staff. Refer to Requirements for All Businesses in Phase 1 for more information.

No business, job/worksites, or establishment may operate until they can meet and maintain all the requirements in this document, including providing materials, schedules, and equipment required to comply. Additional considerations are made as suggestions and may be adopted, as appropriate.

- All issues regarding worker safety and health are subject to enforcement action under L&I's Division of Occupational Safety and Health (DOSH).
- Employers can request COVID-19 prevention advice and help from L&I's Division of Occupational Safety and Health (DOSH).

Fitness & Training

Phase 2 authorized operations include appointment-only one-on-one personal training and small group fitness sessions (groups of 5 or less) at training facilities, which includes staffed indoor fitness studios providing private instruction for personal fitness training that requires access to specialized equipment, including but not limited to gymnastics, weight and resistance training, martial arts, yoga, and similar instructor-led fitness services. All fitness training facilities operating during Phase 2 must adopt a written procedure for employee safety and customer interaction that is at least as strict as this procedure and complies with the safety and health requirements below.

Prior to reopening, all fitness training facilities are required to develop at each location a comprehensive COVID-19 exposure control, mitigation and recovery plan. The plan must include policies regarding the following control measures: PPE utilization; on-location physical distancing; hygiene; sanitation; symptom monitoring; incident reporting; location disinfection procedures; COVID-19 safety training; exposure response procedures and a post-exposure incident project-wide recovery plan. A copy of the plan must be available at the location and available for inspection by state and local authorities. Failure to meet planning requirements will result in sanctions, including the location being shut down.

COVID-19 Trainer Responsibility

- Personal trainers conducting personal training will be responsible for ensuring that the COVID-19 Safety Plan is being adhered to.

COVID-19 Safety Training

- A safety briefing must be conducted at the beginning of each personal training session to reemphasize the protective measures for everyone to include maintaining social distancing, sanitation protocols, and pre-session screening. Alternatively, a safety video can be shared and emailed to the client prior to the scheduled appointments.
- Each client will sign a waiver of consent and commitment to the facility's reopening policies prior to their scheduled appointment time. Clients will be informed to wear training attire to the facility and bring their own hand towel.

Pre-Session Screening

- High risk clients are not permitted as part of Phase 2 re-opening. High risk clients include people over the age of 65, people with serious underlying medical conditions like chronic lung disease, moderate to severe asthma and people who are immunocompromised.
- Place signage at facility entrances to instruct patrons that they cannot enter if they have been diagnosed with COVID-19 (have not recovered or are still within the required 14-day quarantine), had symptoms of COVID-19 (within the last 24 hours), or had contact with a person that has or is suspected to have COVID-19 (within the last 14 days).
- A facility may conduct a temperature screening and/or questionnaire of clients at the facility entrance.

Safety and Social Distancing Practices

- Social distancing guidelines of at least six feet of separation must be maintained by every person in the facility at all times to the greatest extent possible. Each facility will have a social distancing plan that explains where clients can be at a given time in lobby or waiting areas, private offices, and the training area. Place signage at entrances and throughout the facility to instruct clients of the enhanced social distancing requirements.
- Authorized access to the facility should primarily be through the front door. Other access points should be kept closed.
- Tissues and trash cans must be made available throughout the facility
- Training equipment will be adjusted or access restricted in order to maintain proper social distancing standards. Frequently clean and disinfect high-touch surfaces, such as gym equipment, handrails, doorknobs, and restrooms. Sanitation workers disinfecting these areas must be provided appropriate personal protective equipment (PPE) for these work tasks and trained on work expectations. If these areas cannot be cleaned and disinfected frequently, these locations shall be shut down until such measures can be achieved and maintained.
- Total number of people in the facility, to include staff, trainers, and clients, will be limited to 30 percent of the facility's building occupancy, as determined by the fire code.
- Congregations of no more than five people will be allowed in common areas such as employee break rooms and lobbies, and only if social distancing may be maintained.
- Training sessions must be staggered to maintain social distancing and limited capacity in a facility.

Sanitation Protocols

- Ensure restrooms are frequently cleaned and appropriately disinfected throughout the day.
- Clients shall be required to bring their own water bottles. Water fountain use shall be restricted to water bottle filling stations only. Congregating at water bottle filling stations shall be limited.
- Soap and running water shall be abundantly provided for frequent handwashing.
- Hand sanitizer with at least 60% alcohol must be available and distributed throughout the facility.
- All clients will wash their hands or use facility provided hand sanitizer upon entrance to the facility and prior to entering the training floor. This will be confirmed by the trainer.
- Equipment will be sanitized immediately after each use. Sanitation spray or wipes will be dispersed throughout the training floor.
- Trainers must wash their hands and use hand sanitizer before and after each training session.
- Facility provided towel service will be discontinued during Phase 2.
- For guidance on choosing safer disinfectants: Safer Cleaning, Sanitizing and Disinfecting Strategies to Reduce and Prevent COVID-19 Transmission, [UWDEOHS](#)

Limited Use of Facility and Business Adaptations

- No large group fitness classes (more than 5) will be permitted during Phase 2.
- No in-facility childcare services will be permitted during Phase 2.
- Small group fitness sessions will be limited to groups of 5 or less per session, not including the trainer.
- The following areas will be closed during Phase 2: showers, pools, basketball courts and other group athletic areas, hot-tubs, saunas, steam rooms, and tanning beds. Locker room use will be limited use for hand washing and restrooms only or avoided if possible.

Employee/Trainer Protection

- Screen all employees and trainers reporting to work for COVID-19 symptoms with the following questions:
 - Have you been in close contact with a confirmed case of COVID-19?
 - Are you experiencing a cough, shortness of breath, or sore throat?
 - Have you had a fever in the last 48 hours?
 - Have you had a loss of taste or smell?
 - Have you had vomiting or diarrhea in the last 24 hours?
- Ask employees and trainers to take their temperature at home prior to arriving at the business, or take their temperature when they arrive. Thermometers used at the facility shall be 'no touch' or 'no contact' to the greatest extent possible. If a 'no touch' or 'no contact' thermometer is not available, the thermometer must be properly sanitized and disinfected between each use. Any employee or trainer with a temperature of 100.4°F or higher is considered to have a fever and must be sent home.
- Staff must be sent home if they're sick or feel sick. If an employee or trainer reports feeling sick and goes home, the area where the person worked should be immediately disinfected.
- Staff must wear face coverings (employer is required to provide) and other personal protection items as required by the Washington State Department of Labor & Industries. Facility owners should provide training on personal protective equipment based on CDC guidelines and in accordance with the Washington State Department of Health guidelines.
- Staff must wash hands frequently with soap and water and use hand sanitizer.
- If a staff member or trainer is confirmed to have COVID-19, facility owners should inform staff and trainers of their possible exposure but maintain confidentiality as required by the Americans with Disabilities Act. The facility owner should instruct employees and trainers how to proceed based on the CDC Public Health Recommendations for Community-related Exposure.

Ventilation

- Keep doors and windows open where possible and utilize fans to improve ventilation. Adjust mechanical ventilation systems to bring in as much outside air as possible.