



Strawberry Hill Mini Gym COVID-19 Reopening Plan for Sports, Fitness and Exercise Classes:

COVID-19 Instructors Responsibility

- Program Instructors 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 class to reemphasize the protective measures for everyone to include maintaining social distancing, sanitation protocols, and pre-session screening.
- Participant will be informed to wear class attire to the facility and bring their own hand towel and water bottle.

Pre-Program Screening

- High risk participants are not permitted as part of Phase 2 re-opening. High risk participants 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 participants 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 temperature screening and/or questionnaire of participants may occur before each class 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 program at all times to the greatest extent possible. Place signage at entrances and throughout the facility to instruct clients of the enhanced social distancing requirements.
- Tissues and trash cans must be made available in the facility.
- Program equipment access may be restricted in order to maintain proper social distancing standards. Frequently clean and disinfect high-touch surfaces, such as program equipment, handrails and doorknobs.
- Total number of people in the program, to include staff and participants, will be limited to no more than five people and only if social distancing may be maintained.
- Programs must be staggered to maintain social distancing and limited capacity in a facility.
- No visitors will be allowed during the first or second phase of reopening.

Sanitation Protocols

- Participants shall be required to bring their own water bottles. Water fountain use shall be restricted to water bottle filling stations only.
- 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 participants will wash their hands or use facility provided hand sanitizer upon entrance to the facility. This will be confirmed by the instructor.



- Equipment will be sanitized immediately after each use. Sanitation spray or wipes will be dispersed throughout the facility.
- Instructors must wash their hands and use hand sanitizer before and after each class.

Employee Protection

- Screen all employees 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 to work, 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 with a temperature of 100.4°F or higher is considered to have a fever and must be sent home.
- Staff will be sent home if they're sick or feel sick. If an employee reports feeling sick and goes home, the area where the person worked should be immediately disinfected.
- Staff must wear face coverings and other personal protection items as required by the Washington State Department of Labor & Industries. Training on personal protective equipment based on CDC guidelines and in accordance with the Washington State Department of Health guidelines will be provided.
- Instructors must wash hands frequently with soap and water and use hand sanitizer.

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.