

DEDHAM HEALTH
& Athletic Complex

Covid-19 Reopening Handbook

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Opening health clubs that are properly prepared to safely accommodate people during the Covid-19 Pandemic is vitally important.

The benefits of regular exercise are indisputable. In fact, recent medical literature suggests that individuals who exercise are at less risk of being hospitalized with Covid-19.

As a Health Club and complete Medical Wellness Center, the health and wellness of our employees, members and the communities we serve are our top priority.

Immediate Benefits

- **Reduced Anxiety**
- **Reduced Stress**
- **Reduced depression and enhanced mood**
- **Feeling of belonging**
- **Increased energy and vitality**

Long lasting Benefits of health

- **Enhanced immunity**
- **Increased heart and lung effectiveness**
- **Weight loss**
- **Reduced risk of chronic disease, i.e. diabetes**
- **Reduced risk of injury**

These benefits are of vital importance as we fight the Corona Virus together. We are confident that we can safely welcome our team and members back into our clubs. Reopening health clubs with appropriate precautions will be of tremendous benefit to the community and our members physically, mentally and emotionally.

Reopening health clubs will include extensive social distancing and enhanced cleaning in the initial phase. National guidelines currently recommend people stay at least six feet away from each other in public. Health clubs will be obligated to go farther, and implement new cleaning protocols and operating procedures.

Throughout this reopening guide our focus will be on the state and local suggested guidelines for Social Distancing, Hygiene Protocols, Staffing & Operations and Cleaning & Disinfection

Dedham Health Member Code of Conduct

This is an unprecedented time and as a result of COVID-19, our lives have been dramatically changed, at least in the short-term. In order to reopen, it is imperative for us to develop a Dedham Health Member Code of Conduct.

The recent member survey served our reopening plan well – Members provided us with some extremely valuable feedback. The overwhelming response from your fellow members, “We worry that other members won’t cooperate and do their part to keep the facility clean.” So, to ensure a successful Phase One launch, and to mitigate the risk of a virus resurgence, members must follow the itemized Dedham Health Member Code of Conduct.

- Be respectful of each other.
- Follow all reservation and registration requirements to utilize the Club.
- Sanitize your hands before entering the club. We have placed a sanitizing dispenser outside the main entry door.
- At check-in, agree to TEMPERATURE check with a hands free, infrared thermometer.
- Every member must honor the six-foot social distancing requirement as set forth by the CDC.
- Every member must wear a mask from exiting your car until you return to your car, after your visit. With the exception of lap swimming and during high intensity cardio exercising
- Whether wearing a mask or not, cover coughs and sneezes with a tissue or use the inside of your elbow.
- Wash hands with soapy water while singing in your head two rounds of Happy Birthday, or 20 seconds.
- Sanitizing stations are strategically positioned throughout the facility. Before and after using Club equipment, wipe down equipment you are using.
- All studios are “No Access” unless attending a Dedham Health sponsored program/class.
- **No group gatherings and no lingering before or after your workout.**
- We have established a Phased opening plan, please honor the specifics of each Phase.
- Follow directed arrows and signs.
- LOST & FOUND. Dedham Health will no longer hold personal items left behind, i.e. water bottles, towels, clothing. At the end of the business day, these items will be thrown out, with the exception of personal jewelry, wallets, purses and electronics. If you believe one of these items has been left at the Club, call the Reception Desk immediately. We will do a search of the areas you visited and report back to you if the item was found. Please call ahead to retrieve your secured item.
- Respect private office space. Some have physical barriers due to the limited space and the inability to honor the 6-foot social distancing.

- It is every members' personal responsibility to stay home if they are feeling ill.
- Please follow the CDC recommendations for going back out in public.
 - Follow this link for specifics:
<https://www.cdc.gov/coronavirus/2019ncov/symptoms-testing/symptoms.html>

Change is often difficult, continue to remind yourself of the GREATER GOOD. Paused services and programs will eventually return, they are what makes our community so unique. Bear with us, this too shall pass, the Dedham Health culture will grow back to what is once was, even better.

Preopening plan preparation

In order to follow the CDC guidelines on social distancing and hygiene protocols, the following steps have been taken

1. A deep clean of the entire facility by our cleaning staff prior to opening
2. Purchase of an air/surface sanitation system, AirPHX
 - a. We have implemented this technology throughout the entire facility
 - b. AirPHX is a new technology that has been tested by an independent Bio Safety lab #2 and proven to effectively eliminate bacteria, mold, mRSA, Staph, Athletes Foot Fungus, C.DIFF, Odors and HCoV-229E a close genetic match to SARS-CoV-2 (cause of the Covid-19 sickness).
3. We have purchased a sanitation system, My-Shield
 - a. My-shield surface Cleaner
 - i. My-Shield is a unique fast acting, safe, non-toxic surface treatment product that will kill most common bacteria and viruses on contact and continues to do so for 21 days.
 - ii. We have sprayed all high touch areas and will continue every 21 days.
 - b. Germfree 24 hand sanitizer
 - i. Germfree 24 Hand Sanitizer remains active through as many as ten hand washings.
4. Purchased a temperature scanning system.
 - a. Safe Space Scanner allows for temperature reads without breaking the 6 foot social distancing requirement.
 - b. Touchless handheld thermometers.
5. Club signage
 - o All internal club signage made, printed, and hung up where needed Includes directional signage
 - All members must wear a mask
 - Do not use (certain equipment)
 - No entry (areas that will be closed)
 - Front desk check-in signage
 - Sanitizing station signage, hand vs equipment and the differences
 - Parking lot directions
 - Locker rooms and bathrooms
6. Directional and personal space markings placed throughout the facility
7. Communication with members on expectations of Social distancing and hygiene protocols
8. Update website with all communications

Protocols to support social distancing and protect the community from a potential resurgence.

USAGE OF AREAS

- The Fitness Center will start without a reservation system. If traffic flow/demand becomes greater than the established maximum occupancy, then we will introduce a reservationsystem, beginning with prime time and adding from there if necessary.
- Group exercise classes will be reservation ONLY.
- Tennis access will be reservation ONLY.
- Lap swimming will start without a reservation system. If traffic flow/demand becomes greater than the established maximum occupancy, then we will introduce a reservationsystem
 - There will be a time limit of 30-minutes.

MEMBER CHECK-IN

- All members will check-in at the main entrance. Members may need to wait in a Check-In line. Social distance spacing will be clearly marked along the entranceway and sidewalks.
 - Be prepared, upon entering the Club, your temperature will be taken with a no-contact infrared thermometer. Anyone entering the facility will be checked.
 - Only people who are fever free are allowed to enter the facility.
 - Anyone who arrives with a fever will be cordially asked to come back when they are feeling well *and* do not present with a fever
 - Be prepared to answer questions based on the CDC guidelines.
- No guests until further notice.
- A protective layer of plexiglass has been added to the Front Desk.
- Transactions are charge to account only and as requested by members, receipts may be emailed to the email address on the account.

PROGRAM CHECK-IN

- Anyone enrolled in swim lessons (when available), and swim team should enter through the Summer Club entrance.
 - Same process as Member Check-in.

SOCIAL DISTANCING

- Seating areas have been rearranged to maintain social distancing.
- Traffic patterns have been clearly marked throughout the facility.
- A reservation policy is being considered for access to the Club. For now, this is on hold, we will monitor pedestrian traffic once we reopen, if necessary, and a prime-time reservation policy will be announced. Specific details will be determined at that time.

What does this mean for Dedham Health?

Our local, county and state officials have additional mandates/restrictions that we are, by law and common sense, required to implement. Be advised, Dedham Health does not take these regulations lightly. We have diligently considered every aspect of how and when to deliver all programs and services safely.

Given COVID-19's dramatic impact on our lives, we must be respectful to protect our members, staff and community from a resurgence of the virus.

As our Phasing plan moves into different stages, we may identify programs or services where restrictions will remain in effect. This process is fluid and at times, depending upon data and governmental regulations, we may add a necessary interim Phase, and/or delay implementing some services. Dedham Health will be prudent and remain conservative with these decisions. It's a long- term process, be patient and conscientious and we will safely remain open whereby continuing to grow our membership. We will be transparent throughout this process, building trust and confidence with our members, staff and the community.

PHASE 1

- Reservations can be made on the Dedham Health portal and are required to be made in advance of coming to the Club:
 - Spinning, all classes
 - Group Fitness, all classes
 - Mind/Body, all classes
 - Tennis Courts
- Club hours
 - Adjusted to allow for complete cleaning each day
 - Make sure the hours are broad enough to spread out membership usage.
 - Monday – Friday: 5:30am – 9:00pm
 - Saturday & Sunday: 6:00am – 8:00pm
 - Club Access
 - will restrict usage to members only
 - no guest or trial memberships
- Limiting amount of members
 - A reservation policy **is being considered for access to the Club**. For now, **this is on hold**, we will monitor member traffic once we reopen, and if necessary, a reservation policy will be put into place. Specific details will be determined at that time.
- PPE
 - All members will be required to wear a mask at all times upon entry
 - **EXCEPTIONS**
 - On Cardio Equipment (spacing is 14 feet)
 - Group exercise classes (spacing is 14 feet)
 - Temperature will be taken upon entry
 - Members will be required to answer CDC questions on health.
 - All members will be required to use sanitizer before entry
 - Plexiglas barriers have been installed at front desk for member and employee safety.
- Closed Areas – The following areas will be closed to ensure social distancing requirements.
 - All kids spaces as dictated by state and local guidelines.
 - No kid or junior members are allowed
 - Swimming Lessons
 - Personal training
 - Assessments and orientations
 - Treehouse
 - Rock gym
 - Family locker rooms
 - Sauna and steam rooms
 - Whirlpools

- Showers
- Open Areas
 - Locker-room & Lockers
 - Reduced capacity to adhere with social distancing requirements
 - Restrooms open
 - Jogging track
 - Masks must be worn
 - ≤4 at one time
 - Lessons
 - Tennis lessons
 - Karate
 - Swimming Lessons
 - Fitness center
 - Cardio Area:
 - Masks do not have to be worn
 - Certain cardio equipment will be cordoned off
 - Dividers have been placed between each open piece.
 - Free weight Area:
 - Masks must be worn
 - Limited participants allowed at the same time.
 - Selectorized Areas:
 - Masks must be worn
 - We have created directional flow requirements which will keep members moving in the same direction while simultaneously creating social distancing.
 - Group exercise
 - Advanced registration will be required for classes and each group exercise studio will have markings to define where a participant must remain.
 - Reservation system
 - Limited number of participants
 - Marked spaces for controlling social distancing (more than 14 feet)
 - Members must bring their own equipment
 - Classes that will run starting Wednesday July 8
 - BodyPump
 - Yoga
 - Mat Pilates
 - Cycling
 - Zumba
 - Water Fitness Classes
 - Base Classes
- Swimming pool

- Masks must be worn until you enter the pool
 - Pool Lanes are 8 feet wide
 - only 1 person will be allowed per lane
 - 30 minute maximum
- Tennis Courts
 - No more than 4 per court
- Basketball court
 - Masks must be worn
 - Will be closed when being used for Group Exercise classes
 - One person per basket
- Wellness Central
 - Masks must be worn
 - On cardio equipment as well
 - We have a senior only area. In this space we have implemented more stringent guidelines regarding social distancing and access.