



## **BULLETIN**

### **FITNESS CENTERS**

August 26, 2020

Green Valley Recreation has submitted an application to the Arizona Department of Health Services (ADHS) in hopes of re-opening one of GVR's fitness centers in the coming weeks. Once GVR is given the "go-ahead," we will re-open the Canoa Ranch fitness center ONLY. After a trial period during which members will need to adhere to a new set of mandates and guidance, GVR will consider opening subsequent fitness centers, assuming the COVID-19 indicators continue to trend in a positive, downward direction and meet the ADHS thresholds.

Per updated guidelines and regulations by the ADHS, gym and fitness center operators must implement and ensure the following protocols:

- **Reduce occupancy limits to 25%.** GVR will implement an online reservation system which will allow a fixed number of members to access the fitness centers at any given time.
  - There will be a 60-minute time limit for each member, per day, to use the GVR fitness center. After each 60-minute workout interval, GVR custodial staff will clean the fitness room for 30 minutes, after which the next workout time period will begin.
  - Members will be able to reserve space at the fitness center via the GVR website. Members may use one of the GVR Member Concierge Kiosks located in the lobbies at Canoa Ranch and West Center.
  - Please note, if you arrive without a reservation and the fitness room is at capacity, you will need to schedule a later time using your smart phone or the Concierge Kiosk. You will be required to wait outside the GVR center until your selected reservation time.

- More details on this, as well as instructions for the sign-up system, will be available on the homepage of the GVR website in the coming weeks.
- **Face coverings are required** at all times while indoors, including during cardiovascular exercise. If you cannot wear a mask for any reason, you will not be permitted to enter the facility.
- **All members entering the fitness room will have their temperature checked** by staff using a no-touch thermometer.
  - If your temperature is above 99.5 (99.6 or higher) degrees, you will be asked to retest in five minutes. During the five-minute waiting period before re-test, members may wait in the lobby in order to cool off.
  - After that period, if your temperature remains above 99.5 degrees, you will be asked to leave and return no sooner than 48 hours after your temperature reduces to 99.5 or lower.
  - For everyone's safety, please stay home if you have a fever or other symptoms of COVID-19, such as chills, cough, shortness of breath, sore throat, fatigue, headache, muscle/body aches, runny nose/congestion, new loss of taste or smell, or nausea, vomiting, diarrhea or if you have had close contact with an individual diagnosed with COVID-19.
- **Social distancing are required.** Staff have closed off some cardiovascular equipment to comply with physical distancing requirements. Members are asked to remain aware of the proximity of others as they move through the fitness center.
- **Common areas, including showers and locker rooms are closed.** Restrooms are available.
- **Members need to bring their own towel, water, and personal stretch/yoga mat.**
- **Members are required to wipe down equipment** before and after each use, using the available sanitation dispensers located in each fitness center. GVR staff will also be sanitizing per CDC and ADHS guidelines and recommendations.
- **Employees will be screened for COVID-19 symptoms** before each shift. They will be trained in basic first aid and appropriate disinfecting procedures.

Per the ADHS protocols, occupancy will remain limited to 25% in fitness centers until COVID benchmarks fall to "minimal" levels as detailed on the ADHS website. Once that occurs, occupancy in fitness rooms will rise to 50%. As the number of cases and infection rate decrease, occupancy will increase to 100% - a determination which will be made by the ADHS.