

Community Fitness Center Update 7/8/2020

Dear Members,

We're excited to tell you that effective Monday July 13, the Community Fitness Center will Re-Open to the public with modified hours of operation.

What NDHC is doing: to keep you safe and prevent the spread of infection to our patients and nursing home residents. These measures are based on CDC guidelines

1. Separate hours for Patients and Members
 - **Patients** Monday - Friday 7:30 am – 4:30 pm
 - **Members** Monday - Friday 5:00 **pm** – 7:00 **am**
(opens for members at 5:00 **pm** closes at 7:00 **am**)
Saturday - Sunday open for members 24 hours
2. Cleaning/disinfecting every high touch surface and piece of equipment twice a day before each group opens for the day.
3. Spacing of our equipment to promote 6 feet of distancing between users
4. Removal of duplicate free weights to gain more space
5. Hand Sanitizing station in the entry way to clean hands before contact with door handles
6. Placed Cleaning stations in two locations for Members to wipe down equipment **Before and After** use
7. All NDHC staff wear masks at all times during their work shift.
8. One Free Month of Membership for returning members

What we ask Members to do:

1. Use your fob to help us keep track of the traffic in the center.
2. Screening members is a requirement. To meet this requirement, each member will self-screen prior to entrance into the fitness center.
3. By Using your fob to enter, you are stating that you....
 - Have not traveled outside the US in the last 14 days
 - Have not traveled to a current U.S. hotspot in the last 14 days
 - Have not had close contact with someone who has tested positive for COVID 19
 - Are free of fever - temperature ≥ 100.4 degrees F
 - Have none of the following symptoms
 - Cough
 - Sore Throat
 - Shortness of Breath
 - Chills
 - Muscle Aches
 - Headache
 - Fatigue
 - Loss of taste or smell
4. Wash your hands (or hand sanitizer) before using any equipment and wash them again before leaving
5. Wipe down each piece of equipment *Before and After use. Cleaning stations are located at each end of the room. Cloths should be disposed of in the designated hamper*
6. Stay 6 Feet Away from others
7. Masks - we are not requiring members to use them during workouts. Keeping our distance and wiping down Before and After will be even more important. Masks are recommended by the CDC
8. Bring only what you need. Keys, water bottle, towel etc. The less items the less contact
9. Not Feeling Well... Please workout another day. Rest is best
10. Come In...Work Out...And Leave As much as we love to visit and catch up, we ask that you do that during your workout rather than hanging around to do that.

Thank you for your assistance in keeping this area as clean as possible for all of us.

Jamie Hillesland
Director of Rehab Services
Director of Community Fitness Center