

Dear Valued Member,

In the past few months, COVID-19 has become the premier topic of news all over the globe. From politics to sports, every area of our world is becoming affected and fitness centers are no exception. With that in mind, we'd like to take this opportunity to communicate with you about what COVID-19 means for our facility.

To start, we'd like to stress that there is no need for panic. We take precautions against disease and unforeseen accidents in our lives every day, regardless of if they are happening or not. This is our approach to COVID-19. We would like to set forth guidelines to be used as preventative measures against the contraction and spread of the virus. We ask for your cooperation in adhering to these guidelines:

1. **Proper hygiene is always important** to our facility, but we are asking members to pay extra attention to this for your safety and that of staff and other members. Please wash and/or sanitize your hands frequently.
2. **Avoid touching your face**, as well as making contact with other members. Because this virus is spread through close contact, we are asking that you avoid high-fiving other members and offer verbal forms of encouragement instead.
3. **If you do not feel right, please stay home**. This is for the safety of staff and other members. While you may feel like you can push through your workout, this poses a potential risk to others in the facility. We are happy to provide you with options for at-home workouts, such as a virtual class or a workout created by one of our personal trainers.
4. **If you have traveled outside of the country**, or to an area heavily affected by COVID-19, **please stay home** for the reasons listed above.
5. Provided that you are healthy and willing to **follow the guidelines we have highlighted**, we are pleased to continue to welcome you to our facility.

We understand that the unknowns of this virus make the situation ever-changing, and we are committed to staying in contact with you regarding any changes that may occur within our facility. Please do not hesitate to contact us with any questions or concerns.

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Employee Protection

- Allow employees to work from home as much as possible
- 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 new loss of taste or smell?
 - Have you had vomiting or diarrhea in the last 24 hours?
- Temperature screening staff before starting each shift:
 - The temperatures of each staff member will be taken onsite with a no-touch thermometer each day upon arrival at work
 - Normal temperature should not exceed 100.4 degrees Fahrenheit
- Staff will wear face coverings (not N-95 or medical masks, which should be reserved for healthcare workers) and other personal protection items as recommended by the CDC
- Provide training on personal protective equipment based on CDC guidelines
- A sanitizing station including a wash basin with soap and hand sanitizer will be available
- Staff will practice recommended social distancing to the greatest extent possible— “Further is safer”
- Staff will stagger shifts and breaks in compliance with wage and hour laws and regulations, to maintain social distancing.
- Prohibit congregating in break rooms or common areas and limit capacity of such areas to allow for safe social distancing minimum of 6 feet whenever possible
- Employees will increase hygiene practices—wash hands more frequently, avoid touching face, practice good respiratory etiquette when coughing or sneezing
- All employees should stay home if feeling ill, report any symptoms of illness to supervisor and require notification of COVID-19 positive case in employee’s household. Employees who are particularly vulnerable to COVID-19 according to the CDC (e.g., due to age or underlying conditions) are encouraged to stay home.
- Management will direct any employee who exhibits COVID-19 symptoms (i.e., answers yes to any of the screening questions or who is running a fever) to leave the premises immediately and seek medical care and/or COVID-19 testing, per California Department of Public Health and CDC guidelines. Employers should maintain the confidentiality of employee health information.
- Staff will follow the FRC plan for potential COVID-19 cases, and work with local health department officials when needed (e.g., monitor and trace COVID-19 cases, deep clean facilities)
- Covered employers and employees should be aware of the provisions of the federal Families First Coronavirus Response Act, which allows for paid sick leave or expanded family and medical leave for specified reasons, such as for self-quarantining or seeking a medical diagnosis for COVID-19 symptoms
- Staff will be aware of the FRC employee illness policies from Human Resources.

Member Protection

- Post extensive signage on health policies, including the following documents, in the workplace to help educate building occupants on COVID-19 best practices:
 - CDC guidance to stop the spread of germs
 - CDC guidance on COVID-19 symptoms
 - Consumer Protection
- Screen customers for illness upon entry to the gym:
 - Temperature checks for every customer upon entrance. Persons with temperatures above 100.4 degrees Fahrenheit will not be permitted on premise
 - Question customers regarding COVID-19 symptoms, including requiring a signed waiver of liability
 1. Have you been in close contact with a confirmed case of COVID-19?
 2. Are you experiencing a cough, shortness of breath, or sore throat?
 3. Have you had a fever in the last 48 hours?
- Keep doors and windows open where possible to improve ventilation
- Post signs encouraging social distancing (visible to customers)
- Require that customers wash or sanitize their hands upon entering and leaving the facility
- Require customers to clean equipment they come in contact with using disinfecting wipes before and after each use
- Encourage customers to use only one piece of equipment at a time (i.e., no circuits or “super setting”) so that machines are cleaned after use
- Consider limiting workout length to avoid unnecessary exposure, decrease congestion, and allow for additional sanitization
- Recommend that persons more vulnerable or at-risk for COVID-19 as identified by the CDC—including those who are over the age of 65 or those who have chronic medical conditions—take extra precaution or refrain from use of the facility.
- Facility capacity will be limited to 25 patrons at any one time in the Fitness Center and 5 patrons in the pool area.
- Mitigate exposure in the workplace by implementing social distancing guidelines and modify scheduling
- Staff to conduct regular periodic disinfecting of high-touch surfaces, equipment and common areas of the facility using disinfectant cleaning supplies according to CDC guidelines
- All hot tubs, saunas, and other spa facilities will be closed.
- Racquetball courts will be closed.
- Locker rooms will be closed and inaccessible.
- Only one restroom will be open and accessible for men and another one for women. The restrooms are not to be used as a locker room. Restrooms will be cleaned periodically throughout the day.
- Only allow group fitness classes if classes can be completed in accordance with social distancing recommendations (10 people maximum, and with more than 6 feet of distance maintained between participants at all times; no shared equipment during the class; sufficiently adjusted class schedules to allow for deep cleaning between classes).
- Adjust equipment layout and close or restrict access to equipment to maintain at least six feet of distance between equipment.

- Temporarily close water fountains (touchless fountain is open), common areas, and break rooms, where customers or employees may congregate. Encourage users to provide their own water.
- No self-service options (coffee bars, and vending machines).
- The staffing of facilities will be sufficient to enable enhanced sanitation and cleaning measures.
- The swimming pool regulations:
 - Open only for lap swimming or water aerobic activity.
 - Only 5 persons will be allowed in the pool area at any time. Reservations are required for pool use – contact the front desk for reservations.
 - Increased signage will be posted at the swimming pool.
 - Patrons will be required to place used equipment in a marked bin for sanitation before it can be used by another person.
 - Showering will be required for anyone entering the pool.
 - Swimming pool usage and regulations will follow the CDPH Guidance handbook.

FEATHER RIVER FITNESS CENTER COVID-19 WAIVER OF LIABILITY

Due to the COVID-19 pandemic in the world right now we are changing some of our policies and would like to inform you about the importance of understanding and implementing these new safety guidelines for yourself and also for our other members of Feather River Fitness while you are in our center. Please read carefully and sign upon each visit acknowledging you have read and understood the procedures of the gym.

- If you have felt sick, had a fever or any other medical signs of illness (including cough, shortness of breath, vomiting, body aches) that you refrain from entering this facility for the member’s safety and for public health.
- Temperature has been checked and does not exceed 100.4 degrees F.
- If you have traveled outside the County of Plumas you must quarantine for 14 days before the use of the gym.
- Please use the hand sanitizer given when you come into and leave the facility.
- The facility is supplied with gym wipes and Hepacide Spray. We ask that you wipe/spray down every piece of equipment that before and after you use it.
- There is hand sanitizer that is placed all along the gym walls for use as often as needed.
- You must maintain 6’ distancing from any other member in the facility and give members their personal space. The facility has been marked with X’s to visualize what 6’ in some areas look like. If someone is in your space requirements, please take it upon yourself to keep a safe distance.
- Face coverings must be worn upon entering and entering. Face coverings are encouraged to worn at all times if you can do so without impacting your ability to breath during your workout.

Feather River Fitness Center occupancy will be limited to 25 in patrons in the center and 5 in the pool. Once this level is reached, no more patrons will be allowed to enter until someone leaves the building. Feather River Fitness Center will maintain the cleanliness and safety of the facility according to the adopted COVID-19 plan. This plan is available at the Front Counter.

By signing the waiver you are agreeing that all mentioned above has been understood, agreed upon, and that you understand that using Feather River Fitness is a voluntary optional activity and that you have the option to not use the facility.	Initial Here	
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You further expressly acknowledge and accept that by using the Feather River Fitness Center, you are willingly accepting responsibility for a potentially increased risk of contracting COVID-19	Initial Here	
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Your voluntary choice to use Feather River Fitness is **AT YOU OWN RISK TO YOUR HEALTH** at this facility. Participant agrees that he/she is voluntarily participating in these activities, use of the facilities and premises and assumes all risks of injury and illness. Participant waives all legal action against Feather River Fitness Center, Feather River College, and the Feather River College Foundation, including any members, employees, officers, and directors. Participant further agrees to abide by the Feather River Fitness Center Code of Conduct and COVID-19 plan. A copy is available at the front desk.

Name (print): _____

Date: _____

Signature: _____