

# Kleinlife

## COVID-19 Facility Guidelines & Procedures

This guide was created with observance of recommendations of the Centre of Disease Control and Prevention (CDC) interim guidance for businesses and employers to plan and respond to COVID-19.

<i>New Temporary Business Hours starting Monday, November 2, 2020*</i>			
<b>SWIMMING POOL</b>		<b>FITNESS CENTER</b>	
<b>Monday</b>	<b>8:00am-5:00pm</b>	<b>Monday &amp; Wednesday</b>	<b>8:00am-9:00pm</b>
<b>Tuesday-Friday</b>	<b>8:00am-4:00pm</b>	<b>Tuesday, Thursday, Friday</b>	<b>8:00am-5:00pm</b>
<b>Saturday &amp; Sunday</b>	<b>1:00-5:00pm</b>	<b>Saturday &amp; Sunday</b>	<b>1:00-5:00pm</b>

*\*Hours subject to change*

### *General Guidelines*

KleinLife stresses the importance of minimizing the spread of COVID-19 in its facility. In order to successfully reopen, everyone individually and collectively must actively participate in the core recommendations:

- If you are sick, stay home and self-isolate
- Practice social distancing of at least 6 feet
- Wash hands frequently (20 seconds with soap and water and/or use a sanitizer that contains at least 60% of alcohol)
- Clean and disinfect all frequently touched objects and surfaces
- Avoid touching eyes, nose and mouth with unwashed hands
- Wear a mask or other cloth face covering when it is difficult to practice social distancing (do not use for children under two years old, people with difficulty breathing, or people who cannot remove the masks by themselves)
- Cover your mouth and nose when you sneeze and/or cough by using the inside of your elbow
- Minimize the use of soft surfaces like cloth covered chairs or area rugs that are more difficult to clean and disinfect
- Anyone with known exposure to COVID-19 or who has tested positive for COVID-19 should do the following before returning to KleinLife:
  - Contact the front desk at 215-698-7300 x0 and inform them of your exposure
  - Contact your healthcare provider immediately and get screened to be tested for COVID-19 and keep track your symptoms.
  - Self-isolate at home. When you are without fever for at least 72 hours without the use of medication & all other symptoms have improved and at least 10 days passed since your symptoms first appeared, then seek testing for a negative result from a COVID-19 test or a written statement of good health from a doctor.
  - If positive, complete the isolation steps above and be re-tested before returning to KleinLife.

### *Procedures for Members and Guests*

- Reserve a time slot by calling the front desk at 215-698-7300 x0.

- To enter and exit the building, you may only use the rear parking lot main entrance/exit.
- Upon arrival, call 215-698-7300 x0 to notify the front desk.
- When greeted at the door for entry, you must be wearing your mask. You are required to wear your mask the entire time you are in our facility, except for in the swimming pool.
- You will be given a short health screening survey and a liability waiver. Both documents need to be signed before entry. The waiver will only need to be signed for your first visit.
- Immediately upon entry in the corridor, your temperature will be taken and must be below 100.4F in order to continue entry into the facility.
- If your temperature is below 100.4°F, you will continue into the building and stop at the front desk to check in.
- After you check in, you are permitted to use the locker rooms and either the swimming pool OR fitness center, depending on what area you signed up for. You are not permitted to go anywhere else in the building.
- Your use of our facility is broken down into 45 minute reservations in order to give our maintenance staff proper time (15 minutes) to clean before the next appointment arrives.
- At the end of your reservation, you will be notified by a staff member and are requested to promptly exit the swimming pool OR fitness center at that time. You may use the locker rooms prior to exiting the facility.
- We ask that you be as prompt with your timing as possible. If you are running behind, it causes everyone else with reservations after you to run behind.

We appreciate your patience and understanding, and look forward to keeping our facility open for you.

***The following guidelines are in addition to the general guidelines listed above:***

#### ***Fitness Center Guidelines***

Note: Fitness Center capacity is limited to 10 people per time slot.

Questions about these guidelines are directed to Mariya Ryemyen, Athletic Director, at 215-698-7300 x137 or [mryemyen@kleinlife.org](mailto:mryemyen@kleinlife.org).

- Mask usage is mandatory at all times, including during workouts.
- Each member is required to wash or sanitize their hands prior to entering the fitness center.
- Social distancing notifiers are put in place to help traffic flow and to allow members to maintain 6 feet apart.
- Contact training and equipment sharing are prohibited.
- All equipment is cleaned and disinfected before and after each reserved session.
- Members are required to bring their own water bottle. Drinking from the water fountain is prohibited; however members may fill up their water bottle at the fountain

#### ***Swimming Pool Guidelines***

Note: Swimming Pool capacity is limited to 25 people per time slot.

Questions about these guidelines are directed to Luke Chopper, Aquatics Director, at 215-698-7300 x141 or [lchopper@kleinlife.org](mailto:lchopper@kleinlife.org).

- Masks must be worn at all times except when in the swimming pool. All swimmers are required to wear face coverings when traveling to and from the pool deck. Face coverings may only be removed when the swimmer is entering the water. Swimmers are responsible for bringing their

own bag to store their face covering in designated areas on the pool deck (hooks are available to hang up bags.)

- Each member is required to wash or sanitize their hands prior to entering the pool.
- All members must maintain 6 feet apart at all times.
- All members must follow designated pathways to ensure a safe flow.
- Walk-ins will be allowed entry depending upon the total number of members already in the pool.
- Swim instructors and lifeguards will wear face coverings at all times when not in the water.
- Sauna and steam room are closed until further notice.
- Showers will be open and cleaned after usage.
- Pool equipment (including kick boards, pool noodles, etc.) is not available for use by members.
- Swimmers are encouraged to arrive in swim gear to speed up changing process in the locker room.
- Lockers are open at a reduced capacity.

### ***Guidelines for Staff***

- Wear masks at all times. KleinLife has provisions available at a limited supply.
- Know facility capacity restrictions in order to monitor capacity throughout the building. (2,200ft<sup>2</sup>= 10 people) If you see a room in violation of proper capacity, you are expected to report it to your supervisor.
- Implement strategic scheduling to assist with monitoring members and sanitizing equipment.
- Avoid using other employee's phone desks, offices or other work tools and equipment when it is possible. And disinfect them before and after use.