

## **Meade Fitness Center Reopening Guidelines and Protocols**

The Lavins Activity Center is happy to announce the reopening of the Meade Fitness Center. We greatly appreciate the support and patience of the community and all of our members over the last seven months and want to reassure everyone that we are doing our best to provide a safe and clean environment for you to enjoy.

The Meade Fitness Center has opened with temporary adjusted hours of 7:00 am to 7:00 pm. Current members should come to the Lavins Center to reactivate their memberships, update contract expiration dates, confirm contract information and sign a COVID-19 Safety Acknowledgement Waiver. Though monthly paying members were not billed during the closure, paid-in-full members will be credited for the closure time. All members will be afforded full credit for the 7 month closure period (March 13<sup>th</sup> through October 13<sup>th</sup>) depending of course on the term of their contract. That credit must be claimed and the member contract information reactivated and updated by December 31, 2020. Starting January 1, 2021, the credit will no longer apply.

### **New Meade Fitness Center Protocols**

Due to capacity restrictions, members should schedule weekly workout times by going to the City website at [www.grossepointepark.org](http://www.grossepointepark.org) to access “**Meade Fitness Center Sign-Up**” to select their times. Members are allowed to pre-schedule three 1 hour and 20 min. workout times per week. Weekly sign-up access begins at 8:00 am on Monday mornings and closes out for the week at 8:00 pm Sunday Night. Additional times will most likely always be possible and can be reserved by phone at (313) 822-2812, ext. 300 once the weekly sign-up has closed out.

Locker room facilities will be open, however use of lockers and showers will not yet be permitted.

Members must check in at the Fitness Center desk to be temperature checked, asked screening questions and confirm their workout time sign-in.

Masks must be worn at all times, including while exercising. Masks will be available for purchase at \$1.00 if anyone accidentally arrives without one.

Members are asked to maintain social distancing of 6 ft. at all times.

Hand sanitizer and disinfectant wipes are provided in the Fitness Center and throughout the building. There is also a restroom for hand washing with soap and water just outside the Fitness Center as well as a sink for hand washing located in the Lounge where other Fitness Center equipment has now been relocated.

Members **MUST** clean equipment with antibacterial wipes provided both **BEFORE** and **AFTER** use, including while doing circuit training from machine to machine. Each machine must be wiped down immediately after use.

Fans will no longer be used in the Fitness Center and drinking fountains will not be accessible. All members should plan to bring their own water bottles or purchase bottled water at the front desk.

Limited fitness classes will resume within the first few months and will all be held in the gymnasium. Watch for notification of specific schedule and dates coming soon. Classes will be limited to a 10-person maximum. Participants must bring their own mats and equipment.

Other gymnasium programs such as Karate, Pickleball and Basketball rentals will gradually resume within the first few months as well. Watch for future notifications on these.

### **Building Safety and Ventilation System**

To prevent the possible spread of airborne germs, fans will no longer be used.

Building HVAC units are checked and maintained on a quarterly basis.

The building ventilation system has a make-up air system which continuously draws in outside air instead of using recirculated air. All HVAC units in the building use HEPA filters.

Staff will open windows while performing regular cleaning/disinfecting run throughs after each workout time period and a more thorough process will be done at the end of the day.

### **COVID-19 Response and Notification Plan**

If at any time we receive notification of a confirmed case of COVID-19 by a member or staff, we will do the following:

1. Immediately post a Constant Contact notification to all members and contact all members who were listed on the daily sign-up who may have potentially been exposed.
2. Immediately notify the Public Health Department, staff and members who may have had contact within 24 hours.
3. The building will temporarily close for deep cleaning and disinfecting.
4. Any staff or member with a confirmed case will only be allowed to return after they have been confirmed to be no longer infectious.
5. Contact tracing records will be kept daily through the process of the workout sign-up system.

### **How to Connect to the New TV Audio System**

Our new 55 inch TVs in the Fitness Center have a new audio access system that can be used through your own Apple or Android device. Download the free **AppAudio** listening app from your iTunes or Google Play app store. Then open your Wi-fi settings to connect to **AppAudio**. Once you open the app it will bring up all 5 TVs. Then simply select the one you would like to watch. Another easy way to access **AppAudio** is to scan the Barcode on each cardio machine.