

Western Wisconsin Health Fitness Center Re-Opening Guidelines

New Rules and Procedures



WESTERN WISCONSIN HEALTH
FITNESS CENTER



We are in this together.

We will be living with the reality of COVID-19 for the foreseeable future. It is our goal to continue to keep our friends, family, and community safe and healthy. To achieve this goal, we will need EVERYONE'S participation.

Employees will be taking many precautions to ensure the safety of the Fitness Center environment. Employees are not allowed to work if they have any symptoms of illness whatsoever. Employees wear clean clothes into the Fitness Center and wear clean clothes home and are masked and wear face shields the entire time they are in the facility. They have been trained in personal hygiene and facility disinfecting procedures. The Fitness Center will be completely disinfected twice per day.

Please review the following information to familiarize yourself with the new rules that have been put in place to protect the health and safety of everyone who will be using the facility. We look forward to seeing you back in the Fitness Center soon and are excited to hang out with our fitness family again!

Imagine a healthier tomorrow.

FOR MY FAMILY
FOR MY HEALTH & WELLNESS
FOR MY COMMUNITY



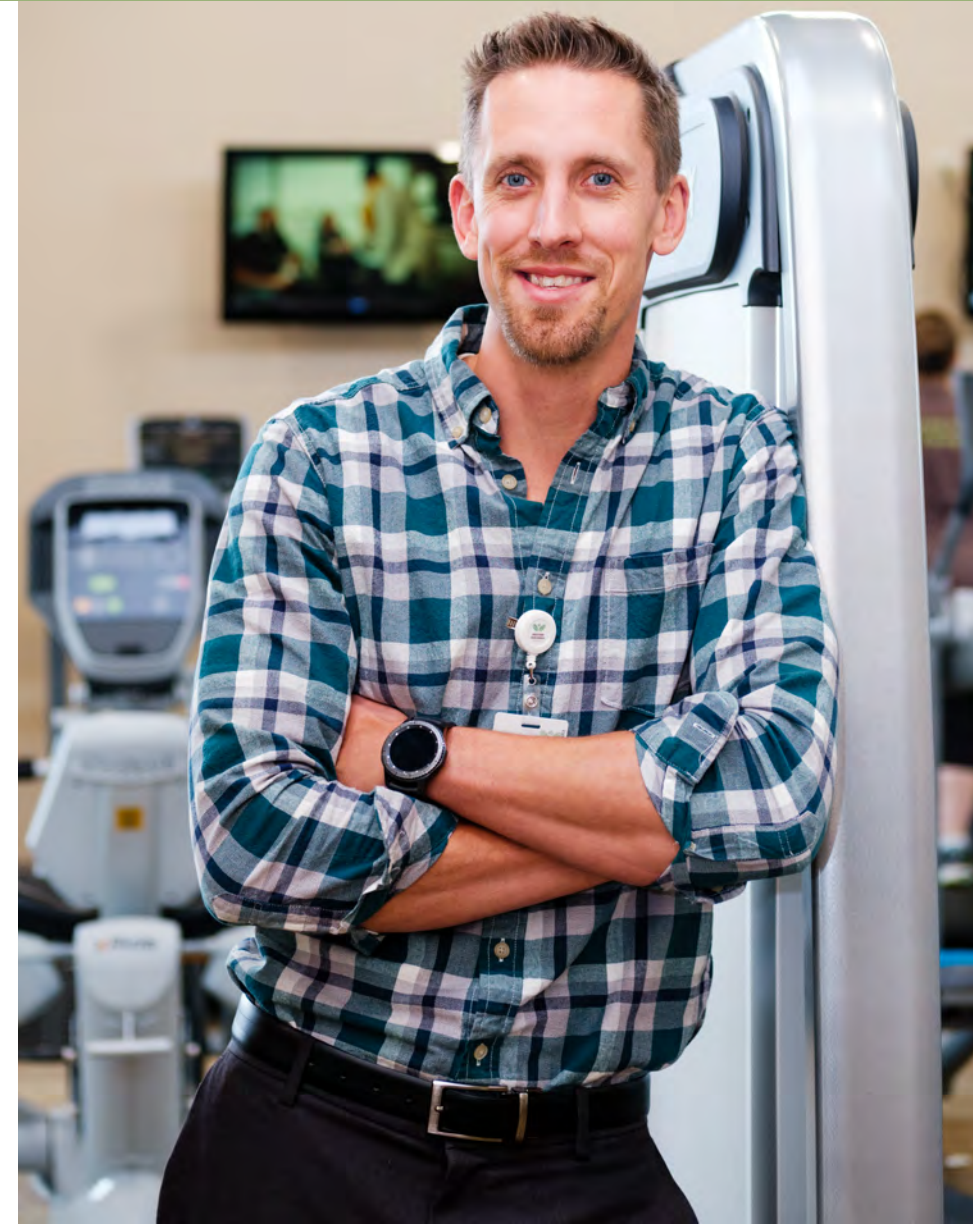
New Processes



As we navigate through the reopening of our Fitness Center, there will be new systems and processes to expect. Amenities and programming will continue to follow physical distancing standards. We will be taking the temperature of all who walk through our front entrance. Masks are required at all times while in the Fitness Center, Group Exercise Studio, Locker Rooms, and Therapeutic Pool. Remember, the cleanliness and safety of our community and facility starts with you and will be greatly enhanced with the participation of everyone!

Employee Protective Measures

- Temperature, symptom, and screening checks will be performed before each shift.
- Added hand sanitizer near employee workspaces.
- Staff are required to stay home if ill, have related symptoms, or have any COVID-19 contacts.
- Employees are required to disinfect their workspace at the beginning and end of their shifts or anytime they leave their station.
- Employees will not be permitted to congregate in small areas and must follow the 6' physical distancing requirements.
- Employees are highly encouraged to wear clean clothes in, clean clothes out, which includes keeping their gym shoes at the facility (only worn at WWH).



Member Protective Measures

- During staffed hours the Fitness Center we will be performing screening checks including temperature and an assessment of symptoms.
- If you are sick, STAY HOME. If you have an abnormal temperature (100.4+), STAY HOME. If someone in your household is sick, STAY HOME. If you cannot control sneezing (even if its allergies), STAY HOME. If you have a cough, body aches, headache or shortness of breath, STAY HOME. If you have had a possible exposure to COVID, STAY HOME. If you fall inside the high-risk categories for any illness, STAY HOME.
 - High Risk Categories include:
 - age 65 and older
 - People living in nursing home or long-term care facility
 - People with chronic lung disease, moderate to severe asthma, serious heart conditions, immunocompromised (smoking, lung cancer, bone marrow or organ transplant, HIV or Aids) obesity (BMI of 40 or higher), Diabetes, Liver Disease, Kidney disease.
- We recommend that members wear clean clothes in, and clean clothes out. Including shoes!
- Please wash your hands before leaving your residence and use hand sanitizer upon entering the Fitness Center.
- Maintain physical distancing (at least 6 feet) whenever possible.
- Wear a mask at all times, even while exercising. Cloth masks are acceptable.
- Clean everything you touch including equipment, doors, lockers, water bottles, etc...
- Beverages: Bring your own sanitized water bottle. The drinking fountain will be shut off. The bottle filler on the drinking fountain will be available.
- Members will have access to cleaning supplies to help clean the touch points of each piece of equipment. This is recommended before and after each use.

Group Fitness



- The St Croix County Public Health Departments suggests a maximum of 10 people per class, which means we will be honoring first come first serve to group exercise classes.
- We added tape to our Fitness Studio floor to mark safe exercise areas (Pods).
- Everyone will have their own station, equipment, and will be responsible for cleaning their own equipment at the beginning and end of each class. (no shared stations)
- Fans have been eliminated.
- We are excited to announce we have joined the Les Mills virtual exercise team and will be offering programs led by their instructors! This is going to be our primary group exercise programs for a while until it is deemed safe to bring back our typical group instructors.
- Masks will be worn at all times.

Cardio Equipment



- Our Cardio equipment has been taped off and spaced out to adhere to physical distancing efforts.
- To ensure even wearing of machines:
 - Odd days we will use the machines marked with the green X.
 - Even days we will use the machines with no markings.
- Be respectful of others when choosing equipment to work out on. The farther away you are from others the safer everyone will be.
- Please wipe down anything you touch before and after use.
- Masks will be worn at all times.

Free Weight Area



- Please practice physical distancing and be respectful of others usage and time spent on each piece of equipment.
- There are markings on the floor to help understand distancing and recommended bench locations.
- Wipe down everything you touch before and after use.
- Try to minimize the amount of equipment you use for your workout.
- Fans have been eliminated.
- Get ideas for workouts from our WOD (Work Out of the Day) board located inside the Fitness Studio.
- Wear a mask at all times.

Locker Rooms



- Be respectful when using lockers and try to keep a minimum of one locker between your locker and anyone else's.
- Practice physical distancing when using restrooms, showers, benches, and changing areas.
- Disinfect your locker before and after use.
- Place all your used towels in the bins provided.
- Wash your hands after use of the facilities.
- Shoes are required at all times and it is recommended to wear Aqua Shoes while showering.
- Wear a mask at all times.

Playroom



The Playroom will remain closed until further guidance from the state is received.

Enhanced measures will be taken consistent with cleaning practices and social distancing when the Playroom reopens.

Therapeutic Pool



- Regular open community swim will be available from Monday, Wednesday, and Friday 8:00 a.m. 12:00 p.m. and 1:00 p.m. - 3:00 p.m. (No scheduled classes at this time).
- The pool will be limited to 6 people at a time. This means we will be honoring first come first serve for access to our pool.
- Please practice physical distancing and be respectful of others usage and time spent in the pool
- There will be no designated group classes, swim lessons, or therapeutic water massage until further notice at this time.
- It is recommended to wear Aqua Shoes.
- Shower with soap before and after pool use.
- Adhere to the locker room guidelines stated above.
- Wear a mask at all times.



Imagine a healthier tomorrow.

The Western Wisconsin Health Fitness Center will continue to bring the same level of commitment to you during these challenging times so that together, we can work hard every single day to create a better tomorrow. We believe in the the power of a healthy body and the benefits of regular exercise, both mentally and physically. Along with a community to support you, we believe together we can do this!

Thank You!