



Phase 2 Quick Reference

The Fitness Center at UH Avon Health Center is here to help. Below outlines the continuation of the first, and now second phases of reopening based on the standards set by Responsible RestartOhio, our Lorain County Health Department, and University Hospitals. We expect these latest changes to remain in effect indefinitely, unless dictated change comes from the State. Facility Hours: Monday thru Thursday 5:00am – 9:00pm, Friday 5:00am-8pm, Saturday 7am – 4pm, Sunday 8am – 4pm

SAFETY	
Check In	Touchless check-in provided. Must have membership card to check in.
Screening	Members, guests, and employees will have their temperature checked upon arriving. Anyone with a temperature of 100°F or higher, will not be permitted into the facility. If you are not feeling well, stay home.
Spacing	All patrons of the facility will be required to maintain 6' of distance between themselves and other patrons as much as possible. Floor signage in higher traffic areas.
Cleaning	Thoroughly clean all equipment with disinfectant spray and small cleaning cloth before and after immediate use. Cleaning after use is REQUIRED. There is a 3 minute dwell time. We also have a designated employee responsible for cleaning high touch areas. Deep cleanings will also be completed after hours.
Masks	All employees are required to wear masks in all areas of the facility. Masks must be worn by patrons upon entrance and in the common, lobby areas of the facility. Masking encouraged for non-high intensity exercising.

SPECIFIC AREAS	
Service Desk	Maintain physical distance using floor markers. Protective sneeze guards will be at check in area and register. Scanner to provide self check-in. No cash transactions (credit card, check, or account).
Fitness Center WEIGHTS	Maintain physical distancing. Be mindful of others and time on equipment. User responsible for wiping down equipment before and after use.
Fitness Center CARDIO	Use only designated cardio equipment. Equipment with 'Red Stop Sign' is not available due to physical distancing. User responsible for wiping down equipment before and after use.
Gym	This is now a strength, cardio and exercise area. Basketball is no longer permitted.
Stretching Areas	Mats are not provided. Please wipe down small equipment after use.
Locker Rooms	Maintain 6 feet between others in the locker room including those with permanent lockers. Lockers are spaced out every 4 th locker, use indicated lockers to maintain physical distancing. Sauna, steam room and whirlpool closed. Hair dryers are not available. Express lockers are spaced every 3 rd row.
Showers	Available for use. Use sanitary foam prior to shower use. Shower area will be cleaned every 2 hours.
Assisted Locker Room	Available for use. Use sanitary foam prior to shower use. Locker room will be cleaned every 2 hours and may be unavailable during these cleaning periods.
Towels	Bath towels are provided by staff at the front desk. Cleaning towels and hand towels provided throughout the fitness center in covered bins. Use hand sanitizer before opening a bin.
Restrooms	Available in locker rooms, lobby near Exhale Spa & 2nd floor near Stretch Zone. Capacity will be limited to 2 people.
Drinking Fountains	Not Available. Members need to bring own water bottles.

Vending Machines	Not Available.
Lap Pool	Only lane swimming/water exercise available. 1 Person/ Lane. 30 min time limit for lap swimming. Maintain 6' distancing in exercise pool lane. Members bring their own towel.
Warm Water Pool	9 person capacity. Maintain physical distance. 30 minute time limit. Members bring their own towel.
Aquatics Area	No gathering in groups of different households; Swimmers should not stand, sit, or otherwise block deck walkways; we encourage you bring your own pool exercise equipment. Shared equipment must be disinfected after use. Members bring their own towel.
Track	Maintain proper distancing, pass others using the outside lane.
Outdoor Track	Maintain proper distancing.
Studio 1 and 2	Please see Group Exercise section.
Spinning	Please see Group Exercise section.
Day Spa	Limited availability. Tuesday's and Wednesday's 9-10am specifically designated for those 65 and over. Please contact Dana.Doheny@UHhospitals.org , or call 440-988-6828.
Kids Club	Please see Kids Club section.
Café/Coffee	Not available.
Guests	All guests will be screened at entrance. Guests coming in with members are \$10/visit, those not coming with members are \$20/visit. No cash, must be a credit card transaction.

ACTIVITIES

Personal Training	Available, please contact Renee.Barrett@UHhospitals.org or 440-988-6822.
Racquetball, Tennis, Pickleball	Patrons will use their own balls, racquets, goggles and equipment. If balls are passed, they must be disinfected after the session. Wait until the group ahead of you has clearly left the court. Maintain 6 feet between individuals in lobby area. Do not touch other players' racquets, gear, and other equipment
Group Exercise Classes	Not available at this time. Classes will resume in 2-3 weeks with proper distancing guidelines employed. Upcoming participation in studio and spin classes will be done via reserving your spot online or via our app.
Small group personal training	Limited schedule. Pre-registration required. Max 6 participants. Starting out with courses that still had sessions to complete. Partners exercising together and sharing equipment must maintain group segmentation from others exercising.
Nutrition Consultations	Available.
Parkinson's Exercise	Not available.
Cancer Exercise	Not available.
Basketball	Not available.
Massage	Limited availability. Tuesday's and Wednesday's 9-10am specifically designated for those 65 and over. Please contact Dana.Doheny@UHhospitals.org , or call 440-988-6828.
Facials Skincare Nails	Limited availability. Tuesday's and Wednesday's 9-10am specifically designated for those 65 and over. Please contact Dana.Doheny@UHhospitals.org , or call 440-988-6828.
Swim Instruction	Not available at this time.
Family Day	Not available.

GROUP EXERCISE

SAFETY

Screening	Upon arriving to The Fitness Center, you will have your temperature taken and be asked health-screening questions. Anyone with a temperature of 100°F or higher, or having any signs of illness, will not be permitted into the facility. If you are not feeling well, stay home.
Arrival	Do not arrive any more than 10 minutes prior to class start to avoid congregation.
Spacing	For high intensity group exercise classes (ex. BodyPump, Boot Camp, Spinning, etc), participants will be spaced no closer than 8-10' from one another. For low intensity group exercise classes (ex Yoga, Pilates, Water, etc), participants will be spaced no closer than 6-8' from one another.
Cleaning	Equipment will not be shared and will be sanitized between uses. All participants in studio classes must get a spray bottle and spray down equipment upon the end of class. Extra time will be allocated for cleaning equipment between classes. For water classes, equipment should be placed in black "dirty equipment" cans and staff will sanitize between classes.
Capacity	To ensure proper distancing, we will have capacity limits on classes. Studio 1 – 14 participants Lap pool – 11 participants Studio 2 – 13 participants Therapy pool – 9 participants Spin (gym) – 12 participants
Masks	All employees are required to wear masks in all areas of the facility. An exception will be made for instructors in high intensity classes, and those instructing from the water in aquatic classes. Masks must be worn by patrons upon entrance and in the lobby, common areas of the facility, and Kids Club. Participants are not required to wear masks in class.

SPECIFICS

Class Reservations	Participants must call in (440-988-6801) to reserve their spot in classes up to 1 day prior to class.
Kids Club	Please review our Kids Club quick reference for specifics in child care while you attend class.

KIDS CLUB

SAFETY

Screening	Upon arriving to The Fitness Center, you and your child(ren) will have your temperature taken and be asked health-screening questions. Anyone with a temperature of 100°F or higher, or showing any signs of illness, will not be permitted into the facility. Before considering bringing your child to Kids Club, please be alert to signs of illness including fatigue or extreme fussiness. Children displaying ANY signs of illness will not be permitted to enter Kids Club.
Ratios and capacity limits	All state mandated staff-to-child ratios and room capacity limits will be followed at all times. Groups will be separated when necessary by utilizing the infant area for infants and toddlers when older children are present.
Cleaning	Equipment will not be shared and will be sanitized between uses. Toys and games that children play with throughout operating hours will not be available for use until they have been sanitized. High-touch surfaces will be disinfected throughout operating hours and a deep clean on all touched surfaces, equipment, and toys will be performed at the end of operating hours.
Masks	All employees are required to wear masks in all areas of the facility, including Kids Club. Masks must be worn by patrons upon entrance and in the lobby, common areas of the facility and Kids Club. Children are not required to wear masks.
Guests	Currently, no guests or other family members will be allowed inside Kids Club. We ask that only one parent drops off and picks up child(ren). Kids Club will not be used as a walk-through to the pool. No tours will be conducted during operating hours.

SPECIFICS

Hours of Operation and Length of Stay	Kids Club will be open Monday thru Saturday from 8:00am to 12:00pm. The maximum length of stay is 90 minutes (1 ½ hour). Evening hours are not available at this time.
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Reservations	Reservations are required and can only be made through the Fitness Center's online services and mobile app. Reservations must be made at least one day prior to visit and can be made up to one week in advance; you may also reserve times for a period of one week.
At Drop-Off	Please wait outside door if another family is checking in to ensure the 6' social distance. After electronic check-in by staff, we will direct or assist child(ren) to perform proper hand washing before they enter play space.
During the Stay	The designated infant area will be utilized for infants and toddlers (up to 35 months) when necessary to comply with state-mandated capacity limits based on ages. Extra attention will be given to limit sharing of toys and equipment before sanitizing takes place.
At Pick-Up	Please wait outside door if another family is picking up their child(ren) to ensure the 6' social distance. Staff will ensure or assist child(ren) perform proper hand washing prior to departure; your visit will be checked out electronically.
Payment	Current pre-paid cards with time remaining may be used until depleted; cards will be kept on file at Kids Club and marked after each visit. Series Sales will then be used and can be purchased in the amount of \$20 (10 hours) or \$60 (30 hours); charges will be electronically subtracted from your series based on actual visit time.
Drinks and Food	Children may bring water bottles/sippy cups; please label with child's name. Prepared bottles are allowed for infants. Food is not permitted.
Personal Items	While we discourage bringing toys from home into Kids Club, children may bring personal books or electronic tablets for their own use.