



FitWorks COVID-19 Protocols

Pursue the Active Life

www.bcrd.org (208) 578-2273

BCRD's FitWorks Protocols have been developed to comply with national and state guidelines and protocol available at this time. This document includes the following:

1. Physical distancing
2. Reducing the risk of spread
3. Cleaning and disinfecting
4. Modified front desk procedures
5. Response plan for managing COVID-19 case(s) in the FitWorks facility
6. Supporting documents
 - a. COVID-19 Health Screening Questionnaire & Policies Agreement
 - b. FitWorks Membership Agreement and Waiver

1. Physical distancing

- Patrons are required to follow the traffic flow patterns that have been created by using arrows and signs throughout the gym. Patrons enter the east entrance door to the Community Campus and check in at the front desk. One-way traffic flows from front desk into the fitness center. Patrons needing assistance while in the fitness center are asked to knock on the sliding window accessible from the fitness center floor. Patrons exit the facility using the door on the south wall in FitWorks between the treadmills and weight machines.
- Staff and patrons are required to wear a face covering when using the bathroom, when traveling through common space in the Community Campus, or when a physical distance of six feet or more cannot be maintained while inside the facility. During regular hours, patrons are not required to wear a face covering while actively working-out. During “Mandatory Mask Hours,” all patrons will be required to wear a face covering at all times.
- Signs are posted to remind our patrons and staff to follow physical distancing protocol keeping six feet of distance between one another at all times.
- All machines, free weights, and equipment have been properly distanced six feet apart or closed to support the recommended physical distance.
- Water fountains are closed to avoid congregation. Patrons are encouraged to bring their own clean, filled water bottle. Bottled waters are available for purchase.
- Towel service has been suspended.
- All couches and most benches have been removed to discourage congregation. Sanitized benches are provided for patrons to place their limited personal belongings during their workout. Patrons are asked to not congregate in this area.
- Indoor group fitness classes are offered with adherence to the following guidelines: Six feet of physical distance maintained between participants at all times, no shared equipment during the class and patrons are required to bring their own clean yoga mat if necessary. Class sizes are limited and offered on a first come first serve basis.
- Zoom fitness classes are offered so class participants have the opportunity to continue virtual fitness classes from a safe distance.

2. Reducing the risk of spread

- Only patrons engaged in a BCRD program (ie. FitWorks) are allowed into the Community Campus. No guests or children of patrons should accompany FitWorks members/patrons unless they are planning to utilize the workout facility. As always, children must be 14 years of age or older to use the fitness facility.
- All patrons enter the Community Campus via the east entrance door. Upon entering the building, patrons must use the provided hand sanitizer and wear a face covering prior to entry.
- Patrons and staff who are experiencing any of the symptoms of COVID-19 are asked to NOT enter the Community Campus and should stay home and self-monitor. Symptoms include fever, shortness of breath, cough, chills, muscle pain, sore throat, diarrhea, vomiting, headache or new loss of taste or smell.
- At the front desk of FitWorks, patrons are required to answer a health-screening questionnaire and agree to abide by protocols set forth by the BCRD to decrease the risk of virus transmission. The health-screening questionnaire includes the following:
 1. In the past 24 hours, have you experienced fever, shortness of breath, cough, chills, muscle pain, sore throat, diarrhea, vomiting, headache or new loss of taste or smell? If yes, please come back when you are feeling better.
 2. In the last 14 days, have you been in contact with anyone who is confirmed COVID-19 positive? If yes, please come back when you can answer no to this question.
- Members have touch-free entry by scanning their own card to enter the facility.
- At this time, FitWorks will adhere to a facility maximum capacity of 30 patrons to allow for optimal physical distancing. In the rare event that the maximum capacity is reached, patrons who have been at the gym for a longer period of time will be asked to finish their workout so other patrons may enter.
- Patrons are asked to keep their workout time to a minimum to avoid unnecessary exposure, decrease congestion, and allow for additional sanitization.
- The HVAC air filtration system for the building is maintained and monitored by the Blaine County School District. At this time, the HVAC system is set to intake fresh air at the highest rate allowed by the system.
- Educational signage is located throughout the gym including information on how to stop the spread of germs and reminders to wash hands, physical distance and stay home if sick.

3. Cleaning and disinfecting

- Cleaning supplies such as wipes, paper towels and disinfectant spray are located throughout the facility to encourage frequent use by patrons.
- Patrons are required to use disinfectant provided to spray down their equipment before and after every use.
- Signs stating “Touch It, Clean It” are located at all stations and on all machines.
- During workouts, patrons are asked to limit use of equipment and apparatus to one person at a time and disinfect equipment immediately following use.
- Staff clean all high touch surfaces every two hours including all door handles in gym, bathroom faucets, doors and toilet flush levers, check-in area including pens, barriers, and countertops, and other frequently touched surfaces.
- Staff clean and disinfect all machines and equipment on a rotating basis throughout the day so that all machines and equipment are cleaned at least once during operating hours.
- Prior to closing, all machines and equipment are disinfected by staff.
- After hours, BCSD custodial staff clean and disinfect bathrooms and other high touch surfaces (except machines and equipment) and clean all floors.

4. Modified front desk procedures

- Front desk staff stand behind a Lexan physical barrier to protect the staff member’s face and mucous membranes from respiratory droplets that may be produced.
- Prior to entry, all patrons are required to answer a health screening questionnaire and agree to abide by protocols set forth by the BCRD to decrease the risk of virus transmission.
- The BCRD will provide face masks, latex gloves, and hand sanitizer for use by front desk staff.
- FitWorks accepts all forms of payment and staff are instructed to either wear gloves or use hand sanitizer after each transaction and after handling pens, sign-in sheets, etc.
- Current members should scan their own membership card to allow for “no-touch” entry.
- “Drop in” patrons use a pen from the “clean” jar to sign the facility agreement and questionnaire. The used pen is placed in the “dirty” jar after use and patrons are encouraged to use hand-sanitizer after signing in and paying.

- The credit card processor will be placed in a location that is accessible by the patron so that these transactions will be “touch-free” for our staff.

5. Response plan for managing COVID-19 case(s) in our programs or facilities

- In the event we are notified of a positive case or close contact with a positive case at our FitWorks facility, the BCRD will follow its COVID-19 Response Plan (CRP) which calls for collaboration with Idaho’s South Central Health District to assist in contact tracing (while maintaining mandated confidentiality) and to develop the most appropriate closure or suspension period and scope.
- In the event of suspension of service due to COVID-19 related illness, FitWorks memberships will be put on hold until such time that the facility is reopened.

6. Supporting documents

- a. COVID-19 Health Screening Questionnaire & Policies Agreement
- b. FitWorks Membership Agreement and Waiver



FitWorks & Gymnasium

COVID-19 Screening & Policies Agreement

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1. Now, or in the past 24 hours, have you experienced any of these symptoms:

- Shortness of breath or difficulty breathing
- Fever (100.4° F+)
- Cough
- Chills
- Muscle pain
- Sore throat
- New loss of taste or smell
- Gastrointestinal issues (diarrhea, nausea, etc.)
- Headache

2. In the last 14 days, have you been in contact with anyone who is confirmed COVID-19 positive?

***If you answered YES to any of the questions above, please do not use our facility. Please come back and workout when you can answer NO to all of the questions above.**

As a patron of FitWorks and the Gymnasium, I agree to abide by and follow these additional BCRD COVID-19 specific protocols as outlined below to help decrease the spread of virus transmission including the following:

- I will not use the facility if I am experiencing any of the symptoms compatible with COVID-19 (listed above).
- I will wash my hands prior to entering the building and frequently throughout my workout.
- I will wear a face mask when entering the building and when a six-foot physical distance from others cannot be maintained.
- I will bring my own clean and filled water bottle and come dressed to workout.
- I will use the disinfectant that is provided to wipe down my fitness or sports equipment immediately following use.
- I will keep my workout time to a minimum to avoid unnecessary exposure to the virus, decrease congestion in the facility, and allow for additional sanitization measures to occur

- I will follow one-way traffic flows to decrease unnecessary exposure to the virus.

Primary Member: _____ Date of Birth: ____/____/____

Mailing Address: _____ City: _____ State: _____ Zip: _____

Cell Phone: _____ Email: _____

Emergency Contact _____ t: _____ Phone: _____

AGREEMENT

THIS IS YOUR AGREEMENT TO BECOME A MEMBER OR PUNCH CARD HOLDER AT BCRD FITWORKS.

As used in this agreement, the words "you" and "yours" mean the MEMBER signing this contract, and the words "FitWorks", "facility", "us" and "our" mean the BCRD FitWorks. Upon acceptance, you will be entitled to use BCRD FitWorks facilities and equipment subject to this agreement. You understand that your membership is not an equity or ownership investment in BCRD FitWorks. **PLEASE READ THIS AGREEMENT CAREFULLY. If you agree to be bound by it, please sign it.**

Membership

Member pricing categories are: Adult (age 18-61), Senior (age 62+) and Student (high school only). You must scan your membership card at the front desk when entering the facility and cards are nontransferable. Abuse of a membership card may result in termination of the membership. Replacement cards can be purchased for \$3 in the case that they are lost or stolen.

Facilities and Equipment

BCRD FitWorks reserves the right to determine facility hours and services provided. It is understood that equipment may be unavailable to do cleaning and/or service. Occasionally there will be times when the gymnasium is not available. Visit bcrd.org for an open gymnasium schedule.

Refunds or Stop Payments

Members purchasing any monthly automatic renewal membership must understand, complete and sign the *Credit/Debit Card Monthly Automatic Renewal Authorization Form*. Any checks returned by the bank will result in collecting payment in full via cash or credit/debit card only. All fees must be paid in full before any additional privileges will be granted.

Termination of Membership

BCRD FitWorks reserves the right to terminate due to non-payment of membership fees or failure to comply with the guidelines as set forth by BCRD FitWorks. If membership is terminated for non-payment, the remaining balance must be paid in full prior to future renewal of membership.

Agreement and Release of Liability

I do hereby waive, release, and forever discharge BCRD Fitworks, its officers, and employees from any and all responsibilities or liability for injuries or damages resulting from my participation in any activities or use of equipment in the aforementioned facility.

I understand and am aware that strength, flexibility and aerobic exercise, including the use of equipment are potentially hazardous activities. I also understand that fitness activities involve a risk of injury or illness and that I am voluntarily participating in these activities and using equipment with knowledge of the dangers involved. I hereby agree to expressly assume and accept any and all risks of injury or illness.

I acknowledge that I have either had a physical examination and have been given my physician's permission to participate, or that I have decided to participate in the activities or use of equipment at BCRD FitWorks. I give permission to use photographs of me, or my dependents, to publicize the BCRD and/or its programs.

By signing this form, I acknowledge that I understand that the Blaine County Recreation District is providing this service during the COVID-19 pandemic. I acknowledge that there are many known and unknown risks associated with participation in this program, including contracting COVID-19 and other illnesses, physical injuries or other damages, and I assume the risk that any of these may occur. I acknowledge that the Blaine County Recreation District cannot prevent exposure to COVID-19 or other illnesses while at the facility but can only try to minimize the risk.

I further agree to read and follow all of the protocols established and attached to this document to comply with BCRD policies and state regulations to best prevent the transmission of Covid-19 while engaged in BCRD FitWorks programs and facilities.

Print Name

Signature

Date