

MEMBERSHIP REOPENING GUIDE:

WHAT YOU CAN EXPECT

When we are able to reopen, we recognize how important it will be to follow current health guidelines and implement new practices to ensure a healthy and safe environment. You will see new cleaning routines, signage to assist with physical distancing, and limited activities where physical distancing or guidance tells us is not safe yet.

Altered Hours

During the next phase, we will have slight adjustments to facility hours to allow extra time for cleaning. We will close earlier Monday–Friday.

Our adjusted hours the first week (Sept 8th) will be: Monday–Friday 6am–7pm, Sat 8am–4pm, Sun 1-5pm

Going forward our hours will be: Monday-Friday 6am – 8pm, Sat 8am-4pm, Sun 1-5pm

Health Screening Questions

Each time you visit AWCI, you will be asked the following questions. If you answer YES to any of these, you should not enter AWCI.

- Are you currently experiencing a fever (100.4 degrees Fahrenheit or higher) or a sense of having a fever, a new cough, new shortness of breath, new chills, a new sore throat that cannot be attributed to another health condition, or new muscle aches that cannot be attributed to another health condition or specific activity (such as physical exercise)?
- Have you or anyone in your household had close contact with or cared for anyone being tested or confirmed COVID-19 in the last 14 days?
- Have you or anyone in your household had close contact or live with anyone who has been told to self-quarantine in the last 14 days?

What should I bring with me?

- **A face covering.** While masks are not required when exercising, a face covering is recommended to be worn at all other times you are in the facility.
- **Water bottle.** Only the bottle filler will available at this time. The drinking fountain will be closed.
- **Personal yoga mats** are encouraged.

What is AWCI doing to keep me safe?

- **How do I know it is safe to come back?** We encourage our members to read AWCI adjusted policies and procedures around COVID-19 to determine if they're comfortable returning to AWCI.
- **Are there capacity limits in place?** Yes, occupancy is limited per state guidelines. We will be limiting the number of participants in the group exercise classes. All equipment in the fitness center will represent 6 feet of distance from another piece of equipment (calculated by the space between person to person on the equipment).

- **How will physical distancing be enforced?** We ask that all members and guests follow our physical distancing guidelines out of respect for one another and staff.
- **What is your cleaning protocol?** We have deep cleaned the facility and updated our cleaning procedures. Group exercise classes have been spaced to allow extra time for cleaning between classes. We have also altered our hours during the week to allow for extra cleaning time in the evenings.
- **Instructions on how to clean equipment after your use.** Disinfectant bottles will be available upon entering the building. Spray all parts of the machinery you touched with a light misting of disinfectant. It should allow to air dry (minimum 3 minutes) before the next person uses the equipment. **DO NOT WIPE** it down once you have sprayed the disinfectant.

What areas, programs, and amenities will be available?

- Members are always encouraged to limit their use on the cardio equipment to 30 minutes or less during high traffic times. The weightlifting area will have a one-hour time limit at this time to accommodate the reduced space capacity.
- Group exercise classes with a limited number of spaces. Members can reserve a space up to two hours in advance by contacting the front desk at AWCI.
- Indoor walking track
- The lap pool will NOT be open the first week but will be open for lap swim, water exercise, and water instruction only until further notice. Only one swimmer per lane is permitted unless living in the same household. Please limit your time to 45 minutes while others are waiting.
- When personal training is available, we recommend a consultation with the trainers to determine safe social distancing and training.

What facility areas, programs, and amenities will not be available immediately?

The following are not available where physical distancing of 6 feet is not possible or safe yet.

- Lockers & Showers (restroom facilities will be available)
- Lap and therapy pool will not be open for free play or family swim.
- Coffee service
- Child Care Room

Membership Questions

- **When will my membership draft resume?** AWCI will begin drafting memberships once we know our opening date. Member drafts will occur on your original draft choice (1st or 15th)
If you wish for your draft to remain on hold, you must send an email to alleg hanywellnesscenter@gmail.com.
- **Month-to-Month memberships** (if applicable) will receive a credit based on original expiration date.

Please be aware these guidelines are subject to change as we move forward.

The Board of AWCI wants to remind all members and guests that attendance at AWCI facilities is a voluntary activity and is not without risks. While we continue to monitor circumstances, relying on

*professional advice and COVID-19 guidelines, it is impossible to avoid all health risks associated with COVID-19. If you or your family members are uncomfortable coming to AWCI, **PLEASE STAY HOME and seek medical advice.***

Swimming / Group Exercise Classes

You **MUST** reserve your spot ahead of time. The first time you come, allow yourself enough time before your time slot to sign our waiver, if a guest!

Please make sure you come dressed ready for your workout or swim time as showers and lockers will NOT be available.

Reserving Your Spot

We also want to thank you for your grace and patience as we begin a reservation system for group exercise and swim lanes. In order to comply with physical distancing requirements from the State of North Carolina, we must set limits on our capacity, and a reservation system is the only way to accomplish this in the short term.

Q: Why do I need to register for a swim lane or group exercise class?

A: In order to maintain physical distancing for the health and safety of our members, we have to limit the amount of people we have in an area at all times. By requiring registration for each of our group exercise classes and swim lanes, we can ensure that you have an open slot in the class that you want to attend or at the time that you want to swim. Each class will accommodate up to 12 people with minimum of 6' for physical distancing, and 1 reservation (up to 6 people from the same household) will be allowed per swim lane.

Q: Are members required to wear Personal Protective Equipment (PPE)?

A: Yes, upon entering the facility and moving throughout the facility, but not while exercising. Our staff, however, are required to wear masks at all times when they are interacting with others and physical distancing cannot be assured (Group exercise instructors are not required to wear masks when teaching).