

## **Parkview Fitness COVID-19 Operating Procedures**

Coronavirus is unforgiving and has proven to do harm irrespective of age. To once again provide Parkview Fitness to you as an exercise alternative, these safety procedures are now in place for the health and safety of everyone. We are in compliance with Florida Department of Business & Professional Regulation procedures issued as mandatory safety rules for gyms. It is imperative that you comply. If there are questions regarding these procedures, please contact Sandy Furches 386 365-5295.

1. Volunteers will provide their own mask and wear a mask at all times when members are in the facility. Mask wearing is for the safety of those around you.
2. Masks are optional yet encouraged for members since there is more chance of propelled droplets reaching another when breathing is exerted during a workout.
3. Members who choose to wear a mask while in the facility will bring their own.
4. Volunteers will sign-in each member on the clipboard in the kitchen.
5. Volunteers will complete registration form for any new members.
6. Volunteers will ensure each member receives supplies on entry to personally sanitize each machine before using it. Supplies will be returned by member to kitchen counter following workout. Volunteer will sanitize for future use.
7. Volunteers will clean and disinfect all seating, counters, weights, and machines at the end of each two-hour shift; more frequently as deemed necessary based on traffic.
8. Front door and screen doorknobs, bathroom doorknobs, faucets, toilets, and light switches will be sanitized by volunteers at a minimum of every hour; more frequently based on use.
9. Volunteers will monitor to ensure an empty machine is between members using the circuit to help all maintain social distancing of at least 6 feet and no more than 50% occupancy.
  - Maximum of five (5) persons in the main circuit room/living room at the same time.
  - Maximum of two (2) persons in the small front bedroom at the same time.
  - Maximum of two (2) persons in the stretching room at the same time.
  - Maximum of three (3) persons in the large room upstairs at the same time.
  - Social distancing of at least six (6) feet is required throughout the house.
10. Hand sanitizer will be available in the kitchen and upstairs at all times.
11. Visiting before and after workouts is to be done outside of the facility to maximize socially distanced space available indoors to all choosing to workout.
12. Hand washing for at least 20 seconds is recommended at either of the bathroom sinks or the kitchen sink before and after workouts where handwashing supplies, liquid soap and paper towels, are provided.
13. Anyone, volunteer or member, who presents symptoms or becomes sick at the facility will be sent home.

**Thank you for your compliance! Be safe and healthy!!**