



To ensure a successful reopening and to help minimize the spread of Covid-19 so that we can remain open for business will take a collective participation from staff and members. Please adhere to the Harro East Athletic Club's guidelines.*

HEALTH SCREENING REQUIRED FOR CLUB ACCESS

1. Self-isolation- if you are sick, stay home!
2. Staff and members must complete and pass a health screening and temperature check prior to entering the club premises.
3. Temperature must be below 100.4 degrees in order to be allowed access to the facility for work or club usage.
4. Anyone with known exposure to Covid-19 or who has tested positive should do the following before returning to the club:
 - a. Inform the General Manager, Gabrielle Bourgoine at (O) 585-546-1000x216, (C) 585-370-1079, or email harroeast@eznet.net, of your exposure/symptoms.
 - b. Contact your healthcare provider immediately to start the testing process.
 - c. Follow all medical advice provided by your healthcare provider.
 - d. You may return to the facility with a doctor's note stating that you are no longer contagious or a risk to spreading Covid-19.

BEFORE VISITING THE HARRO EAST ATHLETIC CLUB

The following procedures are for the safety and wellbeing of our members and staff.

- Club hours are reduced to allow time for disinfecting the club each day.
 - New Club hours: Monday - Thursday 6am-8:00pm, Friday 6am-7:30pm, Saturdays 8:00am-2:00pm, Sundays 9:00am-2:00pm.
- Sign-in, have your temperature taken, and complete/pass a health screening to access the Harro East Athletic Club.
- Everyone will be required to wear a face mask at all times and maintain a distance of 6 feet from other members and staff. Bandanna, buffs, and gaiters are not acceptable face coverings.
- All members MUST disinfect equipment before and after use. Staff will be monitoring to make sure equipment is disinfected properly.
- No sharing of equipment.
- Plan your visit. There will be significant capacity restrictions throughout the facility. Please limit your usage time to 90 minutes.

- Group exercise class capacity will be limited and reconfigured to meet social distancing requirements. Classes will be by reservation with a minimum of 5 participants and maximum of 7 participants.
- Some equipment in our strength training and cardio areas has been covered to allow for proper social distancing.
- Our complimentary coffee service will be temporarily closed.
- Lap swimming and open swim will be limited. Please limit your lap swimming to 45-minutes. The pool will be closed for lap swimming during water fitness classes.
- Saunas, steam rooms, hot tub will remain closed.
- No basketball, boxing, pickleball, squash, or racquetball will be allowed at this time.
- All non-bottle water filling drinking fountains will be out of use. Please be sure to bring a water bottle.
- Men's shower area will be closed due to NY'S guidelines. The women's showers have been separated to accommodate (4) showers per gender. You must call to reserve a shower stall between the hours of (M-F) 7:00am-5:00pm. Showers will be closed after 5:00pm Monday-Friday.
- The pool will be closed at 5:00pm Monday-Friday, with the exception of water classes.
- No towel service. Please bring your own towels.
- Seniors and retirees visiting the club Monday- Friday are encouraged to use the facility between the hours of 9:00am-11:30am, and 2:00pm-4:30pm to limit their exposure to other members.
- Guest passes will no longer be accepted.

WHILE AT THE HARRO

When you enter the club, you will notice that some of the equipment has been marked with caution tape to help with social distancing. Please **DO NOT** remove the tape, and please **DO NOT** use the machines. Signs throughout the club are in place to help maintain an acceptable distance. **Please take a moment to read, and abide by, the new policies.**

You will also notice an increased amount of hand sanitizer and cleaning products throughout the club to make hand hygiene and equipment maintenance more convenient. Please clean equipment before and after each use and utilize hand sanitizer as needed.

Our staff will be wearing masks. Members please wear a face mask or other CDC-approved face covering at all times during your visit to the Harro East Athletic Club. Members and staff may temporarily remove their face covering while eating, drinking, showering, or swimming but you **MUST** maintain a 6 ft. distance from others.

We have outlined a handful of simple guidelines that all members can incorporate into their time at the Harro East Athletic Club. Please take a moment to read them below.

HOW YOU CAN HELP

Our reopening can and will be successful with members and Harro staff working together.

- If you are sick, stay home. If you have a temperature, stay home. If someone in your house is sick, stay home. If you have allergies and can't control sneezing, stay home.
- Pre-plan your workout routine to avoid lingering/socializing to allow other members to workout, due to reduced occupancy/distancing.
- Limit the items you touch within the gyms to only the items you will use.
- Wear a mask and socially distance yourself at all times.
- Wipe down each piece of equipment you use before and after use with the cleaning rags provided. If you use a disposable wipe, please discard of the wipe appropriately.
- Wash your hands with soap and water before and after your workout. Use hand sanitizer as needed.
- Remember social distancing requirements in locker rooms.
- Use online workout services whenever possible.
- Maintain appropriate social and physical distance from other members and employees.
- Limit visit to 90 minutes and abide by current program schedules to allow fellow members to enjoy our facility.

If members are not compliant with the new policies and protocols, they may be asked to leave the facility and this may cause a suspension of membership.

YOUR FAVORITE CLASSES AND AREAS

To comply with social distancing and recommendations from national, state, and local health leaders, the spaces in which you exercise have changed. We worked very hard to make these changes with your safety and experience in mind:

WEIGHT FLOORS, GROUP EXERCISE CLASSES, AND COURTS

- Cardio and Strength Training Areas are open with significant capacity restrictions.
- Limited Group Exercise classes will be offered with distancing requirements maintained with no person-to-person physical contact.
- You must reserve your spot in class! Classes are required to maintain a minimum of 5 members per class. All classes will be canceled if the minimum is not met.
- Basketball courts and other areas where a sport with physical contact occurs will be closed. No pick-up or full court games. Racquetball/Squash courts will also be closed.

- Pickleball will not be available.
- Traditional circuit training prohibited (individuals may only use one piece of equipment at a time). No sharing of equipment. Communicate with other members in the area before using a machine.
- Personal Training will be distant training only. Face coverings will be required for both the member and staff.
- Free weight exercises that require a spotter are discouraged. If a spot is necessary, it must be conducted in the least amount of time possible with no lingering.
- No sharing of equipment.

POOL AND HOT TUB

- Water fitness classes will continue, along with open swim. We encourage all members to take a warm, soapy shower before entering pool area.
- Other lanes in the pool will be closed during water fitness classes.
- Steam rooms and saunas will be closed.
- Hot tub will be closed.
- One lap swimmer per lane with the center two lanes closed.

CLEANING PROCEDURES AND COVID-19 TRANSMISSION PREVENTION

The Harro East Athletic Club is committed to maintaining a clean and safe environment for our members and staff. The Harro is utilizing products that meet EPA's criteria. We have increased our cleaning practices to include:

- The club will be entirely cleaned and disinfected prior to opening and after closing each day.
- Club will have reduced hours: We will open one hour later and close one hour earlier to allow the staff time for disinfecting the club. The weekend hours will be our normal summer schedule.
 - New Club hours: Monday - Thursday 6am-8:00pm, Friday 6am-7:30pm, Saturdays 8:00am-2:00pm, Sundays 9:00am-2:00pm.
- All staff will be trained in regards to how they can reduce the spread of COVID-19.
- All equipment will be cleaned throughout the day and before opening and after closing.
- This is in addition to members cleaning equipment before and after use, and Group Exercise instructors cleaning equipment.
- Enhanced cleaning protocol will focus on high-traffic, high-touch common areas.
- Equipment will be spaced to maintain appropriate social distance.
- Spacing markers have been placed on the floors to enable social and physical distancing.
- Signage installed and staff monitoring areas to enforce social distancing practices.

EXPOSURE TO COVID-19

CDC guidelines for handling exposure and mitigating risk if exposure occurs at the Harro East Athletic Club will be strictly followed. If a staff or member who has been to the club reports they are a COVID carrier, the Harro will:

- Maintain the confidentiality of the individual while coordinating with proper health authorities to report the potential exposure.
- Notify members and staff.
- Deep clean the club per CDC guidelines.
- Quarantine all employees who came in close and unmasked contact with the individual for 48 hours as recommended by the CDC.

If staff has been in contact with someone that has been diagnosed, they will notify the manager and follow CDC recommended precautions.

WE LOOK FORWARD TO SEEING YOU

If you have any questions, please contact Gabie at 585-546-1000x216, 585-370-1079, or email haroeast@eznet.net.

*We are continuing to evaluate our practices and will make necessary changes to ensure the safety of everyone. We look forward to navigate this new world with you!

The signer below has read and understands the new Harro East Athletic Clubs policies and procedures.

Print Name: _____

Signature: _____ Date: _____