

Western Wisconsin Health Fitness Center Phase II Re-Opening Guidelines



New Rules and Procedures

WESTERN WISCONSIN HEALTH

FITNESS CENTER



We are in this together.

We want to thank all our members for helping us with our efforts of keeping our friends, family, and community safe and healthy. Thank you for washing down your equipment before and after use. Thank you for wearing your masks. Thank you for respecting social distancing efforts. And thank you for being great members here at WWH Fitness Center.

We have made a few changes to our previous guidelines and have started Phase II of reopening our Fitness Center.

Phase II includes:

- Group Exercise Classes starting Monday June 29.
- Les Mills programs tentatively beginning July 6 (official date TBA pending delivery of equipment).
- New guidelines for outdoor classes which allow members to exercise outside without a mask.
- Zoom Fitness Options.
- July 6, the Therapeutic Pool will allow 6 people max.
 - Once you are in the water and in your designated area, you will be allowed to remove your mask.
 - You will need to call in advanced to schedule a time and reserve your spot.
- July 6, we will increase the pool hours on Monday and Wednesday to close at 5:30pm.

Please review the following information to familiarize yourself with these new procedures.

Imagine a healthier tomorrow.

FOR MY FAMILY FOR MY HEALTH & WELLNESS FOR MY COMMUNITY



Hours of Operation



The Fitness Center will remain open and staffed:

- Monday through Thursday 5:00 a.m. – 7:00 p.m.
- Friday 5:00 a.m. – 4:00 p.m.
- Saturday and Sunday 8:00 a.m. – 12:00 p.m.

The playroom will remain closed until further notice.

Starting July 6, the Therapeutic pool will reopen with extended hours of operation:

- Monday, Wednesday 8:00 a.m. 12:00 p.m. and 1:00 p.m. – 5:30 p.m.
- Friday 8:00 a.m. 12:00 p.m. and 1:00 p.m. – 3:00 p.m.
- The pool will be limited to 6 people at a time.
- Please call 715-684-1642 to reserve or cancel your appointment.

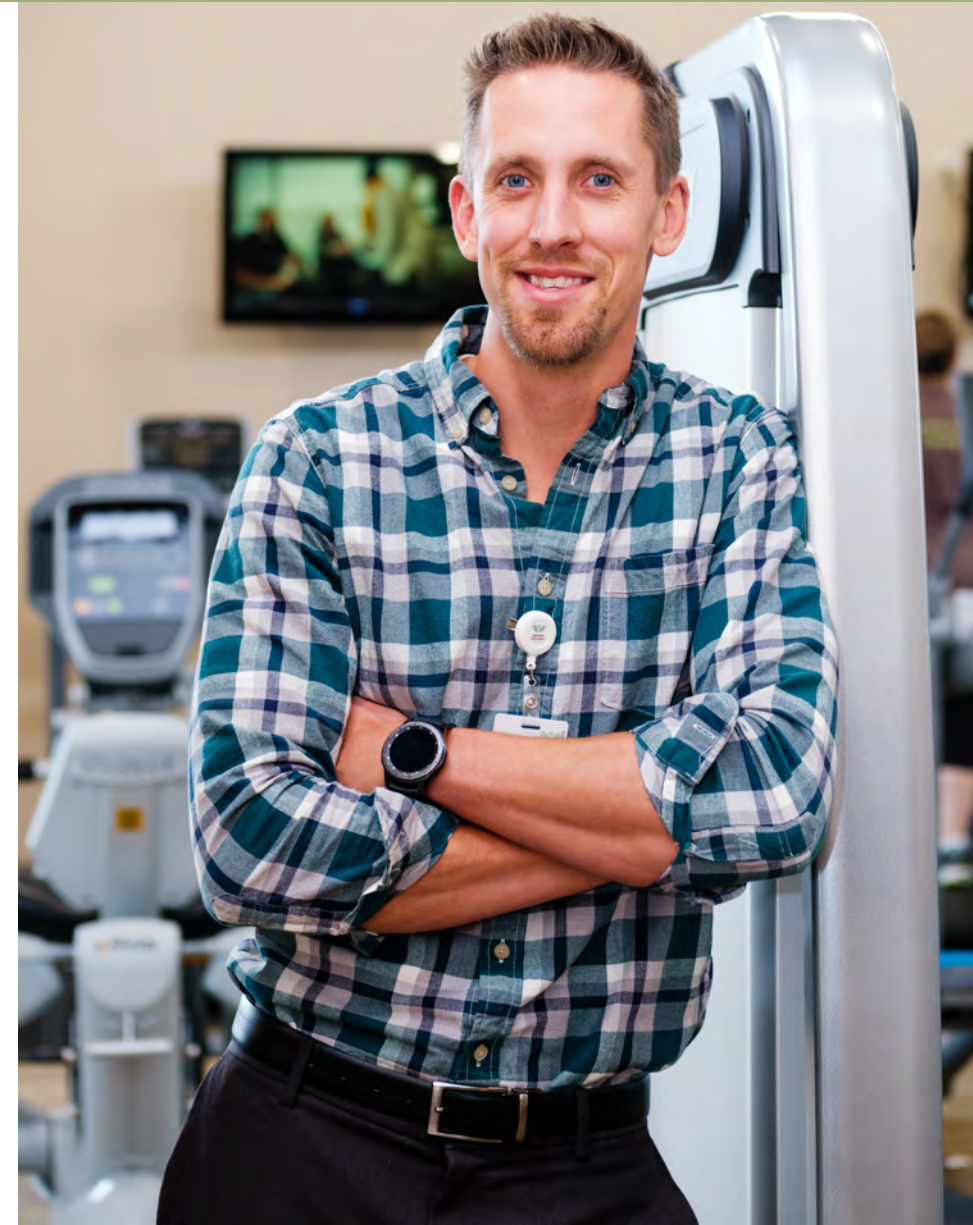
New Processes



As we navigate through the reopening of our Fitness Center, there will be new systems and processes to expect. Amenities and programming will continue to follow physical distancing standards. We will be taking the temperature of all who walk through our front entrance. Masks are required at all times while in the Fitness Center, Group Exercise Studio, Locker Rooms, and Therapeutic Pool deck. Remember, the cleanliness and safety of our community and facility starts with you and will be greatly enhanced with the participation of everyone!

Employee Protective Measures

- Temperature, symptom, and screening checks will be performed before each shift.
- Added hand sanitizer near employee workspaces.
- Staff are required to stay home if ill, have related symptoms, or have any COVID-19 contacts.
- Employees are required to disinfect their workspace at the beginning and end of their shifts or anytime they leave their station.
- Employees will not be permitted to congregate in small areas and must follow the 6' physical distancing requirements.
- Employees are highly encouraged to wear clean clothes in, clean clothes out, which includes keeping their gym shoes at the facility (only worn at WWH).
- Employees will wear masks at all times and proper PPE, as appropriate.



Member Protective Measures

- During staffed hours the Fitness Center we will be performing screening checks including temperature and an assessment of symptoms.
- If you are sick, STAY HOME. If you have an abnormal temperature (100.4+), STAY HOME. If someone in your household is sick, STAY HOME. If you cannot control sneezing (even if its allergies), STAY HOME. If you have a cough, body aches, headache or shortness of breath, STAY HOME. If you have had a possible exposure to COVID, STAY HOME
- If you fall inside the high-risk categories for any illness, we recommend you STAY HOME, but this choice is ultimately up to you.
 - **High Risk Categories include:**
 - age 65 and older
 - People living in nursing home or long-term care facility
 - People with chronic lung disease, moderate to severe asthma, serious heart conditions, immunocompromised (smoking, lung cancer, bone marrow or organ transplant, HIV or Aids) obesity (BMI of 40 or higher), Diabetes, Liver Disease, Kidney disease
- We recommend members wear clean clothes in, and clean clothes out. Including shoes!
- Please wash your hands before leaving your residence and use hand sanitizer upon entering the Fitness Center.
- Maintain physical distancing (at least 6 feet) whenever possible.
- Wear a mask at all times, even while exercising. Cloth masks are acceptable.
- Clean everything you touch including equipment, doors, lockers, water bottles, etc...
- Beverages: Bring your own sanitized water bottle. The drinking fountain will be shut off. The bottle filler on the drinking fountain will be available.
- Members will have access to cleaning supplies to help clean the touch points of each piece of equipment. This is recommended before and after each use.

Group Fitness



- Live Group Exercise Classes will begin Monday, June 29.
 - If you want to join via Zoom please email matthew.fenske@wwhealth.org or call us at 715-684-1642 to make sure we send you a link.
 - When contacting us about zoom classes, please provide us with your name, what class you desire, and your email address.
- We plan to start our Les Mills virtual programs with a tentative start date of July 6 (official date TBA pending delivery of equipment).
 - Les Mills will be our primary indoor group exercise program until it is deemed safe to bring back our typical group instructors.
 - Stay tuned to our website for the most up to date class schedule ([Click Here](#)).
- The St Croix County Public Health Departments suggests a maximum of 10 people per class, which means we will be honoring first come, first serve to group exercise classes.
- We added tape to our Fitness Studio floor to mark safe exercise areas (Pods).
- Everyone will have their own station, equipment, and will be responsible for cleaning their own equipment at the beginning and end of each class (no shared stations).
- Fans have been eliminated.
- Indoor group exercise classes will continue to require members to wear masks at all times.

Outdoor Group Classes



- You will need to get your temperature checked and scan your badge at the front desk prior to showing up for class and must wear a mask while inside the fitness center.
- Does not require members to wear masks while class is in session outdoors.
- Painted spots outside mark safe outdoor exercise areas for participants (15' apart).
- Everyone will set-up their own station, equipment, and will be responsible for cleaning their own equipment at the beginning and end of each class. (no shared stations).
- If weather is not cooperating, we will offer a Les Mills designed program inside the fitness studio at the original class time (mask required).
- Stay tuned to our website for the most up to date class schedule ([Click Here](#)).

Cardio Equipment



- Our Cardio equipment has been taped off and spaced out to adhere to physical distancing efforts.
- Be respectful of others when choosing equipment to work out on. The farther away you are from others the safer everyone will be.
- Please wipe down anything you touch before and after use.
- Masks will be worn at all times.

Free Weight Area



- Please practice physical distancing and be respectful of others usage and time spent on each piece of equipment.
- There are markings on the floor to help understand distancing and recommended bench locations.
- Wipe down everything you touch before and after use.
- Try to minimize the amount of equipment you use for your workout.
- Fans have been eliminated.
- Get ideas for workouts from our WOD (Work Out of the Day) board located inside the Fitness Studio.
- Wear a mask at all times.

Locker Rooms



- Be respectful when using lockers and try to keep a minimum of one locker between your locker and anyone else's.
- Practice physical distancing when using restrooms, showers, benches, and changing areas.
- Disinfect your locker before and after use.
- Place all your used towels in the bins provided.
- Wash your hands after use of the facilities.
- Shoes are required at all times and it is recommended to wear Aqua Shoes while showering.
- Wear a mask at all times.

Playroom



The Playroom will remain closed until further notice.

Enhanced measures will be taken consistent with cleaning practices and social distancing when the Playroom reopens.

Therapeutic Pool



- Starting July 6, regular open community swim will be available:
 - Monday, Wednesday - 8:00 a.m. 12:00 p.m. and 1:00 p.m. – 5:30 p.m.
 - Friday - 8:00 a.m. 12:00 p.m. and 1:00 p.m. – 3:00 p.m.
 - (No scheduled classes at this time)
- The pool will be limited to 6 people at a time.
 - Please call 715-684-1642 to reserve or cancel your appointment.
- Masks can be removed once in the water and in your designated spot.
- Please practice physical distancing and be respectful of others usage and time spent in the pool.
- There will be no designated group classes, swim lessons, or therapeutic water massage until further notice at this time
- It is recommended to wear Aqua Shoes.
- Shower with soap before and after pool use.
- Adhere to the locker room guidelines stated above.
- Wear a mask at all times.



Imagine a healthier tomorrow.

The Western Wisconsin Health Fitness Center will continue to bring the same level of commitment to you during these challenging times so that together, we can work hard every single day to create a better tomorrow. We believe in the power of a healthy body and the benefits of regular exercise, both mentally and physically. Along with a community to support you, we believe together we can do this!

Thank You!