

Discussion Item

Gym Opening & Cleaning Options

Fitness Center Opening Talking Points:

Based on the recent CDC guidance below, management feels that we can open with only limited restrictions:

1. Have the gym cleaned and sanitized daily by 3rd party, Cleanwise (proposal to be sent separately)
2. Limit operating hours, 8:00am to 6:00pm 7 days or other timeframes. Access times can be changed via the Brivos system.
3. Limit capacity to no more than 6 users at a time (honor system)
4. No showers
5. Residents will have access to hand sanitizer stations and disinfectant wipes, and we ask that machines are wiped down between use.
6. We did receive a proposal from R&B to install upgraded HVAC equipment that allows for outside air changes at a cost of \$48,758. As this is not a budgeted item management suggests to meet the current requirements we can install portable HEPA air cleaning units Brondell Pro UL rated and certified 5 stage filtration covering 560 square feet. We would purchase 4 of these 2 for each floor total cost \$2210.00 w/ free shipping.

CDC Personal and Social Activities

Exercising and [physical activity](#) are important for physical and mental health and should be continued for healthy living, especially during the coronavirus crisis. However, it is necessary to take precautions to reduce exposure to and transmission of COVID-19. The main way by which people are infected with COVID-19 is through exposure to respiratory droplets carrying infectious virus. COVID-19 has been shown to spread at gyms, fitness classes, and studios.

Considerations for gyms, fitness centers, and studios

There are multiple factors that increase the risk of COVID-19 spread in gyms, fitness centers, and studios (dance, karate, spin, etc.). There are ways to reduce this risk:

- Proximity: maintain at least 6 feet of separation (about 2 arm lengths) and avoid [close contact](#) with other people.
- Mask use: select a facility that has requires all staff and attendees to wear a mask that covers their mouth and nose at all times.
- Exertion level: limit high-intensity activities to the outdoors.
- Ventilation: look for gyms, fitness centers, or studios that have high ceilings and use [ventilation practices](#) such as opening doors and windows and use portable air cleaners that have HEPA filters.
- Frequently touched surfaces: wipe down frequently touched surfaces, such as machines and equipment, with wipes before and after use.

- Clean hands: wash your hands with soap and water for 20 seconds or use hand sanitizer with at least 60% alcohol before and after using machines.
- Number of people: go during off-peak times to avoid crowding.
- Duration: if choosing to stay indoors, keep your workouts as brief as possible to avoid prolonged exposure.