

Diné College Fitness Center and Gymnasium Safety Guidelines



Covid – 19 Pandemic

Diné College is dedicated to the well-being and overall achievement of our patrons. Our goal is to provide our students and staff with a program that progresses their physical and psychological abilities to remain resilient to injury.

Diné College is conducting a phase-in reopening to allow for operational issues to be resolved before the Fitness Center and Gymnasium is to return to normal activities. In consideration, a limited number of patrons is permitted with the ability to adjust in the future.

Reason for Procedure

The purpose of this guideline and procedure is to allow for the safe and efficient use of the Fitness Center and Gymnasium

These guidelines work within the following parameters:

1. Center for Disease Control (CDC)
2. Arizona Department of Health Services (ADHS)
3. American College Health Association (ACHA)

Coronavirus disease 2019 (COVID-19) is a respiratory illness (see list of symptoms) caused by a virus called SARS-CoV-2. Here is what we currently know:

- The way the virus spreads is mainly from person-to-person through respiratory droplets when people cough, sneeze, or talk.
- You may also be able to get COVID-19 by touching a surface or object that has the virus on it, and then touching your mouth, nose, or eyes.
- The virus may be spread by people who are not experiencing symptoms.

<https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/gym-employers.html>
(Updated November 12, 2020)

Procedures

The Fitness Center management has created guidelines to ensure our patrons have both a fun and safe experience while using the facilities. It is recommended that our patrons review the following guidelines and procedures. If you have any questions regarding our guidelines and procedures, please do not hesitate to contact the Athletics Department.

The guidelines shall apply to all individuals and groups who use the Fitness Center and Gymnasium

Watch for Symptoms:

Patrons, please monitor yourself for the following symptoms, which may appear **2-14 days after exposure to the virus**. *We encourage patrons who are sick or exhibiting symptoms of COVID-19 to stay home.*

People with these symptoms may have COVID-19:

- Scratchy throat
- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19. (<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>, January 14, 2022)

Patron Guidelines:

- Per Diné College Incident Command Center, Daily Screening/ Contact Tracing will be implemented when arriving to the Fitness Center. Fitness Center staff will conduct the screening for every patron utilizing the Fitness Center and Gymnasium
- Patrons need to be cleared by Health Screeners before entering facilities for services.
- The Fitness Center is open to Current Residential Students, Staff and Employees. Fitness Center is closed to the public.
- The Gymnasium is open to residential students, with consideration for Dine College and Commuter students.
- Fitness Center capacity is limited to:
 - Spring 2022 Semester ten (10) Patrons, plus one (1) Employee at any given time. Patrons must be permitted entry into the fitness center by scheduled **appointments only**.
 - *Commuter Students can begin using the facility beginning March 14, 2022*
- Gymnasium Capacity is limited to:
 - Spring 2022 Semester
 - Phase 1 – Four (4) Patrons per hour. Patrons must be permitted entry into the fitness center by scheduled **appointments only**.

- Phase 2 – Ten (1) Patrons per hour, Patrons must be permitted entry into the fitness center by schedule **appointments only**.
- Patrons must ensure that a distance of six (6) feet is maintained among individuals, including employees at all times.
- We encourage patrons to follow CDC Guidelines:
 - Facemask must be worn at all times. No Cloth Masks
 - Social Distancing of six (6) feet apart will be enforced.
 - Wash your hands frequently (20 Seconds with soap and water)
 - Hand Sanitizer is available for all patrons to use.
 - Avoid Touching your mouth, eyes, and face
- Bring your own water bottle. Employee will refill your water bottle for you. Patrons are not allowed to fill their own water bottle.
- Bring your own personal equipment (i.e. Wraps, lifting belts, chalk)
- Each patron is limited to a two-item exercise equipment rule. No Exceptions
- Patrons are required to disinfect each equipment before and after each use.
- The Women and Men’s Restrooms will be open only to Fitness Center Patrons and limited to two patrons at a time.
- Absolutely **NO** spitting is allowed in the Fitness Center.
- Aggressive yelling and grunting will not be allowed.
- Food is not allowed in the Fitness Center (Employees/interns must take their breaks outside the facility)
- Children are not allowed in the facility.

Measures for Infection Control:

- Diné College requires the use of face masks for all students/staff/faculty in all public and workplace settings where there is a high risk of exposure in accordance with CDC Guidelines.
 - **Masks must cover the nose and mouth at all times**
 - **N95 Masks, KN95 Masks, or Surgical masks must be worn at all times.**
 - **Covid-19 Booster Shots is recommended for all patrons.**
 - Wash and sanitize hands before and after using or adjusting face masks
 - Avoid touching your eyes, nose, and mouth
 - Masks must not be shared and should be wash or discarded after each use.
- Patron symptom checks are conducted before patrons may enter the facility at a near-by Health Screening Station. Symptoms include cough, shortness of breath, scratchy throats, difficulty breathing, fever or chills.
- Thorough cleaning throughout the day in high traffic areas in the fitness center is paramount. Employees will frequently disinfect commonly used surfaces, including personal exercise machines and equipment.
- Diné College Fitness Center requires patrons to disinfect individual exercise equipment, mats, and machines before and after use with provided disinfecting spray and towels. Lined, no touch trash receptacles are available throughout the fitness center to dispose of used paper towels/wipes.

Hours of Operations

A modified hour of operations is implemented for fitness center staff to adequately disinfect and prepare facility for next scheduled group.

Patrons are encouraged to show up before appointments to allow for daily screening to be conducted. Patrons will wait outside west entrance until Fitness Center Employee ushers them in.

Appointment times will not be altered to allow for patrons to begin or complete their workouts.

Fitness Center	Monday –Thursday
	9:00 AM to 6:00 PM
	Friday
	9:00 AM to 5:00 PM
Gymnasium	Monday – Thursday
	2:00 PM – 6:00 PM
	Friday
	1:00 PM – 5:00 PM

Appointment schedules will be kept by the Fitness Center Staff.

Fitness Center employees will implement 10 minutes of cleaning time after each scheduled appointment group. All Fitness Equipment will be cleaned and sanitized regardless if they were used or not.

Name	Title	Phone	Email
	Fitness Center	928-724-6970	
Shawn Frank	Athletic Director	928-724-6753	sfrank@dinecollege.edu

Consequences

Failure to adhere to the Fitness Center / Gymnasium guidelines and procedures may result in restricted or discontinued use of the facility, at the discretion of the Weight Room Coordinator and the Athletic Director.

Patron Name: _____ Date: _____

Patron Signature: _____