

Safety – It's safe to workout at NCH Wellness. The following CDC and State of Florida DOH guidelines will be followed for all wellness users.

- **Screening**
 - Screening participants upon check in - Verbal Questionnaire / Temperature Check
 - Hand sanitizer station available and suggested when entering
 - Required surgical or cloth mask upon entry/exit & movement within facility (not required during active exercise)
 - Masks with valves prohibited
 - Nose and mouth must be covered

- **Group Fitness Studios**
 - Group Fitness Studios with two doors (one for entrance and one for exit)
 - Group Fitness Studios with one door (Wellness team member available monitoring traffic in and out at start and end of class)
 - Tape mark grids on the floor for each participant
 - Capacity of classes will be marked for each studio based on square footage of each studio
 - First Come First Serve
 - Participants required to bring own mat for all classes
 - Participants wear mask with movement within facility and before /after class (mask may be taken off during class, as participants are social distance 6-8 ft from each other)
 - Participants immediately put mask on when class ends and sanitize equipment
 - Participants encouraged to wipe off prior to use when retrieving equipment
 - Nightly cleaning/sanitizing of equipment

- **Cardio**
 - Every third machine will be used (other will be taped off)
 - Directional tape marks for one -way traffic within each row of cardio equipment (last row by elevator opposite direction)
 - Front Desk – Tape on floor monitoring check in line (if there is a line) and 6 - foot distancing markers between member/guest and NCH Employee at counter.
 - Wellness Team member cleaning cardio touch points hourly
 - Participants using cleaning wipes after each use
 - Nightly cleaning/sanitizing of all machines

- **Strength**
 - Participants using cleaning wipes after each use
 - Wellness Team member cleaning touch points hourly
 - All strength equipment reviewed to ensure at least 6 feet between pieces. If there is not 6 feet it has been removed or taped off.
 - Nightly cleaning/sanitizing of all areas

- Exercise accessories / attachments removed – difficult to clean attachments
- Strength Benches placed 6 feet apart and monitored by wellness team member. Tape on floor and monitor not moved.
- Every other circuit machine taped off and rotated weekly on Friday evenings.
 - Directional tape placed on floor to monitor high traffic areas throughout the facility (Briggs Circle, right at top of stairs)
- **Front Desk / Lobby**
 - Wellness team member wiping down front desk and lobby tables hourly
 - Monitor number of people entering and leaving facility
 - Limit appointments for staff to help monitor guidelines as needed
 - Credit card preferred vs cash
- **Locker Rooms**
 - Hourly walk through sanitizing all touch points (handles, faucets, flushers, locks on lockers, etc)
 - Nightly cleaning/sanitizing of all areas
 - Sauna / Whirlpool limit to capacity of 2 due to 6 ft social distancing
 - Remove shared amenities (hair dryers)
 - Lockers blocked off for social distancing
- **Massage Therapy**
 - Therapist wash hands within room when client is present
 - Sanitation of massage bed between each client
 - Linens sanitized using NCH linen provider
 - Massage rooms cleaned nightly
- **Pool**
 - Aqua class capacity limited
 - One person per lap lane (6 ft social distance)
 - No Lap Swimming during group fitness classes