



# **Chaparral Fitness**

**Athletic Strength &  
Conditioning**

**Physical Education**

**Support**

**Operational Plan**

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## **Opening Statement**

The purpose of this document is to outline Chaparral Fitness' plan to re-open and resume safe operations for student athletes during the COVID-19 pandemic. We have used guidance from State and Federal agencies, scientific studies, fitness industry leaders and all available information regarding fitness center usage during this COVID-19 period. This plan will allow Chaparral Fitness to operate as a strength and conditioning facility for student athletes, provide programming/training for those athletes and support coaches in the preparation of their teams for when competition can safely resume. Chaparral Fitness intends to support and partner with Physical Education (if approved) to provide a platform for activity classes to resume in a safe and effective way. We feel this plan is comprehensive, safe and is fluid enough to adapt when and if conditions change.

Nothing is more important to Chaparral Fitness and the PEC than to protect the health and well-being of all users and staff. As such, Chaparral Fitness, Athletics and Physical Education are working closely with College of DuPage Administration to ensure that we are following Illinois Department of Public Health guidelines to minimize risk to all potential users.

It is assumed that some sports will be unable to practice or compete in the fall of 2020 who normally would. As we like to say in the strength & conditioning world, the off season is the most important time for an athlete to develop physically. This fall will be the offseason for those teams/athletes. It is imperative then for the College of DuPage to help prepare our athletes for the time when competition resumes with sport specific strength & condition programming. Chaparral Fitness can provide the space and the programming knowledge for all of our student athletes. Manager Matt Cousins, whose background is in Strength & Conditioning, can provide leadership and guidance in this new pursuit for Chap Fitness.

As health and fitness practitioners, we know that fitness plays a crucial role in fighting Corona Virus type diseases. Research has proven that one of the best ways to fight COVID-19 is with boosted immunity from rigorous exercise. Exercise also helps to counter the negative effects of isolation and confinement. With this knowledge, it is important to also offer activity classes through Physical Education that allows our students to learn about the importance of exercise and how it should be included in the everyday life of all people. Chaparral Fitness intends to partner with Physical Education to provide a safe, socially distanced, disinfected area for PE to offer activity classes such as Aerobic Fitness Lab, Power Lifting, Physical Fitness and Weight Training. To ensure safety and social distancing, equipment from the strength complex will be moved into the non-track areas of the arena. This secondary space will be big enough to support these Physical Education activity classes. The arena will be monitored and disinfected by PE Faculty and Chap Fitness staff.

Chaparral Fitness is aware that if a spike of new COVID-19 cases were to occur, causing the State of Illinois to move back to Phase III, we would need to modify this plan.

## **General Health**

- i. Minimum guidelines
  1. Employees will wear face coverings (non-surgical or N95) over their nose and mouth when within 6-ft. of others. Exceptions may be made where accommodations are appropriate.
  2. Social distance of at least 6 feet should be maintained between individuals unless participating in activities permitted under IDPH guidelines.
  3. Chaparral Fitness, PE and athletic staff will provide hand washing capability (restrooms) and hand sanitizer via dispensers to employees and members.
  4. Frequent hand washing by employees, and an adequate supply of soap/ paper towels and/or disinfectant/ hand sanitizer will be available.

## **Staff Guidelines and Travel Policies**

- i. **Minimum guidelines**
  1. All employees will complete health and safety training related to covid-19 when initially returning to work. Training will be completed within two-week time frame prior to reopening date.
  2. Signage will be placed in work space reminding employees of COVID symptoms and good health practices.
  3. If an employee must travel, employee should follow CDC considerations to protect themselves and others during trip
  4. Employees will not report to, or be allowed to remain at work if sick or symptomatic (cough, shortness of breath or difficulty breathing, fever of 100.4 degrees or above, chills, muscle pain, headache, sore throat, new loss of taste or smell, or other CDC-identified symptoms). Sick or symptomatic employees should be encouraged to seek a COVID-19 test.
- ii. **COVID Vulnerable Staff**
  1. Chaparral Fitness, PEC and athletic staff will provide reasonable accommodations for COVID-19-vulnerable employees, including but not limited to work from home (if feasible), reduced contact with others, use of barriers to ensure minimum distance between others whenever feasible or other accommodations that reduce chances of exposure.

## **Employee Health Monitoring/Screening**

- i. **Minimum guidelines**
  1. Chaparral Fitness, PE and athletic staff will conduct temperature checks for employees and encourage their use. Chaparral Fitness will post information about

- the symptoms of COVID-19 in order to allow employees to self-assess whether they have any symptoms and should consider going home.
2. Chaparral Fitness, PE and athletic staff will conduct in-person screening of employees upon entry into workplace and mid-shift screening to verify no presence of COVID-19 symptoms.
  3. If an employee does contract COVID-19, they should remain isolated at home for a minimum of 10 days after symptom onset and can be released after feverless and feeling well (without fever-reducing medication) for at least 72 hours OR has 2 negative COVID-19 tests in a row, with testing done at least 24 hours apart.
  4. If an employee is identified as being COVID-19 positive by testing, CDC cleaning and disinfecting will be performed as soon after the confirmation of a positive test as practical.
  5. Where appropriate, notify employees who have been exposed.
  6. Any employee who has had close contact with co-worker or any other person who is diagnosed with COVID-19 should quarantine for 14 days after the last/most recent contact with the infectious individual and should seek a COVID-19 test at a state or local government testing center, healthcare center or other testing locations. All other employees should be on alert for symptoms of fever, cough, or shortness of breath and taking temperature if symptoms develop

### **Employee Workspace**

#### **i. Minimum guidelines**

1. Chaparral Fitness and the PE will display signage at entry, exits and at drinking fountains regarding face covering requirements, social distancing guidelines, and cleaning protocols, in multiple languages as needed. Additional signage maybe required near first floor offices and sliding door main entry.
2. Chaparral Fitness and the PE will re-configure workout stations and implement protocols to allow for 6-ft or greater social distancing. Cardio machines will be turned off and or moved to insure proper social distancing. All cleaning and disinfecting will be completed by staff.
3. Chaparral Fitness, PE and athletic staff is asking employees to maintain 6-ft. social distancing between guests and staff. Staff will rotate between the different set zones of the gym as scheduled. No more than one staff member allowed in each office, at any given time. The installation of physical barriers may be utilized if necessary.
4. Locker rooms and showers will be temporarily closed.
5. When lockers and locker rooms are allowed to be open, proper signage will be displayed with tape, and other markings to ensure members can maintain 6-ft. of social distance. Additional barriers may have to be installed by another group and enhanced cleaning will need to be approved through custodial. Members must bring in their own locks.
6. Water fountains - There are four (4) within Chaparral Fitness (including restroom area) and five (5) throughout the PEC. Only touchless water bottle refill stations will be available for use. The direct drinking portion of these water fountains will be

blocked off from use. Staff members will encourage users to bring their own water bottles.

**ii. Signage**

1. Signage with guidelines for usage and behavior will be provided at the front desk and throughout the fitness center/arena. Staff members will thoroughly disinfect each area immediately after usage.
2. Signage encouraging proper social distancing in order to limit contact, exposure and mitigate spread of COVID-19. Additional signage in restrooms with hand washing guidelines will be posted.
3. Locker area will not be available for usage until deemed safe.
4. Water fountains will be off limits except for refill stations.
5. Use of one-way entrance and exits will be implemented.
6. Where building management practices allow, increased air turnover rates in occupied areas will be utilized to the maximum extent practical.

**iii. Hours of Operation**

**Chaparral Fitness:**

**Monday-Friday**

6am-10am,	Strength & Conditioning
8am-9am,	Closed for Cleaning
9am-2pm,	Strength & Conditioning
2pm-3pm,	Closed for Cleaning
3pm-6pm,	Strength & Conditioning
6pm	Closed for Cleaning

**Arena Strength Complex:**

**Monday-Friday**

6am-9am,	Strength & Conditioning
8am-9am,	Closed for Cleaning
9am-1pm,	Strength & Conditioning
1pm-2pm,	Closed for Cleaning
2pm-6pm,	Strength & Conditioning
6pm	Closed for Cleaning

**iv. Open Facilities**

1. Chaparral Fitness
2. Bathrooms next to Chaparral Fitness

3. Bathrooms across from PE/Athletics offices
- v. **Closed Facilities**
  1. Pool
  2. Locker room and shower areas across from PE/Athletics offices
  3. Locker room inside Chaparral Fitness
  4. Athletic Locker Rooms

### **Disinfecting Cleaning Procedures**

#### **i. Minimum guidelines**

1. Chaparral Fitness and the PEC will provide sanitizing supplies near all equipment and exercising areas (e.g. treadmills, weights, studios) More hand sanitizing stations for every section of the gym will be provided.
2. All staff will fully clean and sanitize equipment and exercising areas before and after use by guests. Staff will be stationed at different zones to disinfect all fitness and arena areas throughout their shift.
3. Clean and disinfect common areas (e.g., restrooms, cafeterias) and surfaces which are touched by multiple people (e.g., entry/exit doorknobs, stair railings) frequently; every hour recommended for high-traffic areas High touch areas in the lobby, including the staircase, elevator and computer will be implemented.
4. Cleaning and disinfecting of premises should be conducted in compliance with CDC protocols on a weekly basis. Cleaning will be added to Staff duties throughout their shifts and after close. All staff members will be trained and educated in all current and future CDC guidelines.
5. Proper facial covering and PPE will be provided for staff. Social distancing measures will be practiced at all times, when virtual personal training is not possible.
6. Chaparral Fitness and the PEC will provide sanitizer near workout areas and hand-washing stations.

### **Staffing and Attendance**

#### **i. Minimum guidelines**

1. The Fitness center and Arena will operate at no more than 50% of occupancy at any given time OR 5 people per 1000 sq. feet.
2. All athletes and students will be preregistered and attendance and records for each individual will be kept. Allowances can be made with acknowledgement from the coaching staff and athletic administration.
3. Staircase seating and lobby area seating will be eliminated. Signage and floor markings will remind people to practice proper social distancing.
4. Staff members will stagger break times so only one person is on break at a time, to be determined by a supervisor.
5. Only one (1) staff member in offices at a time. One employee and one guest is allowed with proper social distancing and PPE.
6. All personal belongings should be left at home or in vehicles. Employees should bring only what is necessary. (i.e. uniform, vehicle keys, water bottle etc.)

7. Limited contact between staff and student users will be strongly encouraged.

### **Students/Student Athletes Considerations**

- i. Minimum guidelines
  1. All students and student athletes will be required to sign a liability waiver acknowledging the known dangers of exercising in a fitness center, practice area with the possibility of being exposed to COVID-19. By signing, each person, their agents, assigns, heirs and successors, release and forever discharge the Board of Trustees of the College of DuPage, each member of the Board individually, its agents, and successors from any and all claims, demands, actions, or causes of actions, whether developed or undeveloped, known or unknown, past, present, or future, arising in any way connected with, directly or indirectly during the participation in any event, practice, game, contest or activity at Chaparral Fitness
  2. All Strength & Conditioning sessions/PE Classes will be pre-scheduled. No drop-ins will be allowed. Student athletes and PE students will be verified against a roster for that scheduled time slot.
  3. Students and student athletes will have to complete a health survey to help determine whether they are able to use Chaparral Fitness. Questions asked will include;
    - a. Have you been in close contact with anyone who may have COVID-19?
    - b. Have you recently had a fever or do you currently have a fever?
    - c. Have you recently travelled outside of the United States?
    - d. Have you recently had or are you currently experiencing any of these symptoms (cough, shortness of breath or difficulty breathing, fever of 100.4 degrees or above, chills, muscle pain, headache, sore throat, new loss of taste or smell, or other CDC-identified symptoms)?
  4. Students and student athletes will be required to hand sanitize, pass and complete a temperature screening, and pass entry questionnaire before they are allowed to enter into the Fitness area. Usage of fitness areas may be denied if deemed necessary to maintain safe environment.
  5. Students and student athletes will be asked to notify staff when they are finished using a piece of equipment so to allow staff to disinfect. Student users will not have to clean equipment.
  6. Students and student athletes will be reminded by staff and signage that maintaining proper social distancing of 6 feet or more while exercising is necessary.
  7. Contact exercises and spotting will not be permitted.
  8. Equipment will be rotated after each use and not shared by guests before that piece of equipment has been disinfected.
  9. Students and student athletes will come ready to workout with proper clothing and footwear. Lockers and showers will be unavailable. Student users will be

asked to leave bags with personal belongings at home or in their vehicles. Students will only be permitted to bring necessary equipment to workout (face mask, water bottle, ID card and vehicle keys). Students will avoid bringing other personal articles.

10. Students and student athletes will be asked to wear facial coverings while exercising (exceptions can be made for people with medical conditions or disabilities that prevent them from safely wearing a facial covering).

### **Front Desk Signage**

Welcome to Chaparral Fitness, we understand this is a difficult time for everyone. Please be **patient** and **respectful** to others at all times. We, the Chaparral Fitness Staff, are working hard to provide all members with a safe exercise environment. Your cooperation is essential for this to be achieved.

Chaparral Fitness reserves the right to deny admission to any student who presents any symptoms of a regular cold or flu.

#### Requirement for entry:

1. All students must use facial coverings as they enter and while exercising. Exceptions will be made for people with documented medical conditions or disabilities that prevent them from safely wearing a facial covering. Students must provide medical proof of said medical condition or disability.
2. Students will be required to hand sanitize.
3. Pass and complete a temperature screening that is below 100.4 degrees Fahrenheit.
4. Pass an entry questionnaire before they are allowed to enter into the Fitness area.
5. Students may be turned away if deemed necessary to maintain safe environment.