

Bent County Community Center Re-Opening Plan: June-8.2020

Bent County Community Center (BCCC) is committed to providing an inspiring, safe, and clean environment for our members to improve their quality of life! We are closely monitoring Coronavirus (COVID-19) developments and our team is taking the necessary precautions to make sure you can safely work out.

BEST PRACTICES TO HELP PROTECT YOURSELF AND OTHERS:

Please do not come to the BCCC sick - If you are not feeling well, have a fever, or visible signs of illness we ask that you take the time to rest and recover. We promise missing a day will not delay your fitness goals!

Note: If a visitor displays symptoms (coughing, fever, etc.) the front desk will ask you to refrain from entering the BCCC.

Face Covering- Face covering is suggested when entering the BCCC. (not required during workout)

Wash, rinse, and repeat - Good hand washing practice involves immersing your hands in warm, soapy water for at least 20 seconds. Wash in bubbles and wash often!

Cover your coughs and sneezes - Cover your mouth and nose with a tissue or your sleeve, not with your hands. Using your hands will only further spread germs and viruses.

Disinfect the equipment you use - The flu virus can live on hard surfaces for an entire day! To kill flu germs, wipe-down equipment before and after use. The BCCC staff has a plan to clean all equipment each week, but your help will assist us in between sets.

Hands-off for now - In addition, high fives and handshakes can be replaced with nods and smiles for the time being.

We are on the offense – The BCCC fully stocked with hand sanitizer, X-wipes (wipe equipment), tissues, paper towels.

Stay informed - Refer to the CDC for best practices to keep you and your family safe.

BCCC Sanitization Objectives: The BCCC Team will commit to detailed sanitization of all fitness areas and equipment weekly, in addition to the daily general cleaning we currently complete.

Limited Capacity: *Scheduling time slots*

1. *Each visitor will have (1) hour time slots per day. Unless we open times.*
2. Please call (719.662.1235) to schedule a time slot (see hour chart) to ensure you get an hour.
3. If you do not call ahead and we have slots open, you are welcome to workout.
4. If we do not have open space, we ask you schedule a slot before leaving.
5. Weight room capacity = 7 person at one time.

BCCC Fitness/Weight Rooms: **Maximum persons at one time (7)**

1. All visitors will be asked to follow these safety protocols to help us maintain a safe facility for our Community.
2. Face coverings are suggested when entering the BCCC and signing in. (not required when during workout)
3. Please see front desk to have staff sign you in and out.
4. Fees will be collected upon sign in.
5. *Please wash hands with soap/water prior to using fitness equipment.*
6. *Please wipe (wipes at dispensers) all equipment before and after use*
7. *Each visitor will have (1) hour time slots per day. Unless we have open times.*
8. *The capacity per hour in the fitness rooms is (7) to enable room for social distancing.*
9. *Cardio machines have been moved to allow room for safe social distancing.*
10. As a courtesy to other members, please call 719-662-1235 if you need to cancel your scheduled slot.
11. If you feel ill and display (fever, cough, shortness of breath, chills, loss of taste or smell) please do not enter the BCCC until you feel better and/or have been tested for COVID 19.

Gymnasium: **Maximum person at one time (10)**

1. All group activities (basketball, volleyball, etc.) will be restricted until further notice.

Yoga & Zumba: Maximum person at one time (7)

1. Group classes will be asked to limit numbers to ensure we have 6 feet minimum between participants.
2. The limit per class will be 6 persons (+ one instructor) unless the class is moved into the gymnasium or conference room which will allow for 10 persons max.
3. All participants will be asked to sanitize any equipment they utilize, and the class instructors will be responsible for ensure this occurs.
4. The staff will rotate all mats weekly to ensure we are sanitizing all consistently.
5. NO ZUMBA classes due to State Health order.

What will we do to help?

1. BCCC staff will sanitize high traffic areas and “Fitness Zones” several times daily.
2. **Fitness Zones** are areas of the BCCC that are designated for fitness activities.
3. The front desk staff will have infrared thermometer to check temperatures and am oximeter to measure heart rate and oxygen saturation in red blood cells. These are not required at this time, but if a visitor feels or appears ill, we can assist by offering you these measurements. These measurements will be made by trained staff. (not medical certified personal.)
4. The BCCC will have protective shields at the front desk.
5. Staff will monitor all visitors to ensure the safety measures are followed to ensure all our folks are safe.
6. If a visitor feels unsafe, please advise staff and we will address issues in violation of these safety protocols.

FITNESS TIME SLOTS: Example

Times	1	2	3	4	5	6	7		1
630-730	Robert A.								10 max
730-830									
830-930									
Sanitize									
1000-1100	Steve L.								
1100-1200									
1200p-100									
Sanitize									
130-230									
230-330									
330-430									
Sanitize									
500-600	Brenda. L	Shane B.							
600-700	Tim L.	Henry C.							
700-740pm									
Sanitize									
	Yoga								
Mon	Laurie M	Tammy A.	Annete C.						7 max
Wed									

The BCCC is committed to the health and well-being of all citizens in Bent County. Your cooperation is appreciated and essential to ensure we keep our Facility open and safe for all. We will continue to keep the cleanliness and sanitation of our facility as a top priority so that our members, guests, and employees have a safe and healthy environment to workout, recover and enjoy your time at Bent County Community Center. Please visit our new website (bcccommunitycenter.org) to stay informed about BCCC information.

Printed Name _____ Email Address _____ Phone # _____

Member signature _____ Date _____

Thank you!
 Robert Arguello/Director