

# City of Pleasant Ridge

## Wellness Center Re-Opening Plan

*June 22: Pleasant Ridge is evaluating our preparedness to open the wellness center. The recent Federal Court Decision allows gyms to re-open June 25. We will not be opening on that date but will open as soon as possible. We plan on announcing our opening date on or soon after Monday, June 29. The following is our wellness center operating plan for when we reopen.*

### Welcome Back!

Pleasant Ridge Parks & Recreation is happy to be able to reopen our wellness center! Consistent with the Governor's executive orders regarding gyms, capacity will be limited to 10 gym users at one time, with adjustments made pursuant to future executive orders.

Executive order references: [EO 2020-114](#)

### Wellness Center Operating Standards:

- All residents must enter and exit through the Community Center doors. The Wellness Center doors will remain locked.
- Residents must check in at the front desk to check in. This helps us to comply with the Contact Tracing Regulation.
- Staff and gym users must have their temperature checked before entering the building. If your temperature is over 99.5 degrees you will not be allowed in the facility., until you are fever free without the use of fever reducing medication for a minimum of 24 hours.
- In addition to temperature checks, users must also undergo a screening protocol before being allowed to enter the building (see attached). Residents that feel ill must not use the Wellness Center for the safety of others. Residents are encouraged to sanitize/wash their hands with soap and water for at least 20 seconds before and after working out.
- Gym users must always maintain ten (10) feet of distance from each other . Machines and workout stations have been adjusted to meet this requirement to the greatest extent feasible. Some machines have been turned off and marked with tape.

- Gym users must bring a mask and wear it while in the wellness center. Users must also bring your own towels.
- The exercise mats have been removed and will not be available for the duration of the Governor's executive orders regarding gym operations.
- No personal training will be allowed, and no group classes will be offered.
- The water fountain will be shut off, but the bottle filler will be available. Residents should bring their own water bottle to use.
- Use of the facility will be limited to residents 18 and over.
- The community center restrooms will be available, but no lockers or showers will be available for use.
- Gym users must disinfect all equipment before and after each use. Extra sanitation stations and supplies will be available throughout the facility.
- Residents who do not following the above operating procedures will be given a warning. Any repeat offense will result in removal from the facility and suspension of fitness center privileges for one week on the second offense, and a suspension for the duration of any State executive orders regarding gyms and fitness centers on the third offense.

## **Hours and Registration**

Mon-Friday: 8am-4pm

Sat:10am-3pm

Sun Closed

Workouts will be limited to one-hour time blocks. The facility will be closed for thirty (30) minutes between each time block for leaning/disinfection/sanitation. Register for time blocks at [https://pleasantridge.activityreg.com/ClientPage\\_t2.wcs](https://pleasantridge.activityreg.com/ClientPage_t2.wcs)

The Wellness Center will be sanitized after each time block by a staff person.

## **Community Center**

The Community Center will remain closed, and no room or facility rentals will occur until further notice.

We will continue to review these guidelines regularly and communicate changes through email, our website, and social media to meet federal, state, and local guidelines.