



Covid-19 Re-opening Procedures & Guidelines

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COVID Executive Order - Services Temporarily on Pause

Due to Executive orders from the State of Indiana, Marion County and CDC Guidelines:

- During the initial reopening period, the following areas are closed: drinking fountains, locker rooms, showers, steam rooms, saunas, spa facilities, Lap Pool and Therapy Pool. Additionally, the Café will be open in a limited capacity with Grab and Go items. Towel Service will temporarily be unavailable. We encourage all members to bring a clean towel with them to workout.

Enhanced Cleaning/Disinfection Procedures

Medical-grade, EPA-registered disinfectants that are designated effective against the COVID-19 virus with a kill time of less than one minute will be used for all continuous and deep-cleaning processes. Enhanced cleaning will take place three times daily and once overnight. Designated areas of the club will be sectioned off during the day to facilitate the deep cleaning. We will be increasing the overall presence of our maintenance team as well asking all team members to support these rigorous cleaning protocols with continuous sanitization schedules.

Besides the deep cleaning, staff are assigned to continuously clean high touch areas as follows:

- Cardiovascular and Strength Training Area
 - Staff will wipe down frequently touched surfaces such as free weight handles, cable accessories, equipment control panels and other high touch areas.
- Locker Rooms and Bathrooms
 - Once locker rooms are open per the Marion County Health Department, we will disinfect member lockers using EPA registered disinfectants frequently throughout the day and deep clean the Locker Room area daily after the club closes.
- KidsZone and Camp Rooms
 - To help our children practice social distancing, we will dedicate other areas of the club for playtime, classes will be adjusted to be consistent with governmental orders and guidelines, and we encourage reservations for childcare services.
- Group Fitness Studios and Exercise Equipment
 - We will allow 15-30 minutes between Group fitness classes for disinfecting the studio and all equipment. Studio access will be closed and unavailable for use between classes to ensure the studio and all equipment is disinfected.
- General Facility
 - Our Team will disinfect doorknobs, handles, rails, light switches, sanitizing stations, lockers, bathrooms, sinks, toilets, benches, locker keys, the front desk, keyboards, computers, phones, and instructor equipment.

Social Distancing

Signage and Floor Markers:

- To allow members to give each other enough space, physical distancing cues will be marked in the Group Fitness studios, locker rooms, elevators, Café areas, and on the Strength and Cardio Floors. Physical distancing signs will show which equipment is available for use, and signs will be placed throughout the Strength and Cardio Floor to remind members to wipe down equipment before and after use and to practice physical distancing.
- To facilitate physical distancing, we will reduce equipment available for use. Select equipment will be unplugged and clearly marked to facilitate physical distancing. 30-minute time limits may be imposed on equipment during peak hours, if necessary.

Front Desk:

- New Plexiglass barriers are designed to provide a protective shield between members and the Front Desk.
- In Club Transactions: For convenience and to minimize contact, members are encouraged to use their credit card on file for purchases at The Front Desk, The KidsZone and The Café. Members can update their credit card information by calling Membership Services at 317-920-7400.

Check-ins:

- To reduce contact points between members/staff, members are encouraged to check-in using the Indianapolis Healthplex app. The app can be found in the Apple/Android app stores on your mobile device (search Indianapolis Healthplex). This allows the ability to eliminate the need to use key fobs upon check-in.

Group Fitness / Personal Training:

- Our Coaches, Personal Trainers, and Instructors have received training in verbal cueing and will be practicing hands free modifications, in Yoga, during private training sessions, clinics, and group fitness classes.
- Virtual Training and Virtual Group Fitness classes will continue to be available for our members not yet ready to step inside the facility – We are here when you are ready.
- Group Fitness Studios have been measured and marked appropriately for social distancing.
- If a scheduled class exceeds the room capacity, we have established an area on the basketball courts that will allow the instructor to ensure the appropriate space between members is enforced.
- Group Fitness Instructors will be practicing no hand on adjustments and emphasizing movements through verbal cueing.

Indianapolis Healthplex Staff Procedure Requirements

In accordance with public health orders, our staff will be provided with facemasks, which they will be required to wear during their shift in the club. In addition to requiring PPE, the Indianapolis Healthplex has also done the following to ensure our staff is safe and properly prepared for the club's re-opening:

- Upon clocking in, our employees will complete a symptoms checklist and temporal temperature check via touchless thermometer daily upon entering the club.

- Any employee showing signs of illness will be sent home immediately and will not be allowed to return until cleared by a physician.
- All staff have been cross-trained and assigned to sanitize designated areas around the club throughout their entire shift.
- Additionally, employees have been trained in proper hand hygiene, cough/sneeze etiquette, proper PPE usage, and safe social distancing practices.

Member Code of Conduct

We have put a lot of changes in place—with details beyond what you see here. The way our new safety process will be most effective is if we all make sure to do our part.

- Members are encouraged, but not required, to wear facemasks in the club. For convenience, members may purchase reusable antimicrobial masks at the Front Desk.
- Practice Social Distancing when in close shared spaces, like Group Fitness Studios, Locker Rooms and Bathrooms.
- We ask that member's support our rigorous cleaning protocol for everyone's safety and wellbeing.
 - Members are advised and encourage to use Hand Sanitizer when entering the club and frequently throughout their visit.
 - Hand Sanitizer will be available at new touchless stations throughout the club.
 - Members are advised and encouraged to use disinfectant wipes on equipment before and after use. Our disinfectant wipes are approved by the EPA for use against COVID-19 are proven to kill 99.99% of bacteria, viruses & fungi on equipment while having the safest EPA Toxicity Rating.
 - Surface disinfectant wipes will be available throughout the club – please use them as needed.
- For the safety of others, we ask that members do not bring their own equipment to the facility.
- Self-screen before coming to the facility for any of the following new or worsening signs or symptoms of possible COVID-19:
 - Cough
 - Shortness of breath or difficulty breathing
 - Chills
 - Repeated shaking with chills
 - Headache
 - Sore throat
 - Loss of taste or smell
 - Diarrhea
 - Feeling feverish or a measured temperature greater than or equal to 100.0 degrees Fahrenheit
 - Known contact with a person who is lab confirmed to have COVID-19