



ARBOR GREENE COMMUNITY CENTER – REOPENING GUIDELINES

Community Center Hours of Operation ♦ Hours and operations are subject to change ♦

Monday – Friday: 7am-10pm

Saturday: 8am-10pm

Sunday: 8am-8pm

The Fitness Pool is Reserved for Exercise Only for the *Vulnerable Population Mon-Fri: 11am-1pm

*Vulnerable Population are individuals older than 65 years of age and individuals with a serious underlying medical condition (such as chronic lung disease, moderate-to-severe asthma, serious heart conditions, immune-compromised status, cancer, diabetes, severe obesity, renal failure and liver disease). Please respect the hours posted for exclusive use by this population.

Employees will be staffed accordingly to monitor proper social distancing and use of facilities. Employees will be wearing face coverings while inside the Community Center and when social distancing cannot be maintained outside. Employees will be making hourly rounds to disinfect all touchpoints and will deep clean the facilities upon closing. Please adhere to the following the guidelines that are in place and respect any requests from Arbor Greene CDD employees regarding the guidelines.

Before Entering the Community Center Facilities

Do any of these apply to you?

- Have fever AND/OR signs/symptoms of lower respiratory illness (cough, shortness of breath)
- Have had contact with laboratory-confirmed COVID-19 person within the last 14 days.
- History of travel to affected geographic areas as defined by CDC or your State Dept of Health within the last 14 days.

If you respond YES to any of the above questions, do not enter. Protecting our community residents is of the utmost importance.

Hillsborough County Mask Order – The entire order may be found on the County’s website [Hillsboroughcounty.org](https://www.hillsboroughcounty.org)

Until further notice, face coverings are to be worn while inside the Community Center Buildings when social distancing cannot be maintained.

CDC COVID-19 Guidelines to Protect Yourself and Others

Wash Your Hands Often

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.

Avoid Close Contact

- **Avoid close contact** with people who are sick
- **Stay home as much as possible**
- Put **distance between yourself and other people**.

- Remember that some people without symptoms may be able to spread virus.
- Keeping distance from others is especially important for people who are at higher risk of getting very sick.

Cover Your Mouth and Nose with a Cloth Face Cover When Around Others

- You could spread COVID-19 to others even if you do not feel sick.
- Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.

Cover coughs and sneezes

- **If you are in a private setting and do not have on your cloth face covering, remember to always cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow.
- **Throw used tissues** in the trash.
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Clean and Disinfect

- **Clean AND disinfect frequently touched surfaces daily.** This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- **If surfaces are dirty, clean them.** Use detergent or soap and water prior to disinfection.
- **Then, use a household disinfectant.** Most common EPA-registered household disinfectants will work.

Watch for symptoms

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness.

Symptoms may appear **2-14 days after exposure to the virus.** People with these symptoms or combinations of symptoms may have COVID-19: Cough, Shortness of breath or difficulty breathing

Or at least two of these symptoms: Fever, Chills, Repeated shaking with chills, Muscle pain, Headache, Sore throat, New loss of taste or smell,

This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning to you.

FITNESS ROOM AND STUDIO GUIDELINES

1. Reservation Requirements (Fitness Room Only)

- Reservations are accepted for the top of each hour of operation (8am, 9am, 11am, etc.), up until an hour prior to closing.
- The session will end at 45 minutes after the hour and residents will immediately clean the equipment they are on or have used and leave. This will also allow for residents to exit and enter without coming into contact with one another and for the attendant to ensure the entire room is cleaned and reset.
- Call the Community Center at 813-991-9226, ext. 3 to make reservations, or do so in person at the Community Center Attendant Office.
- Reservations can be made up to 2 days in advance (beginning on Saturday you can book for Monday).
- Any unused reservations will be opened to any resident who walks in and/or wants to work out for an additional session.
- If you are 15 minutes or more late for your session your booking will become open to any walk-in.

2. **Capacity:** No more than 10 people at a time in the Fitness Room. The Fitness Studio is open on a Walk-In basis and is limited to 5 people.

3. Equipment:

- Fitness Room:** 4 Treadmills, 2 Ellipticals, Adaptive Motion Trainer, Strength Training Equipment; Leg Extension/Curl, Abdominal Crunch, Lat Pulldown, Dual Adjustable Cable System, Chest Press, Incline Chest Press, Assisted Dip/Chin-Up, Back/Chest Fly, Smith Machine, and Leg Press.
- Fitness Studio:** 2 Recumbent Bikes, 2 Spin Bikes, and 1 Row Machine.

4. General Guidelines

- a. Upon entering the Community Center there will be numbered signs to wait in line that coincide with the order in which reservations were made. The space will allow for proper social distancing.
- b. Residents must have form of resident identification when entering the facility (access control card, driver's license, etc.).
- c. Always maintain proper social distancing of 6 feet.
- d. Do not enter the Fitness Room/Studio until the top of the hour for your reservation unless there is approval by the Attendant that space is available. Space will be provided within the facility to properly wait for a reserved session that maintains proper social distancing.
- e. Follow the Hillsborough County guidelines referenced in the Face Covering Order as previously listed.
- f. Equipment is limited to one user at a time.
- g. No guests will be permitted.
- h. No residents under the age of 14 will be permitted. Residents 14 and 15 years of age must be accompanied by an adult over the age of 18.
- i. Residents are to wipe down equipment with the provided disinfectant spray/wipes before and after use. Please spray the disinfectant on the towel prior to cleaning, do not spray directly on the equipment as damage may occur.
- j. We will ask residents to be respectful of each other's limited workout time and communicate a proper flow when moving from one piece of equipment to another.
- k. No machines or benches shall be moved from their allotted location.
- l. Follow all other posted rules regarding the use of the Fitness Room.

Any resident that refuses to follow the listed guidelines will be asked to leave immediately.

TENNIS -PLAYING SAFELY – PLAYER TIPS AND RECOMMENDATIONS FROM WWW.USTA.COM

Before You Play

Arrange to play only with family members or others who live in your household or with individuals who are considered to be low risk.

Do not play if any of you:

- Are exhibiting any symptoms of the coronavirus: mild to severe respiratory illness with fever, cough and difficulty breathing, or other symptoms identified by the CDC.
- Have been in contact with someone with COVID-19 in the last 14 days.
- Are a vulnerable individual and your state and region is in Phase One or Phase Two. A vulnerable individual is an elderly individual and/or an individual with serious underlying health conditions, including high blood pressure, chronic lung disease, diabetes, obesity, asthma and those whose immune system is compromised such as by chemotherapy for cancer and other conditions requiring such therapy. (For states and regions in Phase Three, a vulnerable individual can resume public interactions, including playing tennis, but should practice physical distancing.)

Preparing To Play

Protect against infections:

- Wash your hands with a disinfectant soap and water (for 20 seconds or longer) or use a hand sanitizer if soap and water are not readily available, before going to the court.
- Clean and wipe down your equipment, including racquets and water bottles. Do not share racquets or any other equipment such as wristbands, grips, hats and towels.
- Bring a full water bottle to avoid touching a tap or water fountain handle.
- Use new balls and a new grip, if possible.

- Consider taking extra precautions such as wearing gloves.
- If you need to sneeze or cough, do so into a tissue or upper sleeve.
- Arrive as close as possible to when you need to be there.
- Avoid touching court gates, fences, benches, etc. if you can.

When Playing

- Try to stay at least six feet apart from other players. Do not make physical contact with them (such as shaking hands or a high five).
- You should consider not playing doubles, which could lead to incidental contact and unwanted proximity. If you do play doubles, avoid all incidental contact, NO Bryan Brothers Chest Bumps and NO whispering to each other from a close distance to strategize.
- Avoid touching your face after handling a ball, racquet or other equipment. Wash your hands promptly if you have touched your eyes, nose or mouth.
- Avoid sharing food, drinks or towels.
- Use your racquet/foot to pick up balls and hit them to your opponent. Avoid using your hands to pick up the balls.
- Stay on your side of court. Avoid changing ends of the court.
- Remain apart from other players when taking a break.
- If a ball from another court comes to you, send it back with a kick or with your racquet.

Use Four Ball or Six Balls

Although unlikely, it's possible that a tennis ball can transmit the COVID-19 virus, as virtually any hard surface can transmit the disease. So, here is an extra precaution you can take to keep safe when playing tennis:

- Open two cans of tennis balls that do not share the same number on the ball.
- Take one set of numbered balls and have your playing partner take a set of balls from the other can.
- Proceed with play, making sure to pick up your set of numbered balls only. Should a ball with the other number wind up on your side of the court, do not touch the ball with your hands. Use your racquet head or feet to advance the ball to the other side of the court.

After Playing

- Leave the court as soon as reasonably possible.
- Wash your hands thoroughly or use a hand sanitizer after coming off the court.
- Do not use the locker room or changing area. Shower at home.
- No extra-curricular or social activity should take place. No congregation after playing.
- All players should leave the facility immediately after play.

SWIMMING POOLS – SWIMMING SAFELY – CDC GUIDELINES FOR USE

There is no evidence that COVID-19 can be spread to humans through the water. Proper operation, maintenance, and disinfection (with chlorine or bromine) of pools should kill COVID-19.

If you are **not sick** or experiencing symptoms of COVID-19, it is safe to use swimming pools as long as steps are taken to reduce the spread of COVID-19:

- Practice social distancing by staying at least six feet (two meters) from others.
- Avoid large gatherings of more than 10 people.
- Keep your hands clean by washing hands with soap and water, especially after going to the bathroom, before eating, and after blowing your nose, coughing, or sneezing. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

Arbor Greene Additional Measures for Safe Distancing and Pool Use

- Bathing loads will be limited to ¼ of the pools bathing load.
- Pool chairs and tables are available on a limited basis to practice safe social distancing
- Pool chairs and tables are disinfected by staff once a resident exits
- Resort pool will be sectioned off in four segments for family swimming. Bathing loads in each segment will be ten or less at a time. Suggested swimming session is one hour, unless no others are waiting
- We suggest bringing your own chairs and/or to simply sit/lay on towels on the pool deck
- Umbrellas will be put up and down by staff only – please ask for assistance
- Suggest one person per lane while lap swimming. Limit is one hour, unless no others are waiting
- An attendant will be present to monitor pool use and proper social distancing
- Arbor Greene CDD staff and contracted pool maintenance provider are maintaining proper chemical levels per the State Health Department, which should kill COVID-19
- Arbor Greene CDD employees are disinfecting touchpoints on an hourly basis
- Arbor Greene CDD employees are disinfecting every chair and table surface after closing and prior to opening the facility daily

GATHERING ROOM and RESORT POOL RENTALS/EXCLUSIVE USE

Please visit the Community Center or call the Attendant at (813) 991-9226, ext. 3 specific details regarding renting/exclusive use of the Gathering Room and/or Resort Pool. All previous guidelines are in place with the addition of the following guidelines:

- Occupancy for both the Gathering Room and Resort Pool are at 50% occupancy. Gathering Room = 49 and that the Resort Pool = Bathing Load of 21.
- Individual(s) responsible for the use of the facilities will need to sign an Assumption of Risk Waiver and Release of Liability.
- Although the responsible individual(s) using the room/pool are to clean and sanitize the space used, the Arbor Greene CDD staff will further sanitize/disinfect any touch points prior to the use of the facility.

If you have any questions or concerns please call Jason von Merveldt, CDD Community Manager, at 813-991-9226, ext. 7, or email jasonv@arborgreene.com **Please note that this schedule is subject to change and notifications will be sent as needed. We hope this email finds you well and thank you in advance for your cooperation and understanding during the reopening process!!