

ARBOR GREENE COMMUNITY CENTER – PHASE 3 GUIDELINES

Hours of Operation

Monday – Friday: 5:30am-10pm

Saturday: 8am-10pm

Sunday: 8am-8pm

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

Employees will be staffed accordingly to monitor proper social distancing and use of facilities. When in contact with others, employees will be wearing masks. 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.

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

- **Capacity:** 12 people at a time in the Fitness Room and 6 in the Fitness Studio.
- **Fitness Room Equipment:** 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 Equipment:** 2 Recumbent Bikes, 1 Spin Bike, 1 Row Machine, Dumbbells, Kettlebells, Medicine Balls, and one Adjustable Bench.

General Guidelines

- Residents must have form of resident identification when entering the facility (access control card, driver's license, etc.).
- Always maintain proper social distancing of 6 feet.
- It is recommended that residents wear a mask or face covering and required if social distancing is not possible.
- Equipment is limited to one user at a time.
- One (1) guest will be permitted per resident.
- 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.
- 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.
- 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.
- No equipment shall be moved from its allotted location.

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

Preparing to Play

- 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 (Fitness Pool reserved for Vulnerable Population* Mon -Fri 11am-1pm)

If you are not 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 from others.
- Pool chairs and tables are available on a limited basis to practice safe social distancing
- Pool chairs and tables are disinfected by staff at least daily. Please disinfect before and or after use as a resident
- 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
- Suggest one person per lane while lap swimming. Limit is one hour, unless no others are waiting
- 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

*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.

GATHERING ROOM AND RESORT POOL RENTALS

The Gathering Room and Resort Pool are available to rent in the same fashion as prior to COVID-19, with the addition of a required COVID-19 assumption of risk waiver. The waiver is to be signed by the responsible party to ensure that the renter and their guests are aware of current preventative measures and guidelines.

SPECIAL EVENTS AND ACTIITIES

During special events and activities, the CDD will provide written communication to residents reminding them that high-risk populations should self-evaluate their participation in events to limit their exposure. Signage will be posted reminding residents and guests to follow social distancing guidelines and to practice proper hand hygiene during activities. CDC/DOH cleaning and sanitation protocols will be maintained.

PLAYGROUNDS AND BASKETBALL COURTS

Playgrounds and Basketball Courts are open with signage advising residents and guests of social distancing guidelines along with reminders to self-sanitize as the virus may stay on some surfaces for days.

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 document does not include the Arbor Greene CDD Manual of Policies and Standard Operating Procedures in its entirety as these are just updates regarding COVID-19. Please continue to adhere to all policies and procedures that are already in place. We hope this email finds you well and thank you in advance for your cooperation and understanding!!