



Henderson State University Guidelines for Gym Use

Effective Date: January 1, 2021

- Basketball Courts will BE CLOSED
- We ask that patrons use social distancing of 12 feet
- Patrons should wear face coverings / mask when not actively using equipment AND to / from facility
- Cardio and gym equipment have been marked for availability based on appropriate distancing.
- Locker rooms will be limited to personal item storage only – Please practice social distancing – SHOWERS CLOSED
- Please bring your own water bottle and towel – Drinking fountains will be CLOSED
- Equipment will be provided including bikes, hammocks, camping gear, outdoor programming equipment/supplies and sports supplies.
- The Rock Wall will be open

HSU Detailed Procedures:

- Screening must be completed on entry for all REC Staff and Participants. Those who have any of the following symptoms should NOT be allowed to enter:
 - Have had a fever of 100.4 F or greater within the last 2 days;
 - Have a cough, difficulty breathing, sore throat, or loss of taste or smell;
 - Had contact with a person known to be infected with COVID-19 within the previous 14 days.

-Signs are posted at all entrances advising users that they may wish to refrain from entering if

- They are 65 years of age or older.
- They have underlying health conditions including high blood pressure, chronic lung disease, diabetes, severe obesity, asthma or weakened immunity

In addition, staff must have their temperature checked by digital thermometer prior to entry. Do not allow entry to anyone whose temperature is greater than 100.4 F.

- Staff will wear a face covering or mask at all times. Patrons should wear a face covering except when actively exercising.
- Maintain physical distancing while in locker rooms. Facility staff will clean and disinfect locker rooms, showers, etc., frequently depending on usage.
- There is hand sanitizer available throughout the facility. (Entrance, elevator entry points, basketball courts, weight room, etc.)

- Staff will ensure that all the exercise machines and equipment are sanitized after each usage (via wipe down with disposable disinfectant wipes, Lysol or equivalent; use according to the product instructions).
- Maintain proper spacing from others by working out with 12 feet between each person. This will require closing or moving certain pieces of equipment. Spacing between individuals may be reduced to 6 feet IF an impermeable barrier is placed between each individual or piece of equipment in use. This impermeable barrier should extend the entire length of the piece of equipment or area in use; if other exercisers or equipment will be in use in front of the exercise area or equipment, the barrier should extend in front as well. All barriers will be sanitized frequently
- Avoid personal contact at all times, including hand shaking.
- Individual training sessions, indoor group fitness classes, and workouts requiring a partner must maintain 12 foot spacing between each person.

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