

Troy University Trojan Fitness and Wellness Center

COVID-19 Policy and Procedures

Changing and Shower Rooms:

1. The locker rooms will not be accessible for anyone to use.
 - a. They will get locked before the opening of the facility and will remain locked until further notice.

Lockers:

1. All lockers in the facility will not be accessible for anyone to use.
 - b. They will get locked before the opening of the facility and will remain locked until further notice.

Cardio Machines:

1. Every other cardio machine will be marked off.
 - a. The machines will be closed and a posted out of order sign will be placed on the machines that will be closed to ensure social distancing practices are observed.
2. After each use the machines will be disinfected.
 - a. Staff members will be stationed throughout the building watching the machines and will disinfect them after someone uses the machine.

Basketball Courts:

1. Free play basketball will be suspended until further notice.
 - a. The basketball goals will be raised prior to opening and will not be lowered at any time. This will help ensure social distancing practices are observed.

Badminton and Pickleball Equipment Use:

1. After a member brings back the rackets and balls they will be disinfected.
 - a. A staff member will wear gloves and wipe down all of the equipment used before putting back on the equipment rack.

Free-weights, Machines & Racks:

1. No training allowed in weight racks located in the OPA. Weight racks will be closed and roped off from general use.
2. Circuit training and cable machines in far end of 2nd floor will be open for general use, subject to social distancing practices.
3. Certain designated plate loaded machines will be in use in front portion of 2nd floor subject to the 6ft spacing.
4. Free-weight benches will maintain a 6 ft. distance.
5. Free-weights may be utilized and subject to cleaning prior to returning to racks in accordance with social distancing practices.
6. After each use the machines will be disinfected.

- a. Staff members will be stationed throughout facility to aid in disinfecting after each use.

Group Fitness:

1. Functional training room will be closed until further notice.
2. Group Fitness (Aerobics) room shall be utilized for small group fitness classes of no more than 10 people.
3. The basketball court will be utilized for larger classes, subject to social distancing practices.
4. Group fitness classes will be scheduled at least 2 hours between class in order to ensure that proper disinfecting and cleaning of all equipment is performed.
5. It is the responsibility of the Group Fitness Instructor to ensure that the social distancing protocol and disinfecting/cleaning practices are adhered to in every class.
6. It will be HIGHLY ENCOURAGED for participants to bring:
 - a. Personal exercise mat, if own
 - b. Hand towel
 - c. Bottled water

Natatorium/Outdoor Pool:

1. The locker rooms at the Natatorium will be locked and participants will enter through the Central Issue to get to the pool.
2. Every other lane will be closed.
3. The number of people on the outdoor pool deck will be limited to 50%
4. The lifeguards will make sure people using the indoor and outdoor pool will maintain 6ft of distance between them.
5. The deck furniture will be spaced 15 ft apart from each other.
6. All furniture will be wiped down between usage.