



Updated 1/7/21, Changes highlighted in Yellow.

Operations, policies and procedures for reopening the Student Recreation Center during COVID-19

This document includes Campus Recreation’s plan for operating the Student Recreation center during the COVID-19 pandemic. This plan was developed using recommendations and mandates from the ACHA, the CDC, ECU officials, and the Ky Governor’s [Healthy at Work Requirements for Fitness Centers, Aquatic Centers](#), subsequent executive orders. As new information becomes available, sections of this plan will change as University, State, and CDC guidelines adapt to the current situation. This plan is meant to be consistent with guidelines ECU implements across all of its practices and campuses, with necessary adaptations to accommodate fitness, recreation, and aquatic facilities. All policies are in addition to, and not in supplement of, the pre-established policies, procedures, and conduct requirements of the SRC and the ECU Department of Campus Recreation.

- I. SRC Operating Hours** (please check <https://campusrec.eku.edu/hours-operation> for the most up to date operating hours)
 - i. Maroon Studio (west room)**– The division wall has been set up to designate this space as a fitness area for patrons whom identify as at “high risk of complications due to covid-19”. Capacity of this space is 10.
- II. Capacity**
 - a.** Given the square footage of space, available equipment, and adherence to social distancing guidelines, The Governor’s office has approved a capacity of 500 patrons, excluding staff members, inside the Student Recreation Center. Each activity area within the facility has its own capacity limit to adhere to. These are posted at the entrance to each activity space.
- III. Entry Procedures, General Guidelines**
 - a. Entry Procedures**
 - i.** All current, non-student, members will be required to digitally sign a new “Assumption of Risk” statement. Please login to your www.mycampusrec.eku.edu account, and click on the notification in the top right corner to view and sign the new statement.
 - 1. Students, Faculty, and Staff**
 - a.** Go to www.mycampusrec.eku.edu and click “Log in” in the top right corner. Click the ORANGE button “Faculty, Staff, Student”. You will then be prompted to put in your CAS login, using the same credentials that you use for all other campus systems. Once logged in, click the “bell” icon for your notifications. You should have a notification that says “sign new AR form”. Click that notification, read the document, provide a digital signature with your cursor or finger/stylus if using a touch screen device, and hit “submit”.
 - 2. All other members:**



- a. Go to www.mycampusrec.eku.edu and click “Log in” in the top right corner. Click “local” if you have already set up your account, OR click “Sign Up” if you need to set up your account. Type in your login credentials. Once logged in, click the “bell” icon for your notifications. You should have a notification that says “sign new document”. Click that notification, read the document, provide a digital signature with your cursor or finger/stylus if using a touch screen device, and hit “submit”.
 - ii. All members will have the ability to enter the turnstiles through touchless entry, with either their Colonel Card, Member ID, or by downloading the EKU Campus Rec App and using the member ID barcode. Please swipe your card or scan your phone at the turnstile and wait for the turnstile to open. If you experience issues, the welcome desk staff will be there to help.
- b. General Guidelines
- i. Patrons must make concerted effort to stay 6ft apart, and wear masks AT ALL TIMES (including during exercise). The only exceptions are when entering the shower or pool.
 - ii. Patrons are encouraged to follow all directional and instructional signage that is designed to direct traffic flow to and from locations in the facility.
 - iii. Patrons are required to disinfect any exercise equipment before and after use of it. Supplies are readily available in all areas of activity and all high touch locations.
 - iv. Patrons and Staff are advised NOT to spot other patrons during workouts unless the possibility of an accident/incident is present. Please lift responsibly and be cognizant of your limits.
 - v. Patrons and Staff should not enter the facility if they are showing symptoms of illness.
 - vi. Patrons not adhering to guidelines may be asked to leave the facility.

IV. Patron Usage of Amenities and Activity Areas within the SRC:

- a. Aquatic Center
 - i. Capacity
 1. At this time, Government guidance limits bather loads to be 36-sqft of water surface area available per bather. This equates to:
 - a. Lap Lanes – 4 during lap swim, 40 during rec swim
 - b. Vortex – 12
 - c. Leisure – 30
 - d. Spa – 6
 2. We will modify these capacities by 50% in order to ensure appropriate entry and exit protocols, as well as limit locker room usage.
 3. Lanes will be available by online reservations, and walk-ins will be honored when capacity is not reached.



4. Swimmers may occupy a lane for no more than 30 minutes, unless there is no patron waiting.
- ii. Guidelines
 1. [See KY Governor's Healthy at Work for Aquatic Centers](#)
 2. [See KY Governor's Healthy at Work for Public Swimming and Bathing Facilities](#)
 - a. Towels and aquatic exercise/recreational equipment will not be available for check out.
- b. Locker Rooms and Restrooms
 - i. Showers, Stalls, Sinks and Lockers
 1. KY Guidelines indicate that the use of showers and locker rooms are permitted so long as social distancing can be enforced, and frequently touched surfaces must be cleaned after each use. We encourage all users to perform the task of disinfecting high touch spots after they use the restroom. Campus Rec will provide sanitization wipes within the restrooms and enact a frequent cleaning schedule.
 2. Showers are available, please use a shower with a sign that reads "Clean". Before entering the shower, slide the sign to "dirty" and leave it in that position after use. Aramark Custodial or Campus Recreation staff will clean the shower and slide the sign to "clean" so you know it is available.
 - ii. Lockers in Locker Rooms and Hallways
 1. Day Use lockers:
 - a. A limited number of lockers are available and are designated with a "Vacant/In Use" sign. The lockers are available on a first come first serve basis, free of charge, and patrons will be permitted to use their own lock. Patrons will be required to take all of their belongings, and their lock, with them when they leave the facility for the day. Upon closing each night we will remove any locks, (safely) keep any belongings that may have been left, and return them upon request. We also strongly encourage patrons to bring a minimal amount of personal belongings into the facility.
 2. Locker Rentals
 - a. During this phase, we have reinstated locker rentals. Patrons must adhere to mask and distancing guidelines as described in the next item below. To rent a locker, please visit our welcome desk.
 3. For instances when one patron needs to access their locker, and pass another patron to access it, floor markings indicate where one patron should wait, while another patron finishes at their locker.
 - iii. Sauna's will remain closed.
 - iv. Swimsuit water extractors are now available. Please disinfect the surface with the available wipes before and after use.



c. Equipment Check Out

- i. A limited selection of exercise and sports equipment is now available.
 1. The suspension of towel service will continue until further notice.
 2. Outdoor rental equipment that can be easily outfitted and disinfected will be permitted for check out during climbing center operating hours:
 - a. Kayaks, Bikes, Hammocks, life jackets, oars, etc.
 3. Items should be disinfected by the patron prior to return then will be set aside for an extended period before the same item is checked out again.
- ii. Patrons may bring their own fitness accessories (jump ropes, foam rollers, yoga mats, bands, belts, etc.)

d. Game Room

- i. Guidelines
 1. Gaming stations will be 6+ feet apart, with a partition dividing users who are sitting on opposite sides of the game station.
 2. Game stations will be available by online reservation only, unless capacity is not reached. This is to prevent waiting lines.
 3. Patrons will be able to go online and reserve 1 hour time blocks, and may not stay longer unless there is no reservation following theirs, and no patron waiting.
 4. All patrons are required to wear a mask when using this space.
 5. The pop-a-shot will be out of service.
 6. The golf simulator will follow the same reservation restrictions, and be limited to two users at a time.
 7. Social space furniture will be removed to prevent gathering.
 8. Cleaning/disinfecting of each gaming station/controllers will be completed between each user by game room staff.
 9. Patrons will be permitted to use their own gaming equipment (Mouse, controller, headset, keyboard, golf clubs).
 - a. Golf and Gaming equipment can be checked out at the eSports Lounge using the same guidelines in item C above.

e. Climbing Center

- i. Access will be available by walk-ins when capacity is not reached.
- ii. Patrons will be required to wear their mask at all times within the Climbing Center.
- iii. Patrons will be required to sanitize their hands before entering the Climbing Center.
- iv. Patrons can also use their own climbing shoes/harness/chalk bags.
 1. We will not allow the communal use of chalk bags.
- v. Hand sanitizing stations will be throughout the climbing center.
- vi. If conditions exist where the staff feels it is necessary to reinstate this process; Patrons will be able to go online and reserve 1 hour time blocks, and may not stay longer unless there is no reservation following theirs, and no patron waiting.
- vii. Climbing Center capacity will be 20 patrons, not including staff.



- f. Water Fountains
 - i. Only bottle refill stations are available. The spouts are blocked and locked. Please bring your own bottle.
- g. Social/Meeting Space
 - i. All furniture is removed to discourage congregating and to remove additional touch points. Meeting room in “Zone” closed for open use, but may be reserved. SRC staff would space furniture accordingly and limit capacity for reservations in the meeting room.
- h. HydroMassage Loungers:
 - i. Available, must be cleaned with disinfectant wipes after each use.
 - ii. Loungers are 6 ft apart with partitions between them.
- i. Admin Office Suite
 - i. Available to staff on duty and meeting traffic only. Closed to all patron traffic. All interactions/transactions will be performed at the facility access desk.
- j. Hardwood Gymnasium/Racquetball Courts
 - i. Limited recreational sports are now permitted.
 - 1. Basketballs and Volleyballs can be checked out at the Equipment Desk.
 - 2. A mask must be worn at all times.
 - 3. No more than 4 individuals will be allowed on one half the court at a time during basketball and volleyball.
 - 4. Individuals waiting their turn or spectating must maintain 6ft physical distance.
 - 5. We strongly encourage patrons not to share equipment.
 - 6. Any patron that fails to comply with the policies will be asked to leave the activity space.
 - ii. Racquetball Courts –
 - 1. Court 1 is outfitted with fitness equipment, and a capacity of 3 per room.
 - 2. Courts 2 and 3 are available for reservation or walk in. The capacity of these spaces is 2.
- k. Mac Gym
 - i. No sporting activity will be permitted, and goals/nets will not be accessible to patrons.
 - ii. Used to socially distance free weight strength equipment, stationed in 10’x10’ sections
- l. Group Exercise Studios
 - i. Grey – Now open for open recreation use. Scheduled intermittently for fitness programs.
 - ii. Big E - Closed to open rec users - used for group exercise programs with limited capacity with limited equipment. Also available for reservation for meeting space if approved by CR Professional staff.



- iii. Maroon (East room, aka large side) – Closed to open rec users - used for group exercise programs with limited capacity with limited equipment. Also available for reservation for meeting space if approved by CR Professional staff.
 - iv. Maroon (West room aka small side) – The division wall has been set up to designate this space as a fitness area for patrons whom identify as at “high risk of complications due to covid-19”. Capacity of this space is 10.
- m. 1st level Strength Floor
- i. Plate loaded and remaining free weight equipment is appropriately distanced
 - ii. Queenax multi-trainer unit is off limits.
 - iii. 9-station multi-trainers are available, and attachments can be checked out at the equipment desk.
 - iv. Other high touch and multi-user equipment is closed off, re-located in a fashion that allows for safe use, or removed from the floor into storage.
- n. 1st level cardio platform
- i. Appropriately spaced equipment.
- o. 2nd level cardio/strength floor
- i. Cardio machines are appropriately spaced and some are moved to other areas of the 2nd floor.
 - ii. Sectorized strength equipment is 6ft apart from the functional use of the machine.
- p. Indoor Track
- i. Available, capacity of 20. New lane designations and directional changes have been made. Please follow new signage on site.