



COVID-19 MAFC GUIDELINES

These guidelines were developed based on the recommendations of the North Carolina Department of Health and Human Services and the Center for Disease Control specific to Fitness Facilities and Gyms.

General Program Information

1. Hours of Operation- normal operating hours.
 - Mon.-Fri.= 5am-9:30pm
 - Saturday= 6:30am-7pm
 - Sunday= 1pm-7pm
2. Before you arrive:
 - Make sure you or anyone with you are not running a fever at or above 100.4 and/or have any onset flu-like symptoms. Please stay home if you're sick or don't feel well.
 - Dress appropriately before you arrive. We are promoting a "workout ready" environment.
 - Please bring your personal items, towel, water bottle, membership ID card and your face covering. Cloth face coverings must be worn at gyms, exercises facilities and fitness facilities, at all times except when strenuously exercising.
 - For the safety of members and staff some amenities have been limited or postponed at this time.
 - We are unable to offer childcare for members at this time.
 - Members under the age of 14 will not be permitted until Emergency Maximum Occupancy numbers increase.
 - Because of reduced capacity, amenities are for current members. No guests allowed at this time.
 - Bring a filled water bottle. Water fountains will not be in use.
3. When you arrive at MAFC:
 - Use the main entrance to enter and exit. Use appropriately marked doors. Members are counted as they enter and leave the facility to ensure we do not exceed the Emergency Maximum Capacity number.
 - Please sanitize hands before entering the facility. Several hand sanitizing stations are available throughout the building. Please wash and sanitize hands frequently.
 - All members and staff unwilling to comply to the COVID-19 transmission prevention measures will be asked to leave.
 - All areas adapted to provide appropriate social distancing.
 - Expect reduced capacity. To ensure proper social distancing, all classes and areas will have a limited capacity.
 - With the provided cleaning supplies, please wipe down all equipment, weights, mats, etc. before and after use.
 - Follow the physical distancing requirements by keeping at least six feet away from others whenever possible.
 - Abide by all additional signage

Facility Set-Up

1. Facility capacity is governed by 30% Emergency Maximum Occupancy using 30% of stated fire capacity in addition to limiting the number of people in any given room of the facility so that everyone can stay 6 feet apart.
2. GROUP FITNESS CLASSES- are on a pre-registration basis. Visit our website to review the available class options and times at monroeaquaticsandfitnesscenter.com.

3. RACQUETBALL- will include considerations for social distancing with modified availability. Please call to reserve your court and time. No loaner equipment available. You will need your own racquetball equipment.
4. BASKETBALL- is not recommended at this time per the North Carolina Department of Health and Human Resources (NCDHHS).
5. WELLNESS CENTER- Our nurses are available via appointment, but do bring a mask.
6. THE FITNESS ROOM- is open and with social distancing taken into account.
7. Locker rooms are open but with limited amenities. Showers are not available at this time so please come workout ready.
8. The sauna, whirlpool and steam room are to remain closed set forth by Executive Order #163.
9. No water fountains throughout the facility.
10. Lounge areas including chairs and tables will be removed.
11. Any alterations to group sizes or quantities will be governed by NC Executive orders, the CDC and NCDHHS.

Cleaning & Disinfecting Guidelines

1. Sanitization is the first line of defense to avoid the spread of germs. A sanitizing solution as recommended by CDC will be mixed and provided for cleaning and disinfecting.
2. Cloth face coverings must be worn by members and staff over both the nose and mouth except during strenuous exercise.
3. Frequent use of hand washing and hand sanitizing is recommended.
4. Provide alcohol-based hand sanitizer (with at least 60% alcohol) at the entrance, and any other areas throughout fitness center or gym as needed.
5. Perform ongoing and routine environmental cleaning and disinfection of high-touch areas handles, sink handles, railings, keyboards, light switches, tables, game controllers and other high touch areas will be sanitized with an approved sanitizing solution per CDC guidelines and recommendations.
6. Members must disinfect all shared fitness equipment prior to and at the conclusion of its use.
7. Disinfecting and facility cleanings will follow guidelines and recommendations set by CDC and the NCDHHS. Any other items not listed should be disinfected appropriately based on need.

On Site Sickness Procedure

1. Signage will be posted at the main entrance requesting that people Do Not Enter if they've been symptomatic with fever and/or cough.
2. Members who you show COVID-19 like symptoms while at MAFC, will be immediately separated and asked to leave.
3. Any symptomatic employee or member should wear masks until leaving the facility. Cleaning and disinfecting procedures will be implemented hitting high-touch areas they may have come in contact with, e.g., doors, doorknobs, rails, lockers, dressing areas, front counter.