



**Bruce and Graciela Redwine Student Wellness Center
COVID-19 Information
(Updated 7.15.2020)**

During the COVID-19 pandemic, we strive to continue our mission to serve all of our members. To do this, we need you, our members, to help. Please read below to learn how the Wellness Center is changing the way we operate, and what we are asking of you, our members. Following these guidelines will help us achieve our mission while prioritizing your safety and the safety of our staff.

What is the Wellness Center asking of members that use the facility?

It is our expectation that each member will take responsibility for their own safety and minimize the risk of COVID-19 transmission. Do not solely rely on others to maintain safety and disinfect equipment.

Effective Thursday, July 16, face coverings will need to be worn to enter the building, while using locker rooms, and moving through the facility, but not when on a piece of equipment or actively exercising. All patrons must continue to practice 6' social distancing.

Patron Entry Procedures and Precautions

- Entry
 - There will be one point of entry into the facility – southeast entrance (Vinson Health Center side)-Masks must be on prior to entering the building.
 - The north entrance will be closed for entry
 - Patrons will exit through the south pool door.
 - Patrons will wash or disinfect their hands prior to or upon entering the facility:
 - An outdoor hand washing station has been added at the southeast entrance.
 - Upon entering the facility, patrons will stop at the front desk to check in, swipe their MSU ID, and go through the screening process.
 - The screening station will be staffed by one or more student assistants
 - Any patron who did not wash their hands at the outdoor hand washing station will do so using the restrooms by the vending machines in the hallway.
 - All patrons will be asked a basic screening questionnaire (developed by the Vinson Medical Director using CDC recommendations)
 - All patrons will have a temperature scan
 - Any patrons failing the screening will be provided an instruction document and asked to leave
 - Six foot floor markings will be on the floor leading up to the screening station
 - Patrons will exit through the pool doors (south exit)

- The front desk attendee will be responsible for counting the number of patrons coming in and out of the facility, and will check equipment in and out.
 - The front desk attendee will manage the waiting list if maximum capacity is reached
 - Six foot floor markings will be on the floor leading up to the front desk
- General Precautions
 - **Patrons will maintain at least 6 feet of separation from other individuals.**
 - Patrons will clean any equipment before and immediately following use
 - Patrons must wear face coverings will need to be worn to enter the building, while using locker rooms, and moving through the facility, but not when on a piece of equipment or actively exercising. All patrons must continue to practice 6' social distancing.
 - **Patrons who are “spotting” or not able to maintain 6’ social distancing must wear a mask.**
 - Patrons may wear gloves that cover from the wrist to fingertips when exercising; gloves are recommended, but not required

What changes have been implemented by the Wellness Center Staff?

- Staff will enforce Minimum Standard Health Protocols provided by the State of Texas, as follows:
 - Reduce occupancy of all areas to 50%.
 - Require use of gloves and masks for staff working in high contact areas and performing cleaning responsibilities.
 - Maintain 6 feet of space between all patrons and staff.
 - Staff will self-screen for the following symptoms of possible COVID-19 before entering the facility. Staff who have any of these signs or symptoms will not enter the facility, or will be sent home.
 - Cough
 - Shortness of breath or difficulty breathing
 - Chills
 - Repeated shaking with chills
 - Muscle pain
 - Headache
 - Sore throat
 - Loss of taste or smell
 - Diarrhea
 - Feeling feverish or a measure temperature greater than or equal to 100.4 degrees F.
 - Known close contact with a person who is lab confirmed to have COVID-19.
 - Equipment will be arranged to maintain social distancing.
 - Hand sanitizing and disinfecting stations will be available throughout the Wellness Center
 - Cleaning and disinfection of equipment by staff will be increased throughout the day.

Hours of Operation

Monday – Friday:

5:15am-7:00pm

Pool Hours: 3:00-6:00pm

Saturday & Sunday

10:00am – 3:00pm

Pool Hours: 12:00-3:00pm

Hours of operation will be reviewed and revised throughout the summer based on patron utilization, federal and state guidance and MSU Texas recommendations.

Occupancy Restrictions

- The maximum capacity of the Wellness Center is limited to no more than 94 patrons, as determined by the 50% limitation set forth by the Open Texas Strike Force
 - First Floor (Circuit/Cardio): 20
 - Second Floor (Cardio/Circuit/Free Weights): 74
- Exceptions
 - Basketball Court: 4 Patrons per half court will be allowed. No contact sports will be permitted.
 - Track: up to 10 patrons
 - Lane 1 (inside lane) for walking
 - Lane 2 (middle lane) only for passing a walker or runner
 - Lane 3 (outside lane) for jogging/running
- A waiting list will be established by obtaining patron information during the check-in process if the maximum capacity is reached. If maximum capacity occurs, patrons on the waiting list:
 - will be asked to wait in their car, outside, or at their residence hall
 - must wait to access the facility until others have left
 - will be notified by the front desk when allowed to enter

Membership Information

- Students enrolled at MSU Texas for the spring 2020 semester who paid the Recreation Fee will have access to the facility during the summer terms.
- Non-student/employee members (e.g. alumni, employee spouses/dependents, etc.) will have their current membership term extended 57 of days reflect the number of days the facility was closed.
- No guests will be allowed. Only individuals with an MSU Wellness Center membership will be allowed in the facility. This will be re-evaluated during future re-opening phases.

Appendix I: Aquatics

The pool will re-open as part of Phase II.

- Cleaning Protocols
 - When patrons leave the pool area, the lifeguard will clean the chairs with disinfectant
 - Lifeguards will clean high contact surfaces throughout their shift, but not deter from their responsibilities for lifeguarding
 - Lifeguard Stands will be wiped down with disinfectant at every rotation

- Locker Rooms: patrons may use the locker rooms to put on swimwear and secure personal belongings in a locker.
- Pre-Showering: patrons will be required to shower at the outside shower prior to entering the pool.
- Laundry baskets will be placed at the end of each lane for equipment to be returned.
- Post-Showering: patrons may use the outside shower and either depart the Wellness Center using the south pool entrance or use the locker rooms for showering/changing before continuing their workout or departing the facility.
- Occupancy Checks: the lifeguard will be responsible for counting the number of patrons using the pool, and communicating to the front desk of maximum occupancy is reached. If pool demand is high, reservations can be made via the IM Leagues
- No aquatics group fitness classes offered at this time.
- Aquatics Staff:
 - will closely monitor pool chemicals to ensure safety of participants
 - will be issued PPE to perform cleaning duties
- Employee Training: The American Red Cross has implemented certain policy exceptions and tools during the COVID-19 pandemic. Resources can be found at the American Red Cross [website](#).
- Masks are not required in the aquatics area if maintaining 6' social distance.

Appendix II: Group Fitness Classes

Limited on-site group fitness classes will resume under Phase II.:

- Classes will be limited to 9 patrons per class.
- Group fitness classes will be based on a first come, first serve basis. Instructors will also monitor class size in case patrons who have already checked in come to the class.
- No back-to-back classes to ensure that we are able to clean between classes
- Student staff will clean the group fitness room and equipment after each class
- Masks are required to enter and exit the group fitness rooms. Masks are not required during class, if maintaining 6' social distancing.