

Recreational Sports and Dugan Wellness Center

TAMU-CC Rec Sports strives to provide the safest and best workout facility in these times for our employees and patrons. The following are patron, staff, and facility protocols adapted by TAMU-CC Rec Sports under the guidance of the State of Texas, TAMUS, TAMU-CC, and Nueces County Health Department. All users are required to follow these protocols to ensure the welfare and protection of all parties.

Patron Protocols

PLEASE DO NOT visit any Rec Sports Facility if you are aware of or displaying any symptoms that are potential flu-like or CV19 indications such as fever, cough, or any difficulty with breathing

Please note the 6' separation at check-in and allow individuals to move from their marked area before you move forward

You may self-swipe your SandDollar\$ ID Card or hold up your Get Mobile ID to enter the facility

Only one guest will be allowed per person

All sales will now be at the welcome desk and are credit or debit card only. Cash sales have been temporarily suspended

We ask that all patrons abide by the physical distancing guidelines by keeping at least 6-foot distance between other patrons, guests, and Rec Sports Staff at all times when using any Rec Sports facility

Due to capacity guidelines, please abide by all signs and staff requests to wait to enter an area and do not enter areas that have been closed

Masks must be worn unless using cardio machines

Cardio equipment is sectioned into groups so that each piece may be rotated after use. Do not use closed cardio equipment. When you finish your workout, we ask that you do an initial wipe down of the machine. The next user will rotate to the next unused machine while our staff cleans the previously used machine. Please do not move barriers or wait in proximity if a machine is not available

Each bench and machine are properly distanced. We ask that benches and machines are not moved

If using dumbbells or freestanding weights, please abide by social distancing guidelines

Student staff have been hired to continually clean. We ask that you allow them to do their jobs and distance from them while they are cleaning. For your safety, each night the Dugan Wellness Center is cleaned by Electrostatic cleaning

Hand sanitizer is available for your use at designated locations. Please follow safe handwashing procedures, as well

Gloves are recommended while working out for your safety and the safety of those around you.

Please use weight you can control. Spotting does not allow for proper social distancing, therefore we will not be providing this service at this time. Spots may be provided by only those considered as part of your social unit

Gym use has been altered; *singles* badminton, table tennis, and pickleball will be allowed. Basketball hoops have been raised and no basketball will be allowed at this time

The indoor track is available for walking or running. We ask all patrons to honor social distancing guides. Weight and cardio equipment on the track is not available at this time

The locker rooms and pool are scheduled to open June 29, 2020 with the specific guidelines for those areas as contained in this document below.

The Sleep pod and group exercise classes are not available at this time, but we do encourage you to visit our web for alternative programming we are providing

Staff Protocols

Plexiglass has been installed at the front desk area. Workstations are separated in this area at 6-foot for staff safety

All student staff will wear face coverings

All staff will have access to wash stations and sanitizer

Any Worker displaying flu like or CV19 like symptoms is asked not to come to the facility and if a staff member shows any signs and symptoms they will be asked to leave.

Staff members with known exposure to CV19 are asked to Quarantine for 14 days as per CDC guidelines

General

Hours of the facility have been reduced for enhanced cleaning. Please visit our website hours page for the most up to date schedule at <https://recsports.tamucc.edu/>

All previous Recreational Sports rules still apply

Persons not following rules and guidelines may be asked to leave

Locker Room Re-opening
Protocols, Guidelines and Safety Plan

Patron Protocols

- Only one person (1) is allowed in the entrance hallway of the locker rooms at a time
- Only five 5 individuals are allowed in the Locker rooms at 1 point. Please follow the physical distancing posted numbers for each area once in the locker room
- Showers are available for use. For safety, patrons are asked to use provided disinfectant before and after using shower. Please be sure to spray all areas of shower including curtains and liners
- Please observe all closed areas and physical distance markings as these are for your safety
- Face coverings are highly recommended in this area
- Please be courteous and do not loiter in the area so others may be able to use

Staff Protocols

- Each locker room will be checked by a staff member doing rounds for numbers and distancing, as well as any maintenance concerns
- Each check will include a check of the disinfectant provided to the shower area
- All student staff will wear face coverings
- All staff will have access to wash stations and sanitizer located at the front desk and throughout the facilities

General Safety

- **All locker rooms will undergo a cleaning by SSC Three (3) times a day during the weekdays. Time of cleanings will be posted in the locker room and on the web**
- Please note physical distance markings and adhere to them for your safety
- All previous rules of use of locker rooms still apply
- Any person not following rules and guidelines may be asked to leave

Aquatics Re-opening Plan

Pre-opening training and Safety Checks

1. Prior to opening, all guards will be trained in the modified Red-Cross Techniques
2. All pool chairs to be distanced as per physical distance guidelines
3. Swimming equipment to be sanitized and disinfected / ongoing disinfecting during open hours
4. Each guard will receive a first aid pack designated for their own use
5. BVM resuscitation devices will be ordered
6. Modified Covid-19 rules have been posted to the web and in various areas around Recreational facilities

Patron Protocols

1. All patrons must shower before entering the pool. Restrooms and showers are available in the Dugan Wellness Center only
2. Two (2) patrons per lane maximum
3. Lap swim only
4. Each patron is asked to spray swim equipment prior to and post use with University provided disinfectant
5. All patrons are asked to respect physical distancing guidelines at all times
6. Deck furniture is not to be moved
7. All previous pool rules apply

Staff Protocols

1. All guards will continue to adhere to Texas Title 5 guidelines and train each week following Red Cross modified guidelines
2. Each guard must carry the individualized first aid pack supplied (no sharing)
3. While face coverings are not required on stand, where physical distancing cannot be practiced a face covering is **REQUIRED**
4. All staff will have access to wash stations and sanitizer located throughout the Facilities
5. When entering Dugan face coverings must be worn

General Safety

1. Lap swim only. No free play time will be available
 2. All swim lessons have been discontinued at this time
- Rental of pool is available; however, all guidelines must be followed, as must designated safety limits. Failure to adhere to rules will lead to event closure and possible revocation of future rental privileges

We thank you for your cooperation in keeping the facility safe and available for everyone

Updated June 24, 2020