Recreational Sports and Dugan Wellness Center

TAMU-CC Rec Sports strives to provide the safest and best workout facility 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 (Dugan Wellness Center, Field House Pool, Momentum Recreation Fields, Tennis Courts) if you are aware of or displaying any symptoms that are potential flu-like or COVID-19 indications such as fever, cough, or any difficulty with breathing.

Please allow 3ft social distancing 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 continue be handled at the welcome desk and only credit or debit card will be accepted. Cash sales have been suspended until further notice.

We ask that all patrons abide by the 3’ social physical distancing guidelines when approaching 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. Do not enter areas that have been closed.

Masks must be worn unless using cardio machines or while drinking.

Cardio equipment is sectioned into groups so that each piece may be rotated after use. Do not use closed cardio equipment. After a workout, we ask that you do an initial wipe down of the machine. Users are to rotate to next machine while a staff member cleans the previously used machine. Please do not move barriers or wait in proximity of a machine when it is not available.

Moving weight-room benches, and machines is strictly prohibited.

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

Student staff have been hired to continually clean equipment throughout the facility. 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 will be cleaned by Electrostatic cleaning.
Hand sanitizer is available for your use at designated locations throughout the facility. Please follow safe handwashing procedures as we continue to practice safe measures.

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; badminton and table tennis 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 when using the track. Weight and cardio equipment on the track will be available soon.

The locker rooms and pool are scheduled to open April 6th, 2021 with the specific guidelines for those areas as contained in this document below.

The Sleep pod and group exercise classes are available currently. Please see website for class schedules.

**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 staff member displaying flu like or COVID-19 like symptoms is asked not to come to the facility or report to work. If a staff member shows any signs or symptoms, they will be asked to leave.

Staff members with known exposure to COVID-19 are asked to quarantine 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 facility and/or program/event.


Patron Protocols
- Only one (1) person is allowed in the entrance hallway of the locker rooms at a time.
- Please follow the physical distancing policies and posted maximum occupancy for each area once in the locker room.
- Showers are available for use. Patron must provide their own towels.
- 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 the space.

Staff Protocols
- Each locker room will be checked by a staff member regularly to monitor for occupancy, social distancing and any maintenance concerns.
- 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 the facility.

Aquatics Re-opening Plan

Pre-opening training and Safety Checks

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

Patron Protocols

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

Staff Protocols

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

General Safety

- Lap swim only. No free play time will be available.
- Swim lessons will be modified to allow optimum safety.

Rental of the pool is available; however, all guidelines must be followed to ensure a safe experience. 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.