

COVID-19 Safety Plan

Beede Swim & Fitness Center

as dictated by Mass.gov

12-11-20 update

Patron Expectations

- Follow CDC, Commonwealth of Massachusetts, and Town of Concord guidelines
- Self-identify COVID-19 symptoms
- Stay home and seek medical advice when feeling sick or ill
- Share positive COVID-19 test result with Beede management
- Disinfect hands upon entering the facility
- Follow Beede rules and postings

Social Distancing

- Occupancy under the permitted 40%
- One-way staircase trafficking
- One person at a time elevator use
- Signage to encourage patrons to remain at least 6 feet apart while moving about
- Directional pathways to manage foot traffic flow
- Closed general lobbies and common spaces
- Exceptions to face covering requirement:
 - Not required when taking a rinsing shower
 - Not required when in a pool, but physical distancing must be at least 6 feet
 - With Beede management approval, not required with a medical condition
 - Not required for children ages 2 and under

Recommended Best Practices

- Facility access with a MyRec reservation
- Cancel a MyRec reservation by emailing poolreception@concordma.gov
- Plastic barrier at check-in location
- Contactless check-in with sign-in sheet
- Contactless payments through your MyRec account or by mail carrier delivery
- No showers in Locker Rooms or Family Changing Rooms
- No storage in lockers or pool deck cubie holes
- Open doors to increase airflow where possible
- Away from small valuables, no lost and found
- No public space fans or hairdryers
- Stretching at your exercise location
- Limited rental groups

Hygiene Protocols

- Bring a water bottle
- Water fountains used as refill stations only
- Use provided gray bucket for personal item storage
- Handwashing sites and alcohol-based hand sanitizers with at least 60% alcohol
- EPA approved disposable wipes for patron equipment sanitizing before and after use
- Personal Trainers wash hands before and after each training session and sanitize frequently during sessions
- Signage to remind workers and customers of hygiene and safety protocols

Staffing and Operations

- 55-90 minute exercise reservations
- Outdoor patio tent and the Fitness Studio space are reserved for Personal Training
- Personal trainers must wear face coverings during Personal Training sessions
- Patrons wait outside or in cars until 5 minutes prior to the class, Personal Training session or MyRec reservation
- Closed or limited waiting areas
- Clearly designate staff responsible for sanitizing, cleaning, and supervision during each shift
- Maintain a log of workers and customers to support potential contact tracing
- Provide training to workers on up-to-date safety information and precautions:
 - Social distancing, hand-washing, proper use of face coverings
 - Self-screening at home, including temperature and symptom checks
 - Reinforcing that staff should not come to work if sick
 - When to seek medical attention if symptoms become severe
 - Which underlying health conditions may make individuals more susceptible
 - Adjust workplace hours and shifts to minimize contact across workers and reduce congestion
 - Require customers to sign up for classes in advance
 - Encourage workers who test positive for COVID-19 to disclose to the workplace employer
 - Workers particularly high risk to COVID-19 are encouraged to stay home
 - Workers must stay home if feeling ill
 - Worker screening process before each shift:
 - * Worker is not experiencing any symptoms such as fever (100.0 and above) or chills, cough, shortness of breath, sore throat, fatigue, headache, muscle/body aches, runny nose/congestion, new loss of taste or smell, or nausea, vomiting or diarrhea
 - * Worker has not had “close contact” with an individual diagnosed with COVID-19. “Close contact” means living in the same household as a person who has tested positive for COVID-19, caring for a person who has tested positive for COVID-19, being within 6 feet of a person who has tested positive for COVID-19 for 15 minutes or more, or coming in direct contact with secretions from a person who has tested positive for COVID-19, while that person was symptomatic
 - * Worker has not been asked to self-isolate or quarantine by their doctor or a local public health official
 - * Workers who fail to meet the above criteria must be sent home
- Workers to self-identify symptoms or any close contact to a known or suspected COVID-19 case to the employer
- If the employer is notified of a positive case at the workplace, the employer shall notify the local Board of Health (LBOH) in the city or town where the workplace is located and assist the LBOH as reasonably requested to advise likely contacts to isolate and self-quarantine. Testing of other workers may be recommended consistent with CDC or DPH guidance and / or at the request of the LBOH
- Post notice to workers and visitors of important health information and relevant safety measures as outlined in the Commonwealth’s Mandatory Safety Standards for Workplace

Cleaning and Disinfecting

- Conduct frequent cleaning and disinfection at heavily transited areas and high-touch surfaces
- Clean commonly touched surfaces frequently and in accordance with CDC guidelines
- Scheduled staff cleaning session at the end of each day
- Keep cleaning logs that include date, time, and scope of cleaning
- Disinfect all fitness equipment or mutually-touched objects immediately after each use
- In the event of a positive case of a worker, customer or vendor shut down site and wait 24 hours before cleaning and disinfecting of the workplace in accordance with current CDC guidance

Appropriate and effective cleaning and disinfectant supplies have been purchased and are available for use in accordance with product labels, safety data sheets and manufacturer specifications and should be used with required personal protective equipment for the product:

- Performance Wipes: This product is on the EPA approved product list for use against Covid-19. No. 1839-190-85282. These can be used to wash surfaces, equipment, and office supplies. Gloves do not need to be worn when using this product but it is recommended that employees wear gloves if possible. SDS sheet can be provided upon request.
- Simplex Mix-Mate 10 Neutraquat 256 Disinfectant Cleaner: This product is on the EPA approved product list for use against Covid-19. EPA#10324-141. It should be sprayed on surfaces and remain in contact for 10 minutes before wiping. It can be used on hard, non-porous inanimate surfaces.
- Clorox Germicidal Bleach: This product is on the EPA approved product list for use against Covid-19. EPA#67619-32. It should be sprayed on surfaces and remain in contact for 10 minutes before wiping. It can be used on hard, non-porous inanimate surfaces.

Site Specific Procedures

- Cardio Room
 - Face coverings required
 - Access not permitted to closed machines
 - Machines are 14 feet apart without barriers and 6 feet apart with barriers
 - Exiting through patio doors permitted
- Strength Room
 - Face coverings required
 - Physical distancing must be at least 6 feet
 - Strength Room patrons are encouraged to use one piece of equipment at a time, no circuit training
 - MyRec reservation will dictate 9 person max space
 - Alcove space use is one person at a time
 - Limited fitness accessories are available
 - You may exit the facility through patio doors
- Pools
 - Use pool deck rinsing showers
 - Face coverings are required away from rinsing and pool water
 - Defined water use based on MyRec reservation or scheduled class/rental group
 - Family use permitted in Shallow End, Children's Pool, and Therapy Pool during non-adult hours
 - Those with a pool reservation may use marked drop-in locations
 - Social distance when moving in water to starting location
 - When possible, enter your pool location away from the ladders
 - Diving board access limited to the last session of the day, one family at a time
 - Equipment only available to Water Fitness class participants
 - General pool deck equipment limited to Children's Pool toys

MyRec reservation pool descriptions:

Double Lap Lane Use

Two people splitting a lane. Start from opposite ends & only stop at your starting point (must swim 50 yards). Swim on the left side of the lane. All must breathe out under the water...includes not allowing backstroke or any other stroke or drill performed with face completely out of the water. If a double lane converts to a single lane because one swimmer left early or did not show up AND there is not another swimming within 6ft, the remaining swimmer may enjoy the benefits of a single lane and enjoy some backstroke and other techniques that require exhaling above water. However, the swimmer may only stop on the left side where he/she started.

Single Lap Lane Use

One person per lane. Start from the Therapy Pool end. First set of lanes that often includes the Ladder lane. Swim on the left side of the lane.

Dive Well Lane

One person per lane. Start from Guard Office side & use the middle of the lane. General diving board use only happens during the last time block.

Shallow End Section

One person or a family reservation location. Please use the larger section as needed.

Therapy Pool Section

A family reservation can happen weekdays after 2:00pm & weekends/Beede holidays after 12:00pm. All other hours are "adults only".

Children's Play Pool

A family reservation location.