

Safety Precautions Guide

Let's keep each other safe.
If you are at an increased risk or are
sick, please stay home.



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Overview

A tremendous amount of time and energy has been devoted to reimagining the club experience during this pandemic. Nothing is more important to us than the safety and well-being of our members and associates, and so every step we've taken has been with this singular goal in mind.

As a medically-based facility, we have the benefit of a team of expert clinicians from Beacon Health System to consult. And, all of our initiatives are approved by our Medical Director and Medical Advisory Board. In addition, we adhere closely to the guidelines set forth by the Centers for Disease Control, the State of Indiana, and St Joseph & Elkhart counties.

Things will look very different to you as compared to our facilities pre-COVID. We've implemented a brief health screening process at the front door, and several areas of the club and certain services may not be available right away. Our goal is to bring these parts of the facilities and services back up to speed when it is safe to do so.

Cleaning and sanitizing is a major focus. In addition to the nightly cleaning that occurs routinely after we close, we've added even more cleaning and sanitizing. You'll notice more sanitizing stations on the fitness floors, so you can conveniently wipe down the equipment you use, and each station also includes hand sanitizer for your personal use. We've scheduled more cleaning throughout the day. And, an added sanitizing process will occur each night, along with a "Sanitizing Team" working during the day emphasizing high touch point areas.

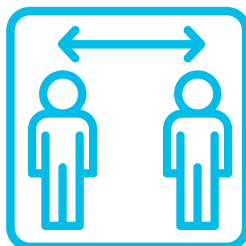
Other changes include smaller class sizes and the re-arrangement of some of our equipment on the fitness floors, all in an effort to promote social distancing.

All of these changes are a lot, so thank you in advance for your patience and understanding as we navigate this new environment together. We've written this guide for you that goes into greater detail about all that you can expect when you visit the club. It contains valuable information, so please read through it carefully.

Really Important Things to Know!

There's a lot of information in this guide that we've put together for you. While all of it is important, here are some of the key takeaways that we really want to highlight:

1. If you feel sick, stay home.
2. There is a screening process for each person entering our clubs.
3. **Masks are required at all times, even while exercising.**
4. Water fountains, coffee, and tea are all temporarily unavailable. bottle refill stations are now open – please bring your own water bottle.
5. Practice social distancing at all times.
6. 24 hour access is currently unavailable.
7. Class sizes are reduced & reservations are required for all classes.
8. Some equipment is unavailable due to social distancing requirements.



Cleaning & Sanitizing

Cleanliness and sanitization have always been important to us, and that's true now more than ever.

We want you to know the steps we take to thoroughly clean and sanitize our facilities for you:

- Each night after we close, a thorough deep clean is conducted in each building.
- We've added additional "sanitizing stations" on the fitness floors. These stations include wipes for members to wipe down any equipment they use, and hand sanitizer for personal use.
- Keeping one another safe is a shared responsibility and we now require as a condition of membership that members wipe down equipment after using it.
- We've added additional cleaning shifts throughout the day in each club.
- We've added additional sanitizing shifts of high touch point areas in each club.
- Another sanitizing shift has also been added to our nightly, after closing, duties.



Working together, we can all do our part to protect one another at the club. Thank you for taking that extra moment to wipe down any equipment you use!

For details on our increased cleaning & sanitizing, see our cleaning guide at <https://beacon.health/clean>

When You Arrive

Checking in to the facility is going to be a little different from what you've experienced in the past, and may take a few extra minutes. **You can save time at the door by answering the questionnaire online and showing your results at the door. For the online questionnaire visit beacon.health/screening**

In addition to checking in with your membership keytag, you'll be asked to:

1. **Verbally respond to a brief health questionnaire,**
2. **Wear a mask.** You'll need to bring your own, and please note that this is required to enter the facility. No one will be allowed to enter the building without a mask on.

What Questions are Asked on the Health Questionnaire?

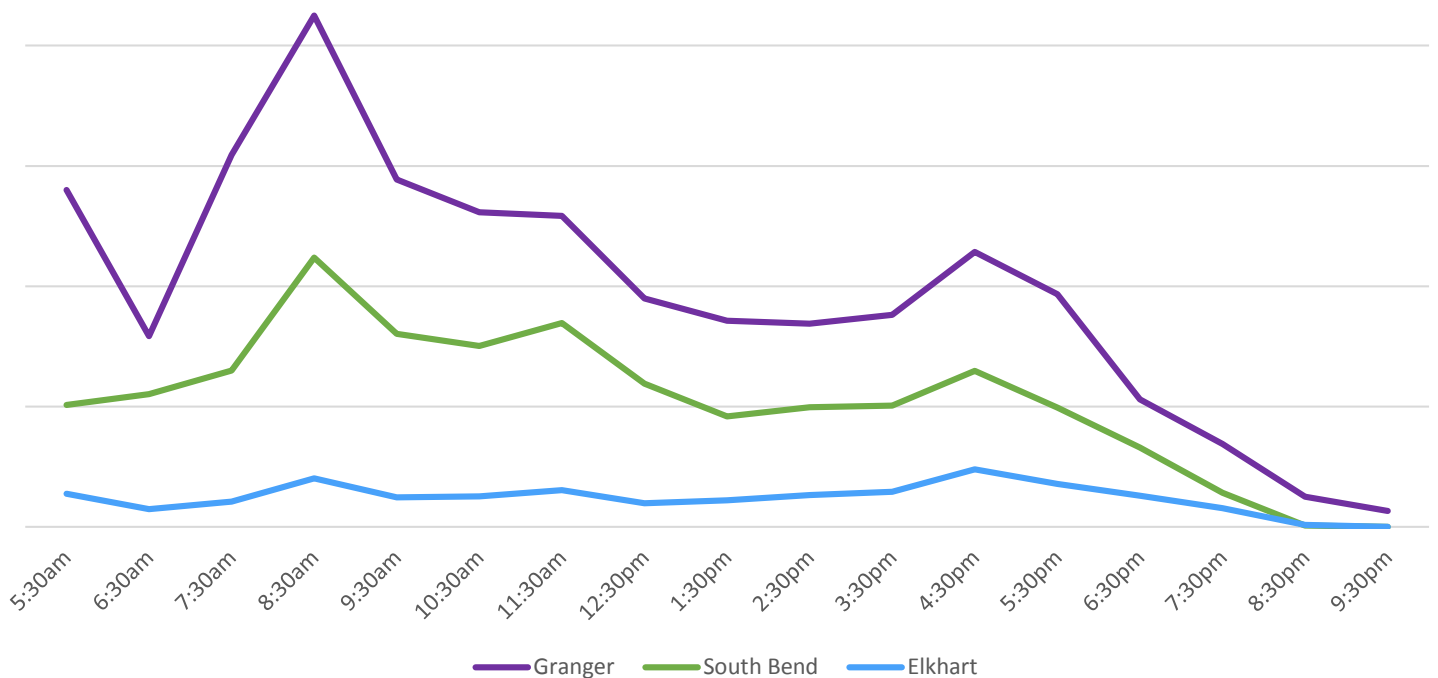
We'll keep this as quick and simple as possible. You don't even have to fill out a form – we'll just verbally ask the following:

- **Have you had direct contact or exposure without proper PPE to a person who is known to have 2019-nCoV (COVID-19) illness in the past 14 days?**
- **Have you been advised by any Healthcare Provider or Agency to self-quarantine within the last 14 days OR had a positive COVID test?**
- **Do you have any of these symptoms?**
 - Fever/chills
 - Cough/congestion/runny nose
 - Shortness of breath or difficulty breathing
 - Nausea/vomiting/diarrhea
 - Recent Loss of taste or smell
 - Body aches/myalgia/fatigue
 - Headache
 - Sore Throat

Then, if you're wearing a mask and answered "no" to all of the above questions, you'll be all set to enter the building.

Consider Visiting During Non-Peak Times

Projected March Club Visits by Time of Day



We'll post this graph at each club, and update it every month, so you can see when we anticipate slower times.

About Your Membership

Please contact us with any questions about your membership. We're here to help.

membership@beaconhealthsystem.org

South Bend
574.647.2653

Granger
574.647.2597

Elkhart
574.389.5575



At-Risk Populations

Your safety is our highest priority. Anyone 65 and older, and those with known high risk medical conditions should adhere to social distancing guidelines and remain cautious at work and in their communities.

At-risk populations include, but are not limited to:

- **People over the age of 65**
- **Anyone with a higher risk for severe illness**
- **Individuals who are immunocompromised**
- **People with asthma**
- **Anyone with HIV**
- **Individuals with liver disease**

So when you're ready, we're ready.

membership@beaconhealthsystem.org

South Bend
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We look forward to continuing to serve you, by always placing your safety first.

Beacon Best Medicine

Beacon Best Medicine—our program designed to improve through exercise the quality of life for those with life-changing diagnoses—is a hallmark of our clubs.

For your safety, a medical release form signed by your referring doctor is required to register for Beacon Best Medicine classes. This medical release is required even if you have previously participated in Beacon Best Medicine programs.

We've made some important changes to these classes, including limiting the number of participants. In addition, you'll likely notice some changes to the class curriculum.

For questions about this program please contact Jake Phillips, Clinical Integration Coordinator: jephillips@beaconhealthsystem.org



Indoor/Outdoor Tracks

- The indoor tracks at all three (3) locations are open for walking. The Elkhart track is open for running; Granger & South Bend are available for walking only. Please note that some equipment may still remain on the tracks, so be mindful of that if you choose to walk. **Masks are required at all times while on the track.**
- Looking for an outdoor option? The outdoor track in Granger is now open for use.
- The main entrance at Elkhart Health & Aquatics actually connects with the City of Elkhart Parks & Recreation Department trail system, so feel free to go for a walk or run there as well!



Locker Rooms

Locker rooms remain open for member needs, though we encourage members to limit their use of these facilities at this time.

Hand soap and shower soap remain in each locker room, but other toiletries including shampoo, conditioner, mouthwash, shaving cream, and razors have been removed. Please bring your own toiletries if you need any of these items.

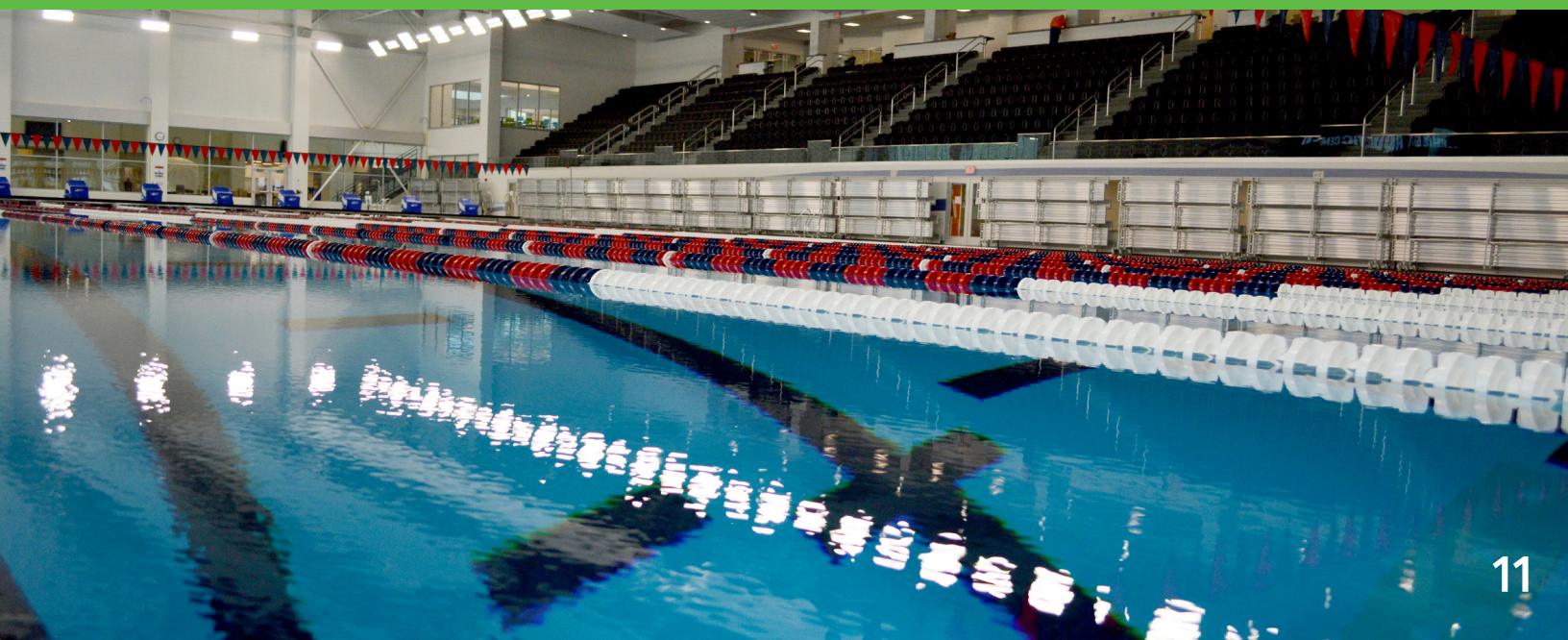
Effective 1/4/2021. For everyone's safety during the pandemic, hair dryers will not be permitted in any locker rooms.



Aquatics

- Our Saunas (South Bend) are open to members, with a reservation required. For social distancing purposes, we'll limit reservations to 1 person for a 15 minute period. Effective 1/18/2021.
- Our whirlpools are open to members, with a reservation required. For social distancing purposes, we'll limit your the number of people in the whirlpool at a time & a 15 minute reservation.
- Our therapy pools are open to members, with a reservation required. For social distancing purposes, we'll limit the number of people in the therapy pools at any given time & a one-hour reservation.
- Masks are required except while in the water. You must wear your mask while on the pool deck until you are entering the water.
- Lap lanes remain open, limit two swimmers per lane

Reservations can be made through your Empower M.E. Member Portal: beacon.health/account



Reducing Touch Points

Some parts of our clubs, and some services, are closed to minimize touch points and reduce exposure. We will make every effort to re-open each of these services just as soon as possible as we gradually ramp the clubs back up to full speed, in accordance with government, civic, and health system guidelines:

We have removed most tables & chairs from our lobby areas

Massage

Massage services are available. Both the therapist and client are required to wear a mask during the massage itself.

Drinks / Hydration

- Touchless bottle refill stations are now available. All water fountains are turned off.
- Complimentary coffee and tea is currently unavailable.

Important

While bottled water is available for purchase, we encourage you to bring your own water to stay hydrated. Hydration is very important to your health and well-being during exercise, so please bring water with you to the club!

Court Sports

Basketball

Basketball is available at our Elkhart location only, with some new rules.

- Max 6 people (3 per hoop) at one time.
- Shootaround only. Competitive play is prohibited.
- Check in at the Info or Commons Desk for your 30 minute block. Check with the desk staff to extend your time, if no one else is waiting for court time.
- Commons - \$3 Fee. Individuals will be given a wristband to wear.
- Outside basketballs are not permitted. Basketballs are located behind Commons & Fitness Desk. Each individual will receive their own basketball (sanitized after each use).
- Gym doors remain locked. Staff will let individual in at time of sign-up.
- Masks are required at all times while shooting baskets.

Racquetball

- Racquetball is permissible for one-on-one play, but not two-on-two.
- If you borrow equipment from us to use, we'll sanitize it every time it's checked out.

Pickleball

- Pickleball is permissible for one-on-one play, but not two-on-two
- Just like with racquetball, we'll sanitize any equipment you borrow after every use.

Fitness Floor

The fitness floor – where all the fun happens!

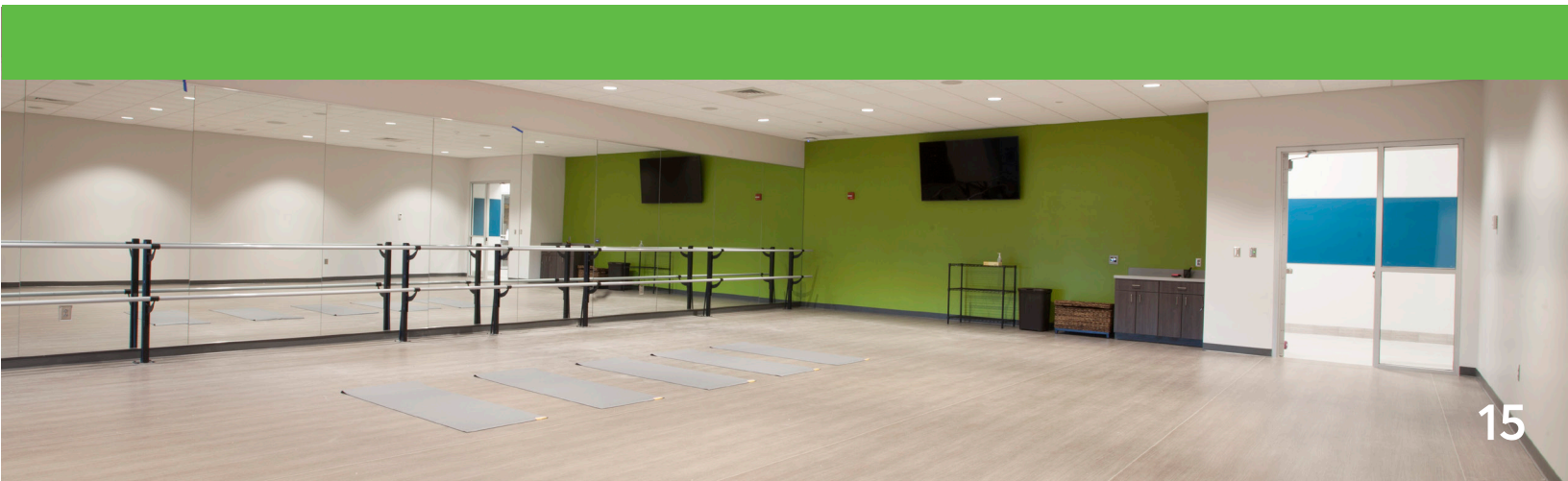
We've made several changes that we want to share with you:

- We've added more sanitizing stations. Disinfectant wipes are available for members to wipe down the equipment before and after using it. Hand sanitizer is also available at each sanitizing station.
- While we've always appreciated members who wipe down the equipment after they've used it, please note that this is now a requirement of membership.
- Twenty-four hour access is currently unavailable.
- We have re-arranged equipment to make it more conducive to social distancing standards.
- In some instances, we have turned off pieces of equipment to allow for more space between exercisers.

Group Exercise Classes

Our classes are some of the most popular programs we offer, and our instructors are eager to welcome you to class!

- Reservations for all classes are required through your Empower M.E. Member Portal (beacon.health/account)
- Smaller class sizes
- Check out our Les Mills Virtual schedule
- Social distancing markers on the studio floors
- Some of our larger classes are now on the gym floors in South Bend & Elkhart, and in Beacon Sports Performance in Granger
- Some class times have been spaced to reduce traffic in and out of the studios to maintain social distancing and allow for additional cleaning time between classes
- Signage outside each studio space identifies how many people are safely allowed into that space



Youth Activity Studio

Your child's safety is our priority. Please take a moment to review our efforts to make the Youth Activity Studio safer for your family.

Reservations

- Reservations are required for use of the Youth Activity Studio. **To register, visit: beacon.health/account**
- Time limit in the YAS is two (2) hours

Screenings

Everyone is required to complete a short health questionnaire upon entry. You can save time by completing this online and showing your results at the door.

Visit: beacon.health/screening

Distancing

- Capacity reduced to 50%
 - Granger - 20 child limit
 - Elkhart - 15 child limit
- Partitions installed to divide into groups
- Children over the age of 3 must wear a mask at all times

Other Important Details

- Our team sanitizes every hour
- Masks are worn by our associates at all times
- Children will wash hands before entry
- Snacks are unavailable at this time
- Outside food/snack or toys/blankets are prohibited

Stay home if you or your child...

- is feeling sick
- has a sick family member at home
- has had contact with a sick person

COVID-19 symptoms include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list does not include all possible symptoms. The CDC will continue to update this list as more information becomes available.

COVID-19 EXPOSURE

- If you have had contact with someone in an unmasked environment who has tested positive for COVID-19, you are required to stay away from the club for 2 weeks.
- If you test positive for COVID-19, you are required to stay away from the club for 2 weeks after you are symptom-free.

NEW Member Portal

We're really excited about our state-of-the-art club management software system.

It's user friendly, and we think you'll enjoy your member experience quite a bit.

Set up your account to register for classes, book appointments, schedule a massage, check your account balance, run a visit report and so much more!



To set up your account, scan the code above or visit:
beacon.health/setup