# KIRKWOOD COMMUNITY ASSOCIATION (KCA) COVID 19 EMERGENCY HEALTH AND SAFETY RULES

**G eneral Rules** – The Recreation Center will require Members to follow a series of procedures,

time limits on visitation, and rules to enter and use the facility. The following rules were adopted by the KCA Board as emergency health and safety rules for general and pool use (in early July) and gym use (in early September). These rules are in addition to all KCA rules and regulations currently in place (which can be found at [www.thekca.org/Lifestyle/The](http://www.thekca.org/Lifestyle/The) Recreation Center/KCA Club Membership Policies-Final 05-16-2016).

* **Reservations -** The reservation system is designed to help prevent overcrowding of the facility. Please call the front desk at 209-266-7122 or email i nfo@theKCA.org to reserve your time at the pool or the gym. Use of the pool or gym will be limited to certain time slots (detailed below). Reservations for the gym are mandatory and require a 24-hour

n otice. Members are asked to only reserve one slot at a time to allow others the ability to use the facilities. Members are asked to leave the facility 10 minutes prior to the end of each pool shift to allow staff time to sanitize the respective areas before the next shift of Members arrive. Separate reservations must be made for each pool and gym areas. A reservation to access one area (such as the pool) does not automatically allow access to the other area (i.e., the gym).

* **Limited Hours -** The Recreation Center will be open on Thursdays, Fridays, Saturdays and Sundays from 9:00 am to 6:00pm through September 27th. Due to COVID 19 restrictions and cleaning protocols, Members will not be allowed to access the Recreation Center at any other time.
* **Limited Access –** Except for the limited use of the reception area, the gym, the pool and the toilets and sinks, all other areas of the Recreation Center (including the outdoor spas, the indoor showers, the lockers, the sauna, the steam room, the bar area and the family lounge) will remain closed.
	+ Members and their guests are required to check in at the front desk and to complete an attendee profile with sufficient contact information for all persons in the party.
	+ Non-contact thermometers will be used to take temperatures prior to entry into the facility. Those with a temperature above 100.4 degrees will be denied entry.
	+ Members and their guests will not be allowed to change or shower at the Recreation Center. Please arrive wearing your workout or swim clothes.
	+ Towel service has been suspended so please bring your own towels.
	+ No outside food or alcohol permitted.
* **Health and Sanitation -** Everyone in the facility are required to maintain appropriate social distancing (of at least 6 feet) and to wear masks at all times (except as described below under the pool and gym protocols). Please take responsibility for making safe choices while coordinating the activities of your household groups.
	+ Refrain from coming to the Recreation Center if you do not feel well whether you have Covid-19 symptoms or any other illness. Protecting others is the best thing to do, when in doubt.
	+ All Members and their guests are asked to clean gym equipment before and after use. The staff will also be cleaning and sanitizing areas between sessions, but we ask that you provide this help as an additional safety measure. Please inform staff if you cannot perform this requirement for any reason.
	+ Cleaning spray, gloves, and paper towels will be provided in the gym area for wiping down the equipment. Please dispose of used gloves, paper towels, or other trash in the trash receptacle in the gym area. Wash hands or use sanitizer frequently.
	+ Water fountains will not be available but personal water bottles will be permitted. The Recreation Center will also have complimentary water and beverages available.
	+ The lost and found service has been suspended. All items left at the Recreation Center will be placed in a box and that box will be emptied (and the contents discarded) after close of business each Sunday.
* **Closures -** The staff reserves the right to close access to the pool or gym areas at any time to protect the health and safety of the users and to conduct necessary repairs.

**P ool Rules –** The following rules specifically apply to the pool area.

* **Maximum Occupancy -** Occupancy of the pool deck is limited to 22 people.
	+ Only 12 people may be in the pool at any one time.
	+ Use of lap lanes will be limited to 20-minute shifts. Each lane may only be occupied by people from the same household group and has a maximum capacity of 2 people.

# Health and Sanitation –

* + Masks must be worn at all times except when in the pool.
	+ Please use the outdoor shower to rinse off before entering the pool.
	+ No balls or other toys, paddle boards, floats or noodles will be allowed in the pool area.
	+ Chaise lounge seating on the pool deck has been spaced according to the 6-foot social distancing guidelines. Household/family groups may move lounge chairs closer together for social interaction.
	+ Members and their guests need to place their lounge chairs on its side when leaving so the staff knows to sanitize the chair.
	+ Please do not block the exit gate or the outdoor shower.
	+ Everyone should exit the back-exit gate.
* **Limited Hours and Sessions –** You may reserve use of the pool for limited session between 10:30 am and 6:00 pm during the days the Recreation Center is open. Each session will be followed by a 10-minute period to allow the staff to sanitize the lounge chairs and other surfaces before the next shift begins. The schedule for the sessions can be changed by the staff at any time. Pool sessions are currently set to last 80 minutes as follows:
	+ 10:30 am to 11:50 am
	+ 12:00 pm to 1:20 pm
	+ 1:30 pm to 2:50 pm
	+ 3:00 pm to 4:20 pm
	+ 4:30 pm to 5:50 pm

**G ym Rules –** The following rules specifically apply to the gym area.

* **Maximum Occupancy –** The gym area can only be occupied by persons from the same household group. The maximum occupancy of the gym area at any time is 3 people.

# Health and Sanitation –

* + Masks must be worn at all times except when exercising vigorously.
	+ The staff will open windows/doors and use fans in ways that allow for maximum social distancing and airflow. Please do not move the equipment or fans or close windows or doors.
	+ For social distancing- signage will be placed on equipment to prohibit use. (1 treadmill and 1 elliptical)
	+ Please do not bring any additional equipment into the gym other than towels, water bottles and yoga/floor mats for personal use.
* **Limited Hours and Sessions –** You may reserve use of the gym for a group up of up to 3 people from your household for a limited session between 9:00 am and 6:00 pm during the days the Recreation Center is open. Each session will be followed by a 60-minute period to allow the staff to sanitize the equipment and other surfaces before the next shift begins. The schedule for the sessions can be changed by the staff at any time. Gym sessions are currently set to last 60 minutes as follows:
	+ 9:00 am to 10:00 am
	+ 11:00 am to 12:00 pm
	+ 1:00 pm to 2:00 pm
	+ 3:00 pm to 4:00 pm
	+ 5:00 pm to 6:00 pm