

ECU Wellness Center Social Distancing/Cleaning Guidelines

Social Distancing

- All CDC social distancing guidelines followed.
- Check-in process will include giving name and showing ID, but not scanning so there is no contact between staff and exercisers.
- Towels will be stacked outside of Front Desk area, and exercisers may take them as needed.
- Each person asked to wash hands before entering workout areas.
- Water fountain for filling bottles only; no drinking straight from it.
- Extra sanitizing stations at front desk and in each room.
- Circuit Room will be limited to 30 people at one time with the equipment we have. Currently, most of our equipment is already spaced six feet apart or further. We will block off every other treadmill so there is six feet between runners. We will move some of the benches out and move the other cardio equipment six feet apart.
 - Create separate workout spaces in the lobby with pre-programmed workouts, ensuring six feet of distance between exercisers and making cleaning easier. We will tape off each station and provide the equipment needed for the workout.
- Group Exercise Room will be limited to 15 people, with a minimum of six feet between each person. We will move the spin bikes and rowers from the Tigers Den into this room.
- Tigers Den, Racquetball Court and Pool closed.
- Basketball court open for shooting only, no gameplay. Limited to two (2) people per goal.
- Track open, but users should maintain distance of six feet from each other (signage at both ends).
- Group exercise classes may resume if they have less than 15 participants or can be moved to basketball court or outdoors to allow more space between participants.
- Equipment sharing prohibited.
- We will need five social distancing signs.

Cleaning

- Exercisers are responsible for wiping down all equipment touched and washing/sanitizing hands regularly.
- Staff will go behind each exerciser and clean equipment as well.
- Cleaning towels will be washed after every use.
- Basketballs cleaned after every use.
- FD area cleaned thoroughly between each shift change.