

CMH Senior Health Center COVID-19 Safety Guidelines

- You will be given an exercise appointment on M/W/F or T/Th. Thirteen people are allowed in the exercise room and two in the pool area per session. If you do not attend your assigned time for two weeks without contacting us, you may be taken off the schedule.
- Social distance at least 6 feet apart (outside and inside the facility).
- The doors will be locked between workout sessions for 15 minutes so we can disinfect. You may wait in your car or at the front door (staying 6 feet apart). You will be motioned in when it is time.
- Wear a mask at all times. If you need a short break, you must be at least 6 feet away from other people.
- Screening questions will be asked as you enter the facility.
- Wash your hands and use hand sanitizer often.
- For added safety, you are encouraged to clean exercise equipment. Please use spray cleaning rags with disinfectant and wipe down exercise equipment surfaces. Please do not spray the exercise machines directly.
- Leave on time so we have time to disinfect the facility for the next group.
- Please do not bunch up at the door when leaving. Go out one at a time to maintain social distancing.
- Pool people -- Wear your mask in the changing area. You may remove your mask in the pool area but stay at least 6 feet apart. Put your mask back on in the changing area when you are around others and as you leave the changing room.
- Please notify Jody if you have traveled or plan to travel.
- If you are exposed to someone who tests positive for COVID-19, you need to stay away from the Senior Health Center for 10 days from the date of your last exposure. An exposure is considered 15 minutes of unmasked time within 6 feet of the positive person.
- Obviously if you develop any symptoms of COVID-19, do not attend the CMH Senior Health Center until you are well and released from quarantine.