

121 South 8th Street Fitness Center COVID Operating Plan



AdvantageHealth Corporation

8011 34th Ave S. Suite 216, Bloomington, MN 55425

612.823.4470 | advantagehealth.com

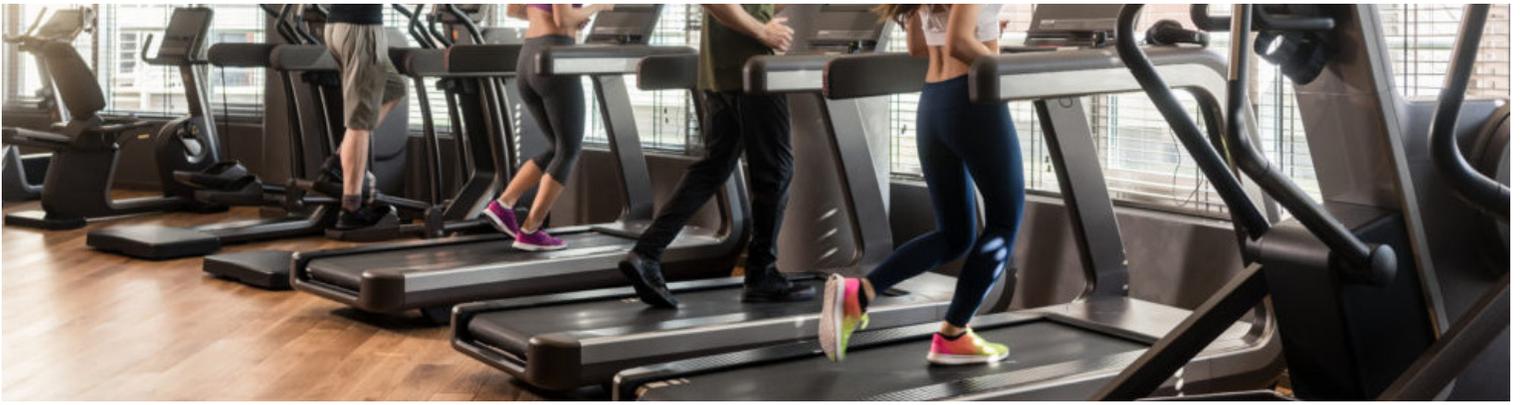


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AH at City Center COVID Operating Plan

The following information is intended to be used as a guideline on operating 121 South 8th Street during COVID restrictions. Recommendations contained herein are based off Federal, State and CDC guidelines, and from general practices within the health and wellness industry.

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Introduction

Ryan Companies and AdvantageHealth are pleased to announce that the 121 South 8th Street fitness center has re-opened for use today, June 15th. This document provides communications and instructions on how Property Management, fitness staff and tenants can work together to ensure a safe and comfortable experience. Please read the following information before returning to the fitness center. We are looking forward to seeing you again!

Fitness Center Hours & Capacity

As always, the fitness center will be staffed part-time to ensure the safety and security of the members during this time. The fitness center will remain open from 6:00am – 7:00pm, Monday through Thursday, and closed Friday through Sunday for sanitization purposes.

Occupancy in the fitness center will be limited to a maximum of 12 members at any one time, with the exception of time periods when a class is underway. Fitness center classes will be limited to a maximum participation of 6 persons. If, upon a member's arrival, the fitness center already has 12 members in attendance, that member is required to come back at later time once one of the other members has left.

Entry Spaces

Hand sanitizer will be provided to members prior to entry into the facility. Members will be encouraged to wear a mask upon entry and exit of the facility. Health screening questions will be posted above hand sanitizer to ensure healthy individuals enter the facility.

Member Communication

To ensure all members are knowledgeable of all new fitness center policies, Advantage Health will communicate fitness center policies through member emails, social media, and posts throughout the fitness center.

Signage will be created to inform all members of the new fitness center policies. The signage is to include:

- *Welcome back*
- *Six feet apart*
- *Wipe down equipment before and after use*
- *Cardio and strength equipment closure*
- *Screening questions*
- *CDC hand-washing (in bathrooms)*



Group Exercise Studio

The group exercise studio will be open for use, and for group exercise classes with a limit to allow for appropriate spacing between participants. All equipment with soft surfaces such as floor mats, or cloth coverings will be removed from use.

Cardio and Strength Equipment

Every other cardio equipment piece will be removed from use to allow six feet of space between fitness center members. The strength equipment has been deemed an acceptable distance with the removal of one strength bench.

Locker Rooms and Towels

Towel service will resume. We encourage members to continue six feet of distance throughout the locker room. Shared amenities such as hairdryers, lotion, and mouthwash amenities will be removed from use.

The water bottle filler will remain operational; however, complimentary cups will be discontinued.

Fitness Staff Requirements

Upon entry in the fitness center, staff must wash hands, and sign off that they are in good health. Staff will be required to wear a company provided facemask or will be allowed to wear their own.

Staff will be required to wash hands frequently throughout the day per CDC guidelines. Staff schedules will be created so that there is little or no overlap, to reduce potential virus transmission among staff members.

The staff office will be kept clean with minimal paperwork to allow the desk to be cleaned easily. Staff will use disinfectant provided by the property to clean desk surface upon arrival, during their shift, and prior to leaving.

To ensure safety compliance, staff will be required to attend an AH COVID-19 training prior to returning to the fitness center. Advantage Health staff members will abide by the AH COVID-19 policy in the event of becoming ill or coming into contact with a confirmed case of COVID-19.

Fitness Center Use for Outdoor Activities

Members may use the fitness center to change and do their workout outdoors; however, they will be used towards the total headcount of the fitness center until they have removed their belongings from the locker room.

Member Guidelines

To prevent the spread of illness members are required to be in good health prior to entry into the fitness center. Additionally, members will be encouraged to:



- Pre-plan their workout prior to entering the fitness center.
- Avoid lingering in the fitness center to avoid unnecessary exposure.
- Limit items touched in the facility to only the items needed.
- No sharing of equipment between cleaning.
- There will be no “working in” to sets or spotting.
- Wipe equipment before and after use.

Fitness Center Airflow

Property will continuously maximize fresh-air and eliminate air recirculation. Fans that blow air across members will be removed from use.

Cleaning Procedures

During Fitness Center Hours

AdvantageHealth fitness staff will continue to follow their regular daily cleaning schedule as outlined in their site’s operations manual. Staff cleaning will be done with cleaning supplies provided by the Property and while wearing gloves. Cleaning will include the following every two hours:

- Wipe surface areas on cardio, strength and free weight equipment.
- Wipe group exercise equipment in group exercise studio.
- Wipe surface areas on and round the front desk and office space.
- Other common hard surface touch points.

The fitness center will close daily from 9:30am – 10:30am, and 1:30pm – 2:30pm for to allow custodial staff to provide a thorough clean of fitness equipment, locker rooms and common areas.

Outside Fitness Center Hours

The property will resume evening cleaning schedule of the fitness center, locker rooms and common areas, or utilize recommendations from their cleaning vendor.

Fitness and Wellness Programming

Fitness and wellness programming will remain both virtual and in-person to accommodate both tenant employees that are working in the office or working from home. Programs will be modified so that challenges or activities can be accomplished in various settings and with multiple equipment options. AdvantageHealth will listen for member feedback on programming ideas, content and execution to best accommodate the needs and safety of the members.