WELLNESS, RECREATION & OUTDOOR PLAN

**Wellness and Recreation Center**

**PLAN 1 - Back on Campus with Social Distancing**

Upon return to campus, we are planning on making several changes throughout our programs and facilities in order to be able to comply with any sanitation and social distancing standards for fitness centers as set by the CDC, the Georgia Governor's office and the University System of Georgia. As we can’t know exactly what those recommendations will be, below is our recommendations for the Wellness & Recreation facility at Georgia College. Please note that we are also aware of the current financial situation and understand that a reduction in facility hours and reallocation of professional staff time to cover student employee responsibilities are possible options to reduce our costs.

**Operational Hours**

Ideally we would keep our current fall operational hours with a potential mid-day closure for cleaning.

* Monday through Thursday 6:30am to 10:00pm
* Friday 6:30am to 8:00pm
* Saturday 10:00am to 5:00pm
* Sunday 1:00pm to 10:00pm

**Staffing**

Staffing levels will likely have to increase during operational hours to compensate for additional sanitation practices, safety, and enforcement of policies. Anywhere from 3-5 additional staff members may need to be added to daily operations. Examples of where additional staff are needed are as follows.

* An additional staff member may need to be positioned at the entrance of the facility to take temperatures and ensure that participants who are displaying any symptoms of illness do not enter.
* Additional staff will be needed on the fitness floor to accommodate additional cleaning responsibilities. These staff will also monitor patrons and ensure that they are keeping appropriate social distancing protocols while they are in the facility.
* Additional custodial staff will be needed to increase level and frequency of cleaning in the building.

**Sanitation Plan**

The sanitation plan also includes increased accountability for participants and staff members to clean each piece of equipment after every use.

* All patrons and staff would enter and leave through the front main doors (designated and labeled entrance and exits) of the WRC so that this screening can take place.
* A red/green card system will be created in which participants will turn over a red card on equipment after they have used it and then once a staff member has cleaned the equipment, or verified that it was properly cleaned, they will turn the red card to the green side to indicate that it is ready for use. This gives the participant information on which pieces of equipment they can use. Participants will still be required to clean equipment after their usage, but this system allows for a staff member to ensure that a thorough job was done.
* Students who are seeking the Student Health Services should be entering through the doors that lead directly to the Health Center rather than walking through the WRC.
* “Healthy Practices” signage will be added to the doors and throughout the building to remind patrons of these rules but the staff member will be another layer of protection.
* Patrons will also be highly encouraged to bring personal water bottles to the WRC and water fountains will be used for refilling bottles only (not direct personal hydration).
* Increase the number of hand sanitizing stations.
* Increase our orientation educational briefings with all patrons in order to encourage healthy behaviors that reinforce policies.
* Temporarily close different areas down throughout the day for deep cleanings. Examples of this might include having locker rooms and bathrooms cleaned every 2 hours throughout the day.

**Programming**

The total number of patrons and staff inside the facility will ideally be a maximum of 100. This does not include Health Services or the Counseling Center. Patrons would be counted by the front desk staff as they check in. Check-ins will be contactless. Each specific programming area will have their own maximum numbers.

***Fitness Area & Classes:***

* + The fitness area will have a maximum of 35-40 stations (this is reduced 50% from current numbers for social distancing purposes).
  + Fitness classes could be limited to a maximum of 10 in the fitness studio to ensure social distancing (reduced from 20-30).

***Track:***

* + Cones could be placed on the center lane of the walking track to aid in social distancing with runners potentially limited to the inside track and walkers limited to the outside track.
  + All passing would have to occur away from other patrons.

***Courts:***

* + If the courts are being used for basketball, we could allow 2 players per half court.
  + Courts could also be repurposed to hold fitness classes so that the fitness studio can be sanitized between each class or to create additional fitness stations.
  + The courts could potentially hold 15 patrons for fitness classes as they are larger than the fitness studio.

***Climbing Wall:***

* + The climbing wall could have a maximum of 5 climbers in the climbing area at a time.
  + The wall could also have alternating climbing and bouldering days to reduce interference of climbers on the wall and increase time to sanitize harnesses between uses.

***Intramural Fields:***

* + Intramural fields could have maximum numbers according to current gathering recommendations per field (ie 10 per field for a total of 40) with little or no spectators for events to aid with social distancing.
  + Intramural activities will be determined based on the ability of the players to be socially distanced including activities such as tennis or cornhole.

***Pools & Locker Rooms:***

* + Maximum numbers for the pools could be 15 in the main pool and 5 in the leisure pool.
  + No more than 8 may be in the locker room at a time. If patrons use a shower, they will be instructed to use the disinfectant spray after their use of the shower.

***Equipment:***

* + All shared equipment (e.g. basketballs, harnesses, weight belts) that is used in any of these program areas would be sanitized at the end of their use and patrons will be encouraged to use hand sanitizer before equipment is issued and once they have returned equipment.

Our goal is to provide a clean and safe environment for the Georgia College community to exercise. There will have to be some changes made, and it will take some time for our participants to get used to the new normal. However, we feel confident that they will come back and feel safer than ever in doing so.

**PLAN 2 - All Online**

All programming at the WRC will be virtual and will include the following:

* virtual fitness classes
* virtual fitness challenges
* at home workouts
* online wellness coaching
* e-sports gaming
* virtual team building exercises for club teams in order to teach them how to stay engaged with each other

**PLAN 3 - Transitioning to Online After Re-Opening**

In the event that Georgia College or the University System required a transition to an online environment after a face-to-face start of the semester, the Wellness & Recreation Center would simply close the doors and move to Plan 2.

**Outdoor Center**

**PLAN 1 – Back on Campus with Social Distancing**

The Outdoor Center (OC) is located at Georgia College’s East Campus and is a separate area of programming from the Wellness and Recreation Center. The OC provides group development/team building programs as requested by clients (internal and external) and student trips on weekends.

**Operational Hours**

There are no “facility hours” to be changed though we may consider continuing the use of barriers or installing a gate at the main entrance to the lodge to reduce unofficial gatherings on site.

**Staffing**

There is currently one Director and one Assistant Director in terms of professional staff. Student staff only work when there are programs; they don’t have any regular “office hours”. We may need to add a half hour to an hour after programs for staff to do additional sanitation with equipment. At this time student staff are paid from the revenue of programs so this would not indicate any additional cost for the university.

**Sanitation**

The main building (indoor space) that is used for OC programming is the Lodge at East Campus. Officially this is a classroom and would fall under the guidance of recommendations made for all classrooms at Georgia College and sanitation would be provided by custodial services.

* + Under normal circumstances, custodial services is a little different at East Campus (not daily) but would have to be managed to ensure that cleaning is happening after all classes and programs that are held at the Lodge. This would have to be scheduled in accordance to scheduling in 25Live.
  + Signage that encourages healthy behaviors and reinforces current policies should be posted inside the lodge, the log cabin, the craft shack and the cottage at East Campus.
  + At present there are no hand sanitation stations at the lodge or anywhere at East Campus. At a minimum, each building should have a station with 1-2 portable stations that could be brought to areas around the facility when outdoor programming is happening (with the Outdoor Center, CATS programming, or biology classes).

**Programming**

An advantage of working outdoors is that we can maintain social distancing much easier but any mandated maximum group sizes/gatherings will be incorporated into program planning and client contracts.

***Teambuilding Programs:***

* + Low challenge course elements will not be able to be used while social distancing parameters are in place as the nature of these activities incorporates teams physically working together to solve a problem.
  + The high challenge course can be used though social distancing may have to be broken for safety considerations or in an emergency.
  + There are many team building activities that can be selected to maintain social distancing with minimal equipment usage.
  + Prior to any equipment usage and upon completion of the equipment usage, participants will be asked to sanitize their hands.
  + Where possible, equipment will be issued to individuals (harnesses & helmets) so that this equipment is not shared; this is our current practice already.
  + Where common touch areas might be a part of the experience (ie. climbing) we will focus on sanitizing the hands of the person rather than the facility. At present all outdoor climbing surfaces have enough time between groups to be sanitized by nature.

***Student Trips:***

* We will start the year with local experiences so that students can drive their own vehicles to the location (ie. Bartram, Greenway) and reduce or avoid overnight experiences.
* Any equipment issued to participants would be theirs to use throughout the experience without sharing and cleaned at the end of the experience.
* We could both minimize the need for communal meals (ie. start after breakfast, end before dinner) and have participants bring their own lunches and snacks with them for use throughout the program.
* Hand sanitation is always a part of any of our programs so that will be continued as well.

Ideally the Outdoor Center will still be able to provide programming for both Georgia College students and community groups. Now more than ever it is critical to help groups talk through the challenges that they are facing, anxieties they are feeling and be able to come out stronger on the other side. The Outdoor Center provides a unique opportunity and novel space for groups and individuals to build community which is much needed at this time.

**PLAN 2 – All Online**

All programming at the OC will be virtual and will include the following:

* virtual team building sessions
* virtual tips and tricks for outdoor experiences
* information about engaging outside/in nature in a safe manner

**PLAN 3 - Transitioning to Online After Re-Opening**

In the event that Georgia College or the University System required a transition to an online environment after a face-to-face start of the semester, the Outdoor Center would simply cancel any upcoming trips and reach out to groups who were planning to do some team building programming to negotiate if they would be willing to move to an online event. If not, these programs would be cancelled.