

NCC Wellness Center Re-Opening Plans, Procedures, and Protocols

The re-opening procedures and protocols will be following all those set forth by NCC, CCSNH, NH DHHS, as well as the State of NH's Safer at Home Health and Fitness COVID-19 [Reopening Guidance](#).

Cleaning

- Each morning, prior to opening, all equipment and high-touch surfaces will be disinfected with a solution of Virex II, an EPA N-list cleaner, and the same will be done upon closing for the day
- When students/staff/faculty are finished using equipment, they will be asked to immediately wipe down the respective equipment with disinfecting wipes
- Wipes/cleaner will be available on both sides of the fitness center, to prevent more movement throughout the room than is necessary and eliminate crossing of paths as much as possible
- High touch surfaces/shared surfaces (such as desk/computer) will be disinfected between shifts
- Any and all cleaning protocols will follow CDC guidelines for cleaning and disinfection

Spacing and Social Distancing

- Equipment will be spaced out to adhere to the 6 foot recommended spacing. If the proper distance cannot be met, some pieces may be marked off limits to meet such distance
- Cardio machines will be spaced out to 6 feet apart minimum, and if that is not doable then every other machine will be marked as off limits to assure the proper distance is attained
- Weight machines will be spaced out, and some moved to the track, to meet distance guidelines
- The capacity of the fitness center will be limited to 5-6 visitors at a time in order to allow for proper distancing between themselves and on duty staff while working out

User Protection

- Users of the center will be informed and oriented to new policies and procedures upon registering to use the facility
- Users will be asked to wear a face covering/mask at all times when in the facility, when they are not actively engaged in a workout/exercise activity (such as when resting between sets or exercises, speaking with a staff member or other visitor, etc.)

General

- Visitors will be asked to not bring any belongings (backpack, jacket, small personal items, change of clothes, etc.) in the fitness center, other than their own water bottle and any devices they may keep on their person. They will be asked to utilize the locker room, and to bring their own locks, which is standard policy currently.
- The locker rooms will be limited to two people maximum at a time, to adhere to distancing guidelines. Locker room key cards will be signed out by visitors (which is current policy) to be used for one person at a time.
- The walking track will have a single designated direction (will be marked), which users will need to follow regardless of traffic on the track at the time
- Signage and directional markers on the floor will indicate the flow of foot traffic through the center to avoid any unnecessary close contact
- Signage will be prominently posted outside and inside the fitness center facility displaying the proper protocols and guidelines to inform and remind staff, faculty, and students using the center of the policies and guidelines that we must follow to remain as safe and protected as possible