# Campus Recreation Strategic Outline for Risk Mitigation

## Phase 3 – Effective Date August 14th, 2020

## Hours of Operations

This includes times that we are open for patrons to utilize the facility and times that we are closed. Reduced hours will continue to be in place for Phase 3 of reopening so that Campus Recreation can continue to adapt occupancy and hygiene protocols when necessary to maintain a clean and safe environment for its opened areas. These closures are precautionary and may be removed if deemed unnecessary.

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## Occupancy Flow and Capacity Management

This includes measures to control number of patrons and traffic flow in our facility and programs. Our goal is to comply with local, state and federal guidelines as well as those directives from University Leadership. We will ensure minimum distances and relieve any crowding in the facility or programs. Our plan includes maximum capacities provided from Springfield Local Government guidance, as well as socially distanced equipment stations and people.
The following steps will ensure safe practices:

- Operating hours are reduced.
- Building capacity has been set based on 50% maximum capacity or maximum capacity maintaining social distancing.
- Social distance of six (6) feet is to be maintained by patrons.
- Marketing will be posted around the building on social distance guidelines and expectations. Facility staff will also verbally remind patrons of expectations as needed. Any lines will be denoted by floor markings to show proper distance. Neglecting social distancing consistently will be managed case by case.

**Foster Recreation Center Info**

- Open areas: Patrons will be allowed to access:
  - Lower level
    - Universal locker room
    - Pool and spa
    - Men’s locker room
    - Women’s locker room
    - Climbing Wall
  - First level
    - First floor fitness area
    - All three courts (for specific fitness equipment on court 2 and the multi-activity court (MAC) and court 1 will be for open rec)
    - First floor bathrooms
    - Studio A and B
  - Second level
    - Second floor fitness area
    - Second floor track
    - Second floor bathrooms
- Closed areas: Sauna in Aquatic Center and Studio C
- First floor lobby:
  - Patrons will enter through the touchless handicap accessible door and will move past welcome desk, check in for their timeslot, then scan Bear Pass through turnstiles.
- Aquatics Center:
  - Lap lanes will be limited to six (6) patrons at once, swimming equipment will be set out for patrons that reserve space through Fusion.
  - A maximum capacity of 53 patrons in the pool will be enforced based on locker room limitations (see equation above).
    - Limited to two (2) patrons in the spa at one time.
  - Patio furniture will be spaced 6 feet apart and will need to be monitored by lifeguards as patrons move the furniture.
    - **Towel service will be available**
- Climbing wall:
  - The climbing wall will have a maximum capacity of 3 patrons.
  - Patrons will need to continue to wash hands before use of the wall and will be encouraged to maintain six (6) feet of physical distance by staff.
Patrons will be required to wear a face mask inside the climbing wall area.

- First floor fitness:
  - Equipment will be spaced to ensure six (6) feet distancing.
  - Bench space will be limited per area.

- Courts:
  - Courts 2 and MAC will be used for various fitness equipment.
  - Court 1 will be reserved for open rec.
  - Patrons will be encouraged to maintain six (6) feet physical distancing during open recreation.

- Second floor:
  - Equipment will be spaced to ensure six (6) feet distancing.
  - Some equipment will be marked as closed and put in storage or in dormant mode and left on the floor.

- Studios:
  - Studio A and B will only be available upon reservation made at the welcome desk.
  - Studio reservations are first come first serve.
  - Patrons will only be allowed to reserve a studio by visiting the welcome desk. At the time of reservation, a $5 fee will be assessed to reserve the studio for up to five (5) patrons.
  - Reservations for six (6) or more patrons will need to be made through our facility reservation system by emailing campusrecreation@missouristate.edu.
  - The studios will be reserved for BearFit classes as priority scheduling.

Programs and Services

- Reservations
  - Patrons will be required to submit a Facility Reservation form and return it via email at campusrecreation@missouristate.edu or drop off at the welcome desk.
  - Once the form is submitted and reviewed by a staff member, the patron will be sent an Event Risk Assessment in which the patron will be required to assess the risk of the event and return this form via email or drop off at the welcome desk.
  - Once the Event Risk Assessment has been returned, the event will be evaluated based on the risk stated and the reservation will be approved or denied via email to the patron.

- BearFit
  - BearFit classes will be offered on a first come, first served basis until maximum capacity is met within the studio in which the class is being offered.
  - Specific doors into the studios will be designated for entry and exit usage signage for patrons to follow.
  - Six (6) feet grids will be marked off in the studios for patrons to ensure physical distancing.
  - BearFit will be utilizing a pre-registration system to give patrons priority participation. Patrons who were unable to pre-register may wait 5 minutes prior to the start of the class to take spots from patrons who do not attend.

- Personal training
  - Personal training sessions will be offered with trainers ensuring six (6) feet physical distancing while providing instruction.
  - Training sessions may be held in the studios to ensure health and safety to patrons utilizing this service.

- Massage
  - Due to health and safety concerns, massage will be suspended until further notice.
• Outdoor adventure trips  
  o Two trips will be offered in fall 2020. Both trips will be paddling trips to Lake Springfield as it is the closest location to minimize time in proximity.  
  o Patrons will meet the trip staff at the lake in their personal vehicles.
• Outdoor adventure clinics  
  o Paddling clinics will continue to be offered as usual and be limited to 5 people.
• Teambuilding  
  o Teambuilding participation will depend on number of available instructors and amount of space required to maintain six-foot physical distancing.  
  o Teambuilding games will be altered to reduce physical contact.  
  o Masks will be required during indoor teambuilding sessions.  
  o Hands will be sanitized before and periodically during teambuilding sessions.  
  o All equipment used will be sanitized before and after use.
• Swim lessons  
  o Due to health and safety concerns, swim lessons will be suspended until further notice.
• Club Sports  
  o Many club sports will be continuing seasons as usual, however, several have committed to moving the season to the spring semester.  
  o Clubs will be advised to follow all University and city protocols where applicable.  
  o Due to the many differences in each club’s business, students/patrons/faculty/staff should contact individual club presidents via campuslink to determine what the club will be participating in for the fall semester.  
  ▪ Note: The University has typically viewed these organizations as outside entities. Until further notice, this will be the stance that Campus Recreation continues with unless new information comes to light
• Intramural sports  
  o Intramural sports will conduct team sports with participants playing at their own risk.  
  o Attendance at all intramural games will be limited to players and staff, no fans or coaches will be allowed. Only roster members will be allowed to enter the area.  
  o Teams will be encouraged to arrive to games no earlier than 15 minutes before game time.  
  o Entry will occur through the main access gate with BearPass access, players will then check-in for the game and go to playing area. Once games have finished, players will exit through the construction access gate, which will be monitored by an Intramural Supervisor.  
  o For participants who do not wish to take on the inherent risk, virtual and single sports will be offered in addition to team sports.  
  o Equipment will be disinfected between periods and at the end of play. No equipment will be checked out for individuals or teams.
• American Red Cross courses  
  o All American Red Cross courses offered through Campus Recreation will be taken through the blended learning course delivery. All courses will follow modifications provided through an extensive document from American Red Cross that provides guidelines such as the following:  
  ▪ Individuals must remain 6 feet apart from one another  
  ▪ All students and instructors in the course will be provided their own equipment throughout the course
Masks and gloves will be required throughout the in-person section of the course.

Students and instructors will wash hands before the class starts and between any breaks.
- Various modifications will occur throughout portions of the class due to physical touching limitations.

### Hygiene Protocol and Protective Measures

This includes measures to ensure patron health and safety. Protective measures will be taken to minimize the spread of COVID-19. Our goal is to comply with local, state, and federal guidelines, as well as those directives from University Leadership. We look to ensure that appropriate personal protective equipment (PPE) is utilized correctly to reduce spread of transmission. Our plan includes sanitizing on a regular schedule before and after use, encouraging good hygiene practices, and requiring patrons to wear mask coverings per university policy.

The following steps will be taken to ensure safe practices:

- New rules and patron expectations are outlined and posted. Patrons are expected to practice good hand hygiene, and use wipes provided to disinfect their used equipment.
- Disinfecting protocols are in place to ensure total facility cleaning between open hours and during programs. Employees are cleaning continually during open hours and during programs, as well as a strategic facility clean during closed hours and after programs.
- Drinking fountains are closed.

### Patron Centered Rules and Precautions

- Upon entering the facility or starting a program, patrons will have access to multiple hand sanitizer dispensers. Patrons are encouraged to utilize these before starting their workout or participation in a program. Additionally, dispensers are available throughout the facility.
- Patrons are encouraged to wipe down equipment before and after use.
- Patrons are encouraged maintain six (6) feet physical distancing throughout the facility including during open recreation on the courts.
- All drinking fountains are closed; therefore, patrons are encouraged to bring personal water bottles in the absence of this amenity.
- Patrons are encouraged and reminded to stay home if sick or if exposure has occurred, through signage in the building and social media outlets.
- Climbing wall patrons are required to use the hand sanitizer station prior to entering the climbing wall area. Additionally, Campus Recreation will continue to provide antibacterial climbing chalk to patrons to help keep transmission to a minimum. Approved personal climbing equipment may be utilized but will be subjected to regulation cleaning procedures prior to use, this includes street shoes and personal climbing shoes. Rental equipment will follow the same procedures. Standard pricing structure will continue. Rental equipment is preferred to be reserved prior to date of rental.
- Aquatics center patrons are encouraged to shower before entering the pool and will be provided with all equipment they may need for their work out by the lifeguards on duty. This process is in place to ensure equipment is sanitized after usage.
• The studios A and B are available for reservation via walk-in at the welcome desk. A $5 fee will be assessed to reserve the studio for up to five (5) patrons. Reservations for this fee will be limited to one (1) hour per reservation. If patrons would like to reserve for additional time, it will be an additional $5. Between reservations, the studios will be closed for 30 minutes between each session for disinfecting and cleaning. For patrons wishing to reserve the studios for six (6) or more patrons, please contact campusrecreation@missouristate.edu for our facility reservation system.

• BearFit classes will be offered on a first come, first served basis until maximum capacity is met within the studio in which the class is being offered. Six (6) feet grids will be marked off in the studios for patrons to ensure physical distancing. BearFit will be utilizing a pre-registration system to give patrons priority participation. Patrons who were unable to pre-register may wait 5 minutes prior to the start of the class to take spots from patrons who do not attend. Patrons will have access to disinfectant wipes and hand sanitizer in the studio to wipe down equipment before and after use. Patrons are encouraged to bring their own Yoga mats for use, but all equipment will be provided and disinfected regularly by staff.

• Personal training sessions are available through the recportal or in person purchase and will be offered with trainers ensuring six (6) feet physical distancing while providing instruction. Training sessions may be held in the studios to ensure health and safety to patrons utilizing this service.

• Outdoor adventures trips are offered on a first come, first served basis. All equipment will be provided on site. Transportation to trip sites will not be provided at this time. Disinfectant will be used on site if any equipment is transitioning from one patron to another.

• Outdoor adventures clinics will follow all building policies.

• Intramural sports patrons are required to check into games by showing a valid form of identification while remaining at least six (6) feet away from staff members. Patrons should be aware that equipment will not be checked out for individual team use and only game equipment will be supplied, this will include pinnies and jerseys. Teams should coordinate wearing specific colors to ensure confusion is avoided throughout play. Teams should arrive no earlier than 15 minutes before game time to avoid overlap of large crowds.

• Patrons who choose to participate in American Red Cross courses are required to wash hands before the class begins and then will be required to wear a mask and gloves throughout the in-person section of the course. Patrons are encouraged to inform the instructor if there is a situation/skill that is outside of the patron’s comfort level and the instructor will offer modifications where possible. Patrons will be provided personal equipment throughout the course and will be six (6) feet apart at all times.

Operations Centered Rules and Precautions

• Surfaces and equipment will be sanitized regularly with appropriate disinfectant supplies as stated above per employee and patron guidelines.

• Lobby areas will be discouraged of loitering, in cases where a line could build up, traffic flow signage will be posted and distance markers will be set.

• Additional hand sanitizing stations will be put throughout the facility for regular patron use.

• Drinking fountains will be shut down to avoid lines and transmission of germs. Water bottle filling stations will remain open.