

**Suffolk County Community College**  
**Health Club Re-Opening Plan**  
*Updated August 6, 2021*

**Locations:**    **Michael J. Grant Campus, Suffolk Federal Credit Union Arena (SFCUA)**  
**1001 Wicks Road, Brentwood, NY 11717**

**Eastern Campus, Health and Wellness Center (HWC)**  
**121 Speonk-Riverhead Road, Riverhead, NY 11901**

**Member Check-In / Indoor Protocols**

- Touchless check-ins which will record member’s full name, home address and cell phone number will be performed at information booth/front desk in the main lobby at the health club. Records of check-in data will be stored in a cloud-based system for a minimum of twenty-eight (28) days, and will be made available to the NYS Department of Health and the Suffolk County Department of Health Services, upon request, for purposes of contact tracing.
- A report can be generated reflecting all members who checked into the club during the allotted time slots the clubs are open for members’ use. For purposes of contact tracing, and out of an abundance of caution, members will be assumed to have been present for the entirety of the remainder of the time slot in which they checked in.
- Members are not to come to the health club if:
  - They have tested positive for COVID-19 within the past ten (10) days;
  - They have had close contact with confirmed or suspected COVID-19 cases within the past ten (10) days;
  - Are subject to a mandatory or precautionary quarantine requirement related to COVID-19;
  - They are not feeling well. All members should continue to monitor themselves for exposure to or symptoms of infectious illnesses, including possible symptoms of COVID-19 which include unexpected onset of one or more of the following:
    - Fever or chills
    - Cough
    - Shortness of breath or difficulty breathing
    - Fatigue
    - Muscle or body aches
    - Headache
    - New loss of taste or smell
    - Sore throat
    - Congestion or runny nose
    - Nausea or vomiting

- Diarrhea
- Respiratory infection/distress

Anyone with signs or symptoms of infectious illness should stay home when sick and is encourage to seek medical care.

- Face coverings/masks will be required to be worn by all members at all times while inside the health club, except while utilizing the pool, regardless of vaccination status, consistent with the College's [COVID-19 Guidelines for Use of Face Coverings/Masks](#).
- Socially-distanced floor markers will be affixed to the floor at six-foot intervals where members will stand to check in.
- Signs will be posted through the hallways and locker rooms reminding members to adhere to COVID-19 safety protocols, including wearing face coverings at all times, maintaining social distance, and frequently washing hands with soap and water and/or using hand-sanitizer.
- College/health club staff will be required to wear face coverings/masks at all times while inside the health club, regardless of vaccination status, consistent with the College's [COVID-19 Guidelines for Use of Face Coverings/Masks](#).
- A Plexi-glass shield will be installed at the front desk to separate College staff and members at check-in.
- Members will be encouraged/permitted to supply their own personal equipment (e.g., towels, yoga mats, hand weights) provided they are appropriately labeled with the member's name. The College / health club is not responsible and makes no representations or warranties as to the suitability, functioning, cleanliness, or risks related to use of any self-supplied / personal equipment.
- The College does not offer fitness classes or group exercise activities at either health club location, except for Aquarobics classes (as noted below).

### **Equipment Spacing / Member Social-Distancing Requirements**

- All cardio machines will be strategically arranged to ensure that appropriate social distancing recommendations are met. This will include placing signs on every other machine or switching machines off when it is safe to do so.
- Members using the club must abide by social distancing rules and instructions given by health club staff with regard to social distancing while using club equipment.
- Signage will be installed specifying social distancing requirements to be met while in the facility.

### **Cleaning / Disinfecting Procedures**

- Stringent sanitation protocols for proper disinfection, operation and maintenance, will be followed, as well as implementing additional procedures to achieve an enhanced level of cleanliness.
- The weight room will be wiped down every thirty (30) minutes during health club hours.

- Health club staff will keep records of when they clean and disinfect the weight room.
- Plant Operations staff will continue to follow their regularly scheduled daily cleaning protocols relative to the health club, including with regard to cleaning the locker rooms and restrooms. Soap will remain fully stocked in the restrooms at all times.
- Signage will be posted instructing members to wipe down machines/weights after each use.
- Equipment cleaning supplies will be available for members' use, including disinfecting wipes and disposable papers towels.
- Health club staff will be onsite to assist members with locating these supplies.
- Hand-sanitizing stations will be placed throughout the health club with signs posted advising of COVID-19 safety protocols to be followed. Hand-sanitizer will be alcohol-based, containing 60% or more alcohol.
- Trash receptacles will be placed throughout the facility to permit easy disposal of soiled face coverings/masks, gloves, and other refuse.

### **College Staff / Vendor Protocols**

- Health club staff will follow approved Suffolk County Community College employee guidelines and requirements. For further details, see: [www.sunysuffolk.edu/coronavirus](http://www.sunysuffolk.edu/coronavirus), and employees should refer to the College's and health club's periodic communications with regard to COVID-19 protocols. Staff schedule information will be made available to the NYS Department of Health and the Suffolk County Department of Health Services, upon request, for contact tracing purposes.
- College vendors and contractors are required to follow the College's COVID-19 safety protocols while on College property, including wearing face coverings/masks at all times when inside College buildings and facilities, and maintaining social-distancing.
- Health club staff will be required to wear face coverings/masks at all times consistent with the College's [COVID-19 Guidelines for Use of Face Coverings/Masks](#). Gloves will also be made available to be utilized, when appropriate, and staff will be instructed to wash their hands or use hand-sanitizer regularly throughout their shifts.
- Health club staff will receive appropriate training regarding cleaning and general safety protocols.
- Weight room/information booth staff will maintain social distancing from all members.

### **Locker Rooms**

- A limited number of lockers will available for use. Lockers will be marked as closed and/or locked to ensure appropriate social distancing recommendations are met.
- A limited number of showers and changing areas will be available for use.

### **Aquatics / Pools / Sauna**

- Face coverings/masks will not be required to be worn during Aquarobics classes and while in the pool, but must be worn in all other club areas, consistent with the College's [COVID-19 Guidelines for Use of Face Coverings/Masks](#).

### **Water Fountains / Bottle Refill Stations**

- Water fountains will be marked as closed.
- Water bottle refill stations will remain open.

### **Air Handling / HVAC Systems in the SFCUA and HWC**

The College is committed to following ASHRAE (American Society of Heating Refrigeration and Air Conditioning Engineers) recommendations related to the operation of HVAC systems, including:

- Maximizing the amount of outside air brought into the buildings to the extent possible while maintaining acceptable indoor temperature and humidity levels.
- Discontinuing demand-controlled ventilation (DCV) in the buildings.
- Increasing filter efficiency to MERV 13 or better filters where possible.
- Operating the ventilation systems to achieve three air changes prior to the occupancy of the buildings each morning.

### **Positive COVID Tests / Communication Protocols / Site Safety Monitor**

- The health club software system maintains all active members' contact information, including home address, email and cell phone number.
- If the College is informed that a health club member or staff is suspected to have contracted, or tested positive for, COVID-19, affected members will receive an email alert providing them with necessary information in the event of potential close contact. All privacy protections with respect to the impacted individual will be adhered to.
- Health club areas used by the impacted individual will be immediately closed off and made unavailable for use so that appropriate cleaning/disinfection can take place, if this has not already taken place since the individual was last present in the area.
- Members will be informed as to how the College will sanitize the affected areas and the plan for the required temporary shut-down of the areas and timeline for re-opening the areas.
- College health club website will include a link to the College's health club re-opening plan.
- Re-opening plan will also be available on site at both health club locations.
- The *Site Safety Monitor* who will be responsible for all aspects of this re-opening plan shall be Neftali Collazo, College Associate Dean of Athletics and Special Events ([collazn@SUNYSuffolk.edu](mailto:collazn@SUNYSuffolk.edu), (631) 851-6914).