

## Laguna Woods Village | Conditional Reopening of Outdoor Fitness Programs

Effective: September 17, 2020 | Expiration Date: TBD

### **BACKGROUND**

On March 4, 2020, the Governor of the State of California declared a state of emergency as a result of the threat of COVID-19. Subsequently, on March 19, 2020, the governor issued Executive Order N-33-20, which ordered all state residents to stay in place and identified certain essential functions that could remain operational. Additionally, the order stated that individuals must adhere to strict social distancing guidance.

The Centers for Disease Control and Prevention (CDC) indicates there is minimal evidence that the virus that causes COVID-19 can be spread to people through outdoor activities when safety procedures and social distancing guidelines are strictly adhered to.

On June 11, 2020, the Orange County Health Care Agency (OCHCA) released COVID-19 Industry Guidance: Campgrounds, RV Parks, and Outdoor Recreation, which includes guidance for outdoor fitness classes effective on June 12, 2020. These guidelines are incorporated into this conditional reopening procedure and are to be adhered to in addition to key prevention practices that include:

- Physical distancing to the maximum extent possible and, at a minimum, activity should always be in line with the federal government's advised physical distancing measures as defined by the CDC as keeping 6 feet apart;
- Use of face coverings; and
- Frequent handwashing.

In July 2020, the Golden Rain Foundation and housing mutual boards of directors approved Temporary COVID-19 Rules, which among other provisions, require face coverings in Village public areas and prohibit large group gatherings in any open space. Large groups are defined as more than 15 individuals per group.

### **PURPOSE**

Safeguarding our community is of utmost importance. It is imperative that our community self-enforce and strictly adhere to the restrictions mandated by the federal, state and local governments. This procedure is intended to reduce risk of exposure to the COVID-19 virus, but is not a guarantee of your safety. Residents should use their own good judgment in determining the amount of risk of exposure in using any shared facilities or amenities. Risk of exposure involves many factors out of the control of the Village corporations and management, including the compliance (or noncompliance) and safe/unsafe behavior of others using the same facilities or amenities.

## **SCOPE**

This procedure establishes formal guidelines for the conditional reopening of Laguna Woods Village outdoor fitness programs effective September 21, 2020, for residents only, with reservations accepted starting Thursday, September 17, 2020, and a procedure for operating the outdoor programs during the COVID-19 crisis in compliance with federal, state and county guidance, and other applicable rules and regulations.

The procedure reflects CDC advice that older adults and people of any age who have serious underlying medical conditions might be at higher risk for severe illness from COVID-19. Based on what we know now, those at high risk for severe illness from COVID-19 include people 65 years and older. Activity should always be in line with the federal government's advised physical distancing measures defined by the CDC as keeping 6 feet apart.

The Department of Recreation and Special Events is responsible for these activities.

## **GENERAL PROVISIONS**

### **1. Applicability**

Outdoor fitness programs will reopen to Laguna Woods Village residents only. No guests, nonparticipants or spectators are permitted at the programs.

### **2. Hours**

Hours will vary based on the fitness program. Refer to attached class schedule. Additional classes may be added by Recreation and Special Events Department management once conformance with this procedure, as well as state, county and other applicable safety requirements, is evident.

### **3. Class Size**

Classes are limited to 14 participants plus one instructor with social distancing measures implemented.

### **4. Facilities**

The outdoor fitness program will occur in outdoor open spaces such as grassy areas, building patios and parking lots. Management will implement programs to remain in compliance with state, county and other applicable safety requirements.

### **5. Monitoring of Health and Safety Protocols**

Department of Recreation and Special Events personnel will monitor CDC-recommended guidelines, including social distancing and use of face coverings.

### **5. Safety Requirements**

- a. Touch points  
Touch points will be eliminated.

- b. Social distancing  
Activity should always be in line with the federal government's advised social distancing measures (defined by the CDC as keeping 6 feet apart), including when arriving at and departing from a court.
- c. Face coverings  
Face coverings must be worn at all times when class is not in session, including before/after the class and when walking to and from your vehicle.
- d. Hand washing  
Participants must use hand sanitizer provided at the check-in station before entering the class area. Participants should wash hands with a disinfectant soap and water (for 20 seconds or longer), or use a hand sanitizer if soap and water is not available before going to the class. Individuals should wash hands frequently with soap and water.
- e. Touching  
Avoid touching your face. Wash your hands promptly if you have touched your eyes, nose or mouth. Individuals should refrain from shaking hands or making a high five.
- f. Cleaning equipment  
Clean/disinfect your fitness equipment, including yoga mats, weights, rubber bands and other equipment, before and after use.
- g. Sharing equipment  
Do not share fitness equipment, especially items difficult to clean and disinfect.
- h. Health  
Do not play if you are exhibiting symptoms of the coronavirus: mild to severe respiratory illness with fever, cough and difficulty breathing, or other symptoms identified by the CDC; have been in contact with someone with COVID-19 in the last 14 days; or are a vulnerable individual. A vulnerable individual is an elderly individual and/or an individual with serious underlying health conditions, including high blood pressure, chronic lung disease, diabetes, obesity, asthma and those whose immune system is compromised such as by chemotherapy for cancer and other conditions requiring such therapy.

## **6. Completion of Class**

Upon completion of class, participants must exit and proceed directly to their car/cart and leave the immediate area to avoid congregating in any areas or parking lot.

## **CLASS PROVISIONS**

### **1. Class Registration**

Advance registration is required. No walk-ins permitted. Registration can be made in advance via the ActiveNet online reservation system or by telephone. Advance registration and waiver completion are required.

### **2. Reservation Limit**

A resident may participate in one class per four-week registration period.

### **3. Reservations**

a. How to use ActiveNet online system to register for recreation classes:

- i. Open your preferred web browser on your smartphone, tablet or computer.
- ii. Enter the following web address in the URL field:  
<https://anc.apm.activecommunities.com/villagereservations>.
- iii. Click "Sign In/Up" on center of the webpage.
- iv. Click "Create New Account" on center of webpage.
- v. Submit required information and proceed by selecting "Next" on bottom right of webpage.
- vi. Select "Create Account" after completing and reading all required information.
- vii. Select "Create Account" to submit a request to our staff for your account to be approved. Once approved, you may sign in to your account on the top right of the webpage by selecting "Sign In."
- viii. When logged in, select "Activities" on either homepage or on top left of webpage.
- ix. Select "Activities" on either the homepage or on the top left of the webpage when logged in.
- x. Call staff for assistance if you experience a registration system error at 949-597-4227, Monday through Friday from 10 a.m. to noon.

b. How to make reservations by telephone:

Call 949-597-4382 on weekdays between 10 a.m. to noon. Residents are encouraged to familiarize themselves with the ActiveNet online reservation system, as reservations by telephone will be phased out in the future. Scheduling may be adjusted by the Department of Recreation and Special Events as needed to satisfy safety and usage requirements.

### **4. Resident Identification Number**

Each resident must have his or her resident identification number available when calling to schedule a reservation.

### **5. Participant Check-in**

Participants must not arrive more than 10 minutes before class time and must adhere to social distancing requirements while waiting for the class to start. Participants may be asked to show resident identification cards upon arrival. Staff

will monitor class and resolve any problems as necessary.

**6. Touch Points Eliminated**

All touch points associated with the class have been eliminated.

a. Drinking fountains

Drinking fountains have been turned off. Participants must bring own water to class.

b. Furniture

All common area chairs and tables have been removed.

**7. GRF Equipment**

Spin bicycles, medicine balls, weights, bands and other equipment will be cleaned and disinfected by Recreation and Special Events Department staff following each use.

**8. Other Participants Equipment/Gear**

Participants should not handle other participant's hats, towels, water bottles or other equipment.

**9. Restrooms**

Restrooms will be available for resident use on an individual basis by checking out a restroom key from on-site staff.

**10. End of Class**

Participants must exit and proceed directly to their car/cart and leave the immediate area to avoid congregation in the area or parking lot.