

Laguna Woods Village | Conditional Opening of Outdoor Fitness Facility at Clubhouse 1

Effective: October 5, 2020 | Updated: November 20, 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, requiring most Californians to stay at home to disrupt the spread of COVID-19 among the population. The impact of COVID-19 on the health of Californians is not yet fully known. Reported illness ranges from very mild (some people have no symptoms) to severe illness that may result in death. Certain groups, including people aged 65 or older and those with serious underlying medical conditions, such as heart or lung disease or diabetes, are at higher risk of hospitalization and serious complications. Transmission is most likely when people are in close contact or in a poorly ventilated area with an infected person, even if that person does not have any symptoms or has not yet developed symptoms.

Precise information about the number and rates of COVID-19 by industry or occupational groups, including among critical infrastructure workers, is not available at this time. There have been multiple outbreaks in a range of workplaces, indicating that workers are at risk of acquiring or transmitting COVID-19 infection. Examples of these workplaces include hospitals, long-term care facilities, prisons, food production, warehouses, meat processing plants and grocery stores.

As stay-at-home orders are modified, it is essential that all possible steps be taken to ensure the safety of workers and the public. Key prevention practices include:

- Physical distancing to the maximum extent possible;
- Use of face coverings by workers (where respiratory protection is not required) and fitness facility patrons;
- Frequent handwashing and regular cleaning and disinfection; and
- Training workers on these and other elements of the COVID-19 prevention.

On July 1, 2020, the California Fitness Alliance, the united voice of all fitness professionals in California, issued the following statement in response to Governor Newsom's efforts to protect public safety: "The California Fitness Alliance strongly supports Governor Gavin Newsom's efforts to protect public safety and calls on all fitness providers to join with the alliance to practice appropriate social distancing and hygienic practices. Specifically, the 4-W plan to protect and prevent the spread of COVID-19: Wear a mask, workout 6 feet apart, wipe down your equipment, and wash hands before and after workout.

On July 29, 2020, the State of California Department of Industrial Relations (Cal OSHA) issued COVID-19 INDUSTRY GUIDANCE: Fitness Facilities, which provides guidance for fitness facilities to support a safe, clean environment for workers.

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 county 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 opening of the Laguna Woods Village outdoor fitness facility at Clubhouse 1 effective October 5, 2020 (for residents only), and a procedure for operating the outdoor fitness facility during the COVID-19 crisis in compliance with federal, state and county guidance, and other applicable rules and regulations.

The procedure reflects the Centers for Disease Control and Prevention (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.

The fitness center supervisor, with support from the recreation and special events director, are responsible for these activities.

GENERAL PROVISIONS

1. Applicability

The outdoor fitness facility will open to Laguna Woods Village residents only. No guests are permitted at the outdoor fitness facility.

2. Hours

Outdoor fitness facility hours are from 7:30 a.m. to 4:30 p.m. daily.

3. Facilities

The Clubhouse 1 facility will remain closed.

4. Safety Requirements

a. Exercise equipment

Equipment is at least 6 feet apart for physical distancing.

b. Physical 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 the outdoor fitness center.

c. Face coverings

Residents are required to wear face coverings at all times.

d. Cleaning and disinfecting

Staff will clean and disinfect equipment and touch points before and after each reserved training session. Residents should clean and disinfect equipment before and after use.

e. Hand washing

Wash your hands with a disinfectant soap and water (for 20 seconds or longer), or use a hand sanitizer if soap and water are not readily available before and after exercising. Residents should consider using hand sanitizer between exercise machines.

f. Touching

Adhere to CDC guidelines by not touching your face after handling exercise equipment handles, seat and buttons. Wash your hands promptly if you have touched your eyes, nose or mouth. Individuals must refrain from any physical contact such as shaking hands or making a high five.

g. Sharing equipment

Clean and wipe down fitness equipment, including handles, consoles and vinyl before and after use. Do not share personal equipment such as towels, bands or water bottles.

h. Health

Do not exercise if you are exhibiting any 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 and asthma, and those whose immune system is compromised such as by chemotherapy for cancer and other conditions requiring such therapy.

5. Completion of Exercise

Upon completion of exercise, individuals must avoid post-exercise socializing and proceed directly to their car/cart and drive away from the immediate area to avoid congregating in the outdoor fitness facility or parking lot.

6. Wash Equipment

After exercising, thoroughly wash workout gloves, towels, clothes, bags, water bottles and other items you have used or touched.

OUTDOOR FITNESS FACILITY PROVISIONS

1. Scheduling

Exercise time will be scheduled in 45-minute increments with 15 minutes between reservations for cleaning of equipment and surfaces, to prevent congregations of individuals waiting to start, and maintain physical distancing at the facility.

Scheduling may be adjusted by facility management as needed to satisfy safety requirements.

2. Reservations

a. Advance reservations

Advance reservations are required. No walk-ins, guests or spectators permitted. Reservations may be scheduled seven days in advance online using ActiveNet or by telephone as outlined in Section 2e and 2f below.

b. Reservation frequency

Residents may schedule three reservations per week.

c. Facility Capacity

Facility is limited to 15 residents per reservation session.

d. Reservation times

- i. 7:30 to 8:15 a.m.
- ii. 8:30 to 9:15 a.m.
- iii. 9:30 to 10:15 a.m.
- iv. 10:30 to 11:15 a.m.
- v. 11:30 to 12:15 p.m.
- vi. 12:30 to 1:15 p.m.
- vii. 1:30 to 2:15 p.m.
- viii. 2:30 to 3:15 p.m.
- ix. 3:30 to 4:15 p.m.

e. Group size

Groups will be limited in size to two residents from the same household. Residents must stay at least 6 feet apart from other residents.

f. Scheduling reservations: online

Online registration using the ActiveNet reservation system:

- i. Open your preferred web browser on your smartphone, tablet or computer.
- ii. Enter or copy and paste <http://www.lagunawoodsvillage.com> into the URL field.
- iii. Click **Amenities**.
- iv. Click **Recreation**.
- v. Scroll to **Outdoor Fitness Classes**.
- vi. Click **ActiveNet**.
- vii. Click **Sign In/Up** at center of the webpage.
- viii. Click **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**.
- ix. Select **Activities** on either the homepage or on the top left of the webpage when logged in.
- x. Call staff for assistance at [949-597-4284](tel:949-597-4284), Monday through Friday from 10 a.m. to noon.

g. Scheduling reservations: telephone

Telephone reservations can be made by telephone Monday through Friday from 10 a.m. to noon. Call [949-597-4284](tel:949-597-4284) to schedule exercise time. Residents are encouraged to familiarize themselves with the ActiveNet online reservation system, as reservations by telephone will be phased out in the future.

h. Resident identification number

All residents must have his or her resident identification number available when calling to schedule reservation.

3. Outdoor Fitness Facility Check-in

Residents must not arrive more than five minutes before reservation time. Upon arrival to outdoor fitness facility, confirm reservation and go straight to the exercise equipment.

Residents will be asked to show resident identification cards upon arrival to the outdoor fitness facility. Staff will monitor outdoor fitness facility use and resolve any problems.

4. On the Workout Floor

a. Social distancing within facility

Social distancing within facility residents must adhere to 6-foot physical distancing requirement at all times.

b. Face coverings

Residents are required to wear face coverings at all times.

c. Touch points eliminated

All touch points associated with the outdoor fitness facility must be eliminated.

i. Gates

Gates must remain open during operating hours.

ii. Drinking fountains

Drinking fountains will be turned off; participants must bring own water.

iii. Other equipment

All common-area chairs and tables will be removed.

d. Another resident's equipment

Participants should not handle another user's equipment.

e. Restrooms

Participant must wash hands with soap and water when entering and exiting restrooms. Adherence to 6-foot social distance protocol required.

5. End of Exercise

Wash your hands thoroughly before getting into car/cart. Residents must proceed directly to their car/cart and drive out of the immediate area to avoid congregation in the outdoor fitness facility or parking lot. Avoid post-exercise socializing.

Thoroughly wash workout gloves, towels, clothes, bags, water bottles and other items you have used or touched.

Wash hands after cleaning used items.