



Thrive Fitness Center Safe Reopening Plan & Guidelines

Effective Monday, June 22, 2020, Bayview's Thrive Fitness will be open in the Gym side only and will include extensive physical distancing and enhanced cleaning in the initial phase. The pool is currently closed and there are no group classes at this time. This document applies to **Bayview residents only**. Bayview's Thrive Fitness Center is currently not open to outside community members.

- Due to the amount of cleaning between each session, we would like to reiterate that right now we can only safely open up the gym side.
- You must sign a new form of agreement and commitment to the new policies before entering.
- You will need to keep your face mask on while using the fitness center, covering both your mouth and nose.
- Please maintain a physical distance of 6 ft. from another person.
- Temperature checks will be taken before entering the fitness center. ***Temp checks will ONLY be for residents who are entering the gym for their designated session.**

Sign-ups required

- The sign-up sheet will be on a table located next to the fitness center doors. ***The table and sign-up sheets will be out on Tuesday, June 16th.**
- You can sign up for a maximum amount of 3 times per week.
- Two residents will be allowed in the fitness center per time slot.
- Starting at the top of the hour, you will get 40 minutes for your session.
- The remaining 20 minutes of the hour will be reserved for cleaning and transition to the next session.
- Session start times: 8a; 9a; 10a; 11a; 1p; 2p; 3p





You cannot sign up or enter if:

- You have been diagnosed with COVID-19
- Are currently in quarantine
- Have had symptoms of COVID-19 within the last 24 hours
- Have had any contact with a person suspected to have COVID-19 within the last 14 days

Sanitization

- You will be required to wash your hands before entering the gym.
- Hand sanitizer will be provided.
- You will need to use the gym wipes after each exercise machine you use.
- There will be a bin designated for weights you have used so that they may be cleaned at the end of the session, you will not have to wipe the weights.

Equipment

- There will be limited equipment available for use.
 - No mats
 - No bands
 - No balance pads
- Some exercise machines will be moved around to allow for more space.

Please email Nahleen Salvador, Director of Wellness at nsalvador@bayviewseattle.org with any questions or if you would like to make an appointment for an orientation to the Fitness Center.

