

Adelphi University
Guide for
Returning to the
Center for Recreation and Sports
(CRS)

ADELPHI
UNIVERSITY

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Introduction and Guiding Principles

This **Guide for Returning to the Center for Sports and Recreation (CRS)** has been developed in accordance with **Adelphi University's Master Restart Plan in Response to COVID-19**, which can be found on the University's [Restart Website](#).

This document serves to guide our community's Fall 2020 safe return to campus recreation following the disruptions caused by COVID-19. It is based primarily on [New York state's interim guidance for gyms and fitness centers during the COVID-19 public health emergency](#), and also on [New York state's interim guidance for sports and recreation during the COVID-19 public health emergency](#).

Guiding Principles for Restarting

As stated in the University's Master Restart Plan, Adelphi's policies and protocols for responding to the COVID-19 pandemic and restarting in-person instruction, research and residence life are rooted in two critical concepts:

- Protecting our community's health, safety and well-being
- Preserving our mission to deliver academic excellence, with modifications required for health and safety

Our restart plans apply to all employees, including our leadership and those identified as essential; all our students, including local, domestic and international; and every member of the community who utilizes services provided by the University. These plans are focused on our community's safety and health and are fully guided by our mission to provide a world-class academic experience that is dedicated to student success. They are also flexible in acknowledgment of:

- An evolving public health situation and related expert guidance
- New state and public health mandates, as they become available
- Individual needs of community members, especially those who are vulnerable or cannot travel

Reopening Timeline

Adelphi University will abide by New York state's reopening plan, [New York Forward](#). Informed by this, the University is returning to campus recreation according to [Phase Four Guidance](#), **which began on Long Island on July 8** and will extend into the Fall 2020 semester, until further notice.

In accordance with the University’s Master Plan, students, faculty and staff are expected to follow policies and guidance for:

- Daily health and symptom screening
- Hygiene and handwashing
- Social distancing
- Restrictions on gathering in large groups
- Required masks, face coverings and essential PPE; bandanas, buffs and gaiters are not acceptable face coverings, and masks with valves or vents do not offer adequate protection and should not be used while on campus.
- Staying home when sick
- Respecting the health, well-being and personal experiences of other community members

As the knowledge and understanding of the COVID-19 virus continues to evolve, the University remains prepared to adjust our policies and plans as needed as more information becomes available. In the event that New York state or local health authorities amend statewide or regional orders and guidance, the University will update the guidance and protocols in this plan in accordance with said updated regulations.

Recreation Facilities

Center for Recreation and Sports

- Indoor Track (first floor)
- Gymnasium (lower level)
- Recreation Locker Rooms

Woodruff Hall

- Swimming Pool (lower level)
- Fitness Center (second floor)
- Studio (third floor)
- Functional Training Area (third floor)

Facility and Program Modifications

- Plexiglass barriers are installed at reception and check-in desks.
- Physically distant markers are installed for patrons of the fitness center.
- Sharing of objects will be reduced or eliminated in all fitness and recreation areas.
- Additional touchless hand sanitizer stations are located throughout the fitness floors and fitness studio.
- A thermal scanner tablet is installed at the control desk outside the fitness center.
- Fitness stations are reduced to ensure six-foot distance between each station:
 - Equipment has been removed.
 - Equipment has been taken offline.
 - Where equipment is fixed or where there is open space, visual markers are installed to designate physically distant zones for individual participants.
- The middle lane of the indoor track is blocked off; patrons will be directed to use the outer lanes only.
- Water fountains in the fitness center and CRS hallways are disabled; water bottle refill stations remain on.
- Locker rentals are not offered for Fall 2020.

- Towel service in the fitness center is suspended until further notice.
- Community memberships and Learn to Swim will not be offered for Fall 2020.
- Adelphi's swimming pool will be closed to recreational swimming for Fall 2020.
- Group fitness classes will continue virtually and offer a mix of in-person and online options.

Facility Capacity and Reservations

Reservations

The reservation system for the recreational fitness center will be divided into cardio and strength. Patrons will be able to see availability of their preferred area and lingering/wait time for a machine or station will be reduced.

All members that would like to utilize the fitness areas of the Recreation Fitness Center will be required to reserve their time via IMLeagues, an online system accessed through eCampus, in order to work out in the facility.

Capacities

- Fitness Center:
 - Total capacity is 80.
 - Reduced capacity will be capped at 26, including staff.
- Functional Training Studio:
 - Total capacity is 12.
 - Reduced capacity is four.
- Racquetball Court for Fitness:
 - Total capacity is 12.
 - Reduced capacity is four.
- All members who plan to use the fitness facilities in the CRS will be required to reserve their time via IMLeagues.
- Gymnasium (managed by the attendant at the entrance to each court)
 - During open recreation, limited to 10 people on one court at a time for activity and three people per basket
 - Only two end baskets will be available to allow for ample physical distance.
 - Singles badminton and table tennis will be allowed per New York state guidelines for sports and recreation.

Hours of Operation for Recreation

Subject to change based on local public health and University environment as well as guidance from public health officials.

Fitness Center (Woodruff Hall)

- Monday through Friday from 12:00 noon to 7:00 p.m.
- 45-minute sessions will be offered throughout the day
- Additional morning and/or weekend hours may be added based on need.

Indoor Track

- Monday through Friday from 10:00 a.m. to 4:00 p.m.
- Additional morning and/or weekend hours may be added based on need.

Gymnasium

To begin after fitness center and track are successfully opened

Policies and Procedures

The New York State Department of Health requires that Adelphi designate a site safety monitor whose responsibility includes ensuring ongoing compliance with all aspects of the guidance included in this document.

Responsibility for monitoring observance will be shared by Michelle Glover-Brown, director of environmental health and safety, and Jacqueline Concepcion, assistant director of Student Health Services, helping to prioritize your safety and the health and well-being of every member of our community.

- All exercise activities will be planned at a minimum of 6-feet distance for all participants.
- Outdoor activity such as walking and running will be encouraged. Walking routes on campus will be promoted as a safe activity for the campus community.
- Only the outer two lanes of the indoor track will be usable, keeping the middle lane unused.
- Recreational locker rooms will not be available for general use to minimize sharing of high-touch objects.
- Use of spotting arms on fitness equipment will be encouraged. Use of patrons as spotters will not be permitted.
- Pair/group workouts will be prohibited.
- All patrons and employees are required to present a “cleared” COVID-19 self-screening check from the AU2GO app on their phone prior to entrance into the activity. Those who do not have a device with the app will be required to step out into a remote area to complete a paper copy of the screening and “pass” prior to entering the fitness floor or activity.
- Campus Recreation staff will report any confirmed cases of COVID-19 among our employees or patrons to Adelphi Health Services so the office can undertake any necessary steps in coordination with the New York State Department of Health in accordance with the University’s Master Restart Plan.
- Individuals (employees and patrons) who screen positive for COVID-19 symptoms will not be allowed to enter the fitness facility/recreation activity and will be instructed to contact their healthcare provider for assessment and testing.
- Campus Recreation staff will report any confirmed cases of COVID-19 among our employees or patrons to Adelphi Health Services so the office can undertake any necessary steps in coordination with the New York State Department of Health in accordance with the University’s Master Restart Plan.
- Masks will be required for all employees and patrons:
 - Proper wearing of acceptable face coverings is required at all times while in the CRS. Bandanas, buffs, gaiters and those with valves are NOT considered acceptable face coverings in the Center for Recreation and Sports.

- Additional masks will be available to anyone who needs one, in accordance with the overall University reopening plans. The atrium reception desk in the CRS is the closest point to pick up a free disposable mask.
- Patrons who attempt to enter the facilities without acceptable face coverings will be denied access and referred to the distribution area in the CRS atrium to obtain an emergency disposable mask.

Guidelines for Patrons

- Patrons using the fitness center will enter from the left (CRS side) and exit through the right (Woodruff Hall side).
- Patrons will check in using a touchless method of either scanning their own physical ID card or having their digital (phone) ID scanned by the staff member.
- Patrons using the fitness center will be required to bring their own towels for personal use.
- Patrons will come to the facility dressed for physical activity because recreational locker rooms will not be available for general use.
- Patrons who screen positive for COVID-19 symptoms will not be allowed to enter the fitness facility/recreation activity and will be sent home with instructions to contact their healthcare provider for assessment and testing.
- Patron logs will be accessible in the facility reservation system, IMLeagues.
- Reservations for the fitness center will be divided into cardio and strength to:
 - Reduce congestion in those areas
 - Reduce the amount of time patrons are lingering/waiting for a station.

Guidelines for Employees

- Employee logs are accessible in our scheduling software SubtUp.
- Recreation staff will remain at one station for the duration of their shift and not rotate.
- Cloth face coverings will be provided for recreation staff as part of their uniform.
- Staff will be provided with disposable masks for duties involving cleaning and when an emergency arises. They need an additional face covering while working.
- Employees will be advised to regularly clean or replace their face coverings and they will be directed to the distribution area in the CRS atrium to obtain an emergency disposable mask if theirs becomes soiled or damaged while working.
- Recreation staff will be provided with disposable rubber gloves at each workstation for use when necessary.
- Employees who screen positive for COVID-19 are required to stay home and report the reason for their absence to work to the assistant director of recreation.
- The staff check-in room will be limited to one person at a time.
- Staff must clean their workstations and all high-touch work areas with the alcohol wipes provided when they begin and end their shift (desk, phone, walkie, keyboard, mouse, etc.).

Cleaning Protocols

- The air handling systems in the Center for Recreation and Sports Woodruff Hall have a two-stage filtration system. A pre-filter that is MERV 7 rated, and a final filter that is MERV 14.
- Cleaning logs will be maintained at all recreational facilities and activities with the date, time and description of cleaning conducted.
- Fitness equipment (including cardio machines, weight benches, dumbbells and kettlebells) will be wiped down with Kleen Machine* wipes (or a similar product) that appear on the United States Environmental Protection Agency's (EPA) List N for approved disinfectants. (*EPA Reg #6836-336)
- Free weights such as plates will be sprayed using a hand-pump spray containing Bioesque Botanical Disinfectant Solution (EPA Reg #877-42-1-92595) and wiped with dry wipes.
- Deposit pods (squares) will be marked out on the fitness floor for patrons to place dumbbells and kettlebells for cleaning prior to returning them to the racks.
- Patrons will be encouraged to wipe down equipment after use with wipes located on the fitness floor in designated areas and follow signage as to equipment that is ready/not ready for use.
- Fitness equipment will have signage that denotes when equipment has been disinfected by a member of the Campus Recreation staff where possible. (GREEN side denotes the equipment has been disinfected by a Campus Recreation staff member; RED side denotes that the equipment has not yet been disinfected by Campus Recreation staff.)
- Rental equipment, if any is provided, such as basketballs in the gym, will be cleaned and disinfected between uses.
- Towel service in the fitness center is suspended until further notice.

Signage and Communication

- Indoor track COVID-19 policy signs and directional arrows are posted to inform patrons to walk/run in the same (counterclockwise) direction.
- The indoor track, gymnasium and fitness area signs will share COVID-19 policies. (See Appendix.)
- Posted signs will encourage the use of spotting arms on the equipment and pair/group workouts will be prohibited.
- Instructions on acceptable face coverings will be included in the reservation form on IMLeagues.
- Signs will be posted at entrances to educate the campus community what constitutes acceptable face coverings for recreation and fitness activities.
- Additional signs will be posted inside and outside of the gymnasium, indoor track, fitness center, studio and functional training area specific to those areas.
- Safety plans will be conspicuously posted.
- Policies and procedures for use of the CRS and fitness center will be provided on the Campus Recreation [webpage](#).

Recreation Programs

Group Exercise Classes

- Group fitness classes will be delivered virtually (through Zoom and other mediums such as LES MILLS On Demand and 2020 Recreation Movement) in the immediate reopening, until it becomes safe to resume limited-size, in-person classes.
- Virtual group fitness classes will be offered with virtual instructors (through LES MILLS) for individuals and small groups of two to four as space is available.
- Group fitness class participants will continue to utilize IMLeagues to reserve a spot in advance in order to participate in the classes. They will be checked in using this program also.
- When it is safe to resume in-person group fitness classes:
 - As weather permits, group fitness classes may be offered outdoors.
 - Classes will be limited to 33 percent of the typical class size as long as six feet of physical distance can be maintained for the activity.
 - The number of attendees will not exceed 10 unless it is held outdoors and physical distance can be maintained.
 - Group fitness class participants will be required to bring their own yoga mats and towels and come to the facility dressed for physical activity.

Personal Training

- Personal trainers and clients will begin their training sessions virtually for at least 50 percent of their sessions and up to 100 percent of sessions.
- Personal trainers and clients who meet in person are required to wear acceptable face coverings. Bandanas, buffs and gaiters are NOT considered acceptable face coverings for this activity.
- Personal trainers are not permitted to share equipment with their clients.
- Personal trainers will be allotted designated space (in the Adult Fitness Program gym on the first floor of Woodruff Hall, which is an approved academic space). This program is a collaboration with the exercise science program and is a practicum credit class for the trainers.
- Personal trainers will be scheduled to use the designated facility space in staggered schedules such as A/B weeks and designated time slots, which will not allow them to be in the same space at the same time.

Intramural Sports

- Intramural sports will restart with a combination of virtual tournaments and outdoor activities for individuals.
- Intramural sports will gradually move from individual and dual sports to small-sided sports (three- to four-person teams) to full team sports, when deemed safe to do so.
- Intramural sports will gradually move from outdoor activities to indoor sports and activities, when it is deemed safe to do so.

Sport Clubs

- Each sport club will restart with virtual and small group activities and move to increased levels of participation when it is deemed safe to do so. Sport clubs will be evaluated for safety and practicability based on the risk profiles in [New York state's interim guidance for sports and recreation during the COVID-19 public health emergency](#).
- When each club has an approved plan to begin:
 - Virtual instruction and meetings will move to small group activity and gradually increased group sizes.
 - Practices and intersquad activity only at first, gradually reintroducing participation with other colleges as it becomes safe to do so
 - Attendance will be taken and pre-activity screenings including COVID-19 self-screening and temperature checks will be required.
 - Compliance with social distancing guidelines and other measures will be required and monitored.
 - Disciplinary action, such as club suspension from all activity, will result from noncompliance with safety protocols and requirements.

Athletics Strength and Conditioning

- The athletics weight room has been moved out to the west end court to allow for better ventilation while sessions are taking place and to safely space out equipment.
- As per the National Collegiate Athletic Association (NCAA), all workout sessions will take place outdoors until notified otherwise. The estimated date for indoor workouts is October 14, 2020.
- When indoor workouts begin teams will be in small group sizes: two to three athletes per rack (8–12 athletes total in the weight room at one time). Student-athletes will be spaced out at all times during sessions.
- All student-athletes must use hand sanitizer station before a session.
- All student-athletes and strength and conditioning staff must properly wear appropriate face coverings when indoors.
- Extensive cleaning after equipment usage will take place after each group. The strength and conditioning staff will clean the benches, equipment, etc., following each athlete or group. The staff will use products from the EPA's List N as a disinfectant approved for use against SARS-CoV-2, the virus that causes COVID-19. Custodial staff will sanitize the floor daily.

- All student-athletes must fill out the daily symptom check on the AU2GO app.
- Student-athletes will only enter the building at the check-in area on the south side of the CRS building by Motamed Field to show their “cleared” daily health check result on the AU2GO app and will receive a temperature scan by the appropriate staff member.
- Student-athletes who do not properly check-in will not be allowed to attend strength and conditioning sessions.
- To exit the building, student-athletes must use the main lobby doors of the CRS on the west side of the building or the door on the parking lot side.