



SAFETY PLAN

2020–2021



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Agency: Agency: Mid-Island Y Jewish Community Center

Industry: Not-For-Profit Gyms & Fitness Centers

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Entering Facility Procedure

- ◆ All members must enter through the main doors of the building prior to participating in any programs, activities or classes.
- ◆ Members and guests over the age of two years, and staff, will be required to wear masks indoors at all times.
NOTE – this applies to all areas of the building with the exception of programs operated under the guidance of OCFS.
- ◆ Social distancing is required. Please adhere to all social distance markers. All members and guests must maintain at least 6 feet of physical distancing from other individuals – this does not pertain to people from your household.
- ◆ All members will be required to sanitize their hands as they enter the facility.
- ◆ Members and guests will have their temperature taken using a noninvasive thermal imaging temperature kiosk.
- ◆ Upon entering the facility, a “Welcome Ambassador” will ask several “well visit” questions to gain entrance into the building.
 - Have you or a member of your household experienced COVID-19 symptoms in the past 14 days?
 - Have you or a member of your household tested positive for COVID-19 test in the past 14 days?
 - Have you or a member of your household come in close contact with a confirmed or suspected COVID-19 case in the past 14 days?
 - Have you or a member of your family traveled within a state with significant community spread of COVID-19 for longer than 24 hours within the past 14 days.
- ◆ If your temperature is 100.0 or higher, you will not be permitted entry to the facility. If you have had any of these symptoms in the past 72 hours – fever of 100.0 or higher, cough, chills, headache, shortness of breath, sore throat, new loss of taste or smell, muscle pain – we ask that you please stay home for the health and safety of our entire MIYJCC family.
- ◆ Membership cards will be scanned at the front desk. Many areas of our facility, including the Skeist-Hadar Fitness Center, the Joshua A. Sason Gymnasium, the fitness studios, and the spin room have been reconfigured to help ensure appropriate social distancing.
- ◆ Please follow the directional signage on the floor to ensure you are going the right way upon entering and moving throughout the facility.



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Social Distancing

- ◆ Social distancing is required. All members and guests must maintain at least 6 feet of physical distancing from other individuals – this does not pertain to people from your household.
 - Social distancing markers have been placed throughout the building to ensure that 6 feet of distance is maintained at all times.
 - Directional tape has been applied to the floor to help move members easily and safely throughout the building.
 - Wellness Ambassadors will be on-hand to ensure that COVID-19 rules and procedures are met.
 - Meetings and/or larger gatherings will be limited to only when deemed necessary and will be conducted in well-ventilated areas
- ◆ For the safety of our staff, we have removed all side chairs from their offices and have affixed reminder signs by the entrances to their offices saying, “please do not enter”. In most cases, staff can answer your questions from sitting at their desks while you remain at the door. This is our way of making sure you stay safe as well. If you have difficulty standing, please let us know and our staff will meet you in the lobby where you can maintain the appropriate distance.
- ◆ There will be no congregating in any areas of the building. Please take your conversations outside.
- ◆ Transparent privacy screens have been placed on all high traffic and conversational areas, where 6 feet of physical distance may be difficult to maintain, including but not limited to:
 - Front desk and security
 - Membership desks
 - Department desks

Cleaning & Disinfecting

Our staff will be continuously sanitizing all frequently used and high-touch areas – door knobs, light switches, etc. Even with our enhanced cleaning and sanitizing protocols, we highly recommend that you maintain your own personal hygiene by cleaning your hands regularly and not touching your face, eyes or nose. The building will receive an additional cleaning after all members have left for the evening.

- ◆ All MIYJCC staff have attended mandatory training regarding COVID-19 prevention and safety protocols. The MIYJCC facility will be cleaned and sanitized throughout the day using products and protocols that meet CDC and EPA guidelines.
- ◆ Large areas will be fogged with an Electrostatic Disinfectant blower.
 - The Fitness Center will be cleaned in between each usage, (i.e. every hour between the hours of 6:30 am and 9:00 pm.) as well as each piece of equipment will be cleaned between users
- ◆ Floors will be cleaned with disinfectant daily.
- ◆ Frequent used and high touch surfaces will be disinfected multiple times per day.
- ◆ Health and hygiene reminders have been prominently placed including reminders about hand washing, social distancing, and other guidelines.
- ◆ Touchless hand sanitizing stations are available throughout the building, where possible.
- ◆ No touch door openers have replaced the older manual touch buttons in the locker rooms
- ◆ Special UVGI light treatment shown to kill viruses and other common pathogens has been installed in the HVAC system. Installation of MERV 13 filters in our HVAC systems. There will be hand hygiene stations for personnel and member use with an alcohol-based hand sanitizer containing 60% or more alcohol (for areas where hand washing is not feasible).



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Fitness Center

Skeist-Hadar Fitness Center

- ◆ Fitness equipment has been arranged to optimize equipment use and provide for social distancing in several ways:
 - Equipment has been arranged to be 6 feet apart in all directions.
 - Partitions have been placed between each cardio piece of equipment to allow for proper social distancing and to mitigate the spread of germs and exposure.
 - Equipment has been arranged so users are back to back or have a piece of the equipment in between them when in use.
- ◆ Reservations must be made through our Wellness Living App to reserve a 50-minute timeslot to workout. A maximum number of 25 people will be allowed to work out during each time period to stay below 30% of capacity. Reservations can be made up to 3 days in advance and up until 30 minutes before the timeslot. *Please note: Only reservations for up to the following 3 days will be visible on the App*
 - Members will adhere to a strict check-in process and attendance will be taken prior to admittance to the Fitness Center
 - Masks must be worn by staff and members at all times
 - Reminder signage throughout the building, text messaging and email reminders will be issued
 - Only appropriate and DOH approved masks may be worn in the Fitness Center. Masks such as Bandanas, Buffs and Gators are prohibited
- ◆ Sanitizing and cleaning of equipment is mandatory:
 - Members will be required to wipe off all equipment they touch with sanitizing spray & paper towels provided before and after their workout.
 - Dedicated cleaning staff will be on the Fitness Center floor cleaning throughout the day
 - Dedicated cleaning staff will conduct a deep cleaning of the Fitness Center after each usage and again at the end of the day

Outdoor Group Exercise Classes

- ◆ Group exercise classes will be reduced to accommodate time for ample cleaning and disinfecting.
- ◆ Group exercise space will have social distancing markers on the floor to indicate where each class member should stand.
- ◆ Reservations must be made through our Wellness Living App for group exercise classes as there is a maximum of 20 participants per class. Reservations can be made up to 3 days in advance and up until 30 minutes before the timeslot. *Please note: Only reservations for up to the following 3 days will be visible on the App.*
 - Members will adhere to a strict check-in process and attendance will be taken
- ◆ You must bring your own mat
- ◆ Masks must be worn by staff and members at all times when not exercising.
- ◆ All sanitizing and cleaning of space and provided equipment is mandatory and includes a dedicated cleaning staff who will be on-hand cleaning throughout the day



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Communication

- ◆ Signage will be posted throughout the Agency to remind staff and members to adhere to proper hygiene, social distancing rules, appropriate use of masks, and cleaning and disinfecting protocols.
- ◆ All COVID-19 policies and procedures can be found on our welcome page at www.miyjcc.org and are updated regularly.
- ◆ Upon entering the facility, you are required to answer four state-mandated questions as well as provide all necessary information to be logged for contact tracing
- ◆ If a worker and/or member tests positive, the MIYJCC will conduct the following:
 - Contact the Nassau County DOH alerting them of a positive case and provide any/all required contacting tracing for said individual
 - Issue an email to those individuals in direct contact
 - Issue an email to membership and employees, when required. Always?

Screening & Contact Tracing

- ◆ Upon entering the facility all members and staff must:
 - Sanitize hands
 - Receive a temperature reading at one of our Thermoscan Kiosks
 - Answer four state mandated questions
 - Provide contact information and other necessary information needed for proper contact tracing including:
 - Date
 - Address
 - Phone number
 - Reason for coming to the Agency
 - Maintain (for 28 days) a log for each day to provide adequate contact tracing when warranted