

**Marist College**  
**NY Forward Phase IV Safety Plan (Gym)**

**Business:** Marist College (the “College”)

**Industry:** Higher Education (Limited to “Gym” activities)

**Address:** 3399 North Road, Poughkeepsie, NY 12601

**Contact Information:** (845) 575-3000; www.marist.edu

**Owner / Manager of Business:** Dr. Geoffrey Brackett, Executive Vice President

**Human Resources Representative:** Christina Daniele, Vice President of Human Resources (845) 575-3000

## I. ON SITE ACTIVITY

- Capacity within the McCann Center will be limited to no more than 33% of the maximum occupancy for any given space, inclusive of employees and patrons. The following maximum occupancies have been established for the various areas of the McCann Center:
  - Normal occupancy of the **Lobby/Café** is (85) persons, to comply with NYS guidance it has been adjusted to (28) persons
  - Normal occupancy of the **Pool Locker Rooms** is (55) persons, to comply with NYS guidance it has been adjusted to (18) persons
  - Normal occupancy of the **Team Weight Room** is (75) persons, to comply with NYS guidance it has been adjusted to (25) persons. Teams have been broken into “pods” of no more than (20) persons
  - Normal occupancy of the **Student Weight Room** is (105) persons, to comply with NYS guidance it has been adjusted to (35) persons
  - Normal occupancy of the **Large Multipurpose Room** is (60) persons, to comply with NYS guidance it has been adjusted to (15) persons
  - Normal occupancy of the **Small Multipurpose Room** is (30) persons, to comply with NYS guidance and social distancing requirements it has been adjusted to (10) persons. Tables and Chairs to allow for proper social distancing
  - Normal occupancy of the **McCann Dance Studio** is (45) persons, to comply with NYS guidance it has been adjusted to (22) persons. Tables and Chairs to allow for proper social distancing
  - Normal occupancy of the **McCann Natatorium** is (107) persons, to comply with NYS guidance it has been adjusted to (36) persons, and a maximum of 2 persons will be allowed in a swim lane.
  - Normal occupancy of the **Turf Room** is (75) persons, to comply with NYS guidance it has been adjusted to (15) persons
  - Normal occupancy of the **Recreation Gym** is (336) persons, to comply with NYS guidance it has been adjusted to (50) persons.
  - The **McCann Arena** occupancy will be limited to 50 persons.

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- 6 ft. of distance between all individuals will be maintained, unless safety or the core activity requires a shorter distance (e.g., moving equipment, using an elevator, attending to a medical emergency). The core activity does NOT apply to exercise activity, which must always allow for at least six feet of distance between individuals.
- All individuals, including employees and patrons, must wear acceptable face coverings at all times, while at the gym or fitness center, unless they are eating (e.g., in a designated area, such as a café apart from the exercise area), drinking, or in an aquatic setting (e.g., pool, individual shower); provided that they are over the age of two and able to medically tolerate such covering.
- The College will modify the use of, reorganize, and/or restrict the number of available workout stations and exercise equipment (e.g., cardio equipment, free weights, cycles, mats) so that individuals are at least ten (10) feet apart in all directions (e.g., side-to-side and when facing one another) at all times.
- If spotting exercises occur, they must be conducted in the least amount of time possible (i.e., no lingering). Safety bars will be used as a substitute for spotters.
- Individuals will not be permitted to share equipment without cleaning and disinfection between each use.
- Communal showers will be closed. Pool locker rooms may only be used as changing rooms and team locker rooms will remain closed. Saunas and steam rooms will also be closed.
- All water fountain spouts will be disabled. All water fountains are restricted to “bottle-fill” use only, promoting “no touch” use.
- For fitness classes and group exercise activities:
  - Appointments, reservations, remote check-ins, and/or advance sign-ups for classes; and spaces will be used.
  - Participants will be limited to the lesser of: 1) the number of individuals the space can accommodate so that there is a distance of at least 6 ft. ft. between individuals at all times; 2) 33% of the typical class size (i.e., leave stations, cycles, or other equipment vacant); or 3) the number of individuals permitted by the State’s social gathering limit for the region in which the gym or fitness center is located.
- Higher-risk activities where physical contact can’t be avoided (e.g. martial arts, boxing) will be prohibited.
- Maximum occupancy signage is posted on each elevator. All individuals have to adhere to the occupancy limit of 1 person. Handicapped and physically impaired individuals have a right of access to the elevator usage, while adhering to the occupancy limit.
- Signage reminding individuals of social distancing requirements, hand sanitizing & washing recommendations, and personal hygiene recommendations is prominently displayed at the entrance and other locations throughout the McCann Center and other athletic facilities.
- Employees will limit the sharing of objects and discourage touching of shared surfaces; or, when in contact with shared objects or frequently touched areas, wear gloves (trade-appropriate or medical); or, sanitize or wash hands before and after contact.
- Employees will be instructed to limit the sharing of objects and will be discouraged from touching shared surfaces. When in contact with shared objects or frequently touched areas, employees will wear gloves

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- Despite our best efforts to limit the sharing of objects and surfaces, there will be instances when such sharing will necessarily occur. Examples may include keys, tools, phones, teaching equipment, etc. Cleaning supplies will be available for employees to clean and sanitize these shared objects and spaces before and after use.
- Food, drinks, chewing tobacco or seeds, etc. are prohibited throughout the McCann Center. Café Water bottles are permitted.
- To enable the maximum amount of workout opportunities for the Marist community, individuals are encouraged not to loiter before or after their workouts.
- Staff may request that individuals not working out exit the facility.
- All access to the McCann Center is through the Front Entrance doors.
- The doors will have designated “lanes” for entry and exit.

## II. AIR HANDLING SYSTEMS

- MERV 13 or equivalent filters have been installed in the HVAC units serving the McCann Center. In addition, an increased percentage of fresh air will be utilized in all HVAC systems throughout the McCann Center and other athletic facilities.

## III. PROTECTIVE EQUIPMENT

- Employees and patrons are only permitted to enter the McCann Center if they wear an acceptable face covering, provided that they are over age 2 and medically able to tolerate such covering.
- All individuals, including employees and patrons, must wear a face covering at all times while in the McCann Center, with the following exceptions:
  - Individuals may be permitted to temporarily remove face coverings while eating or drinking, so long as they maintain 6 ft. of distance from others.
  - Face coverings should not be worn in aquatic settings (e.g., pool, individual shower).
  - Individuals who are unable to medically tolerate a face covering must wear a face shield at all times.
- The College will provide employees with an acceptable face covering at no cost to the employee and have an adequate supply of coverings in case of need for replacement. Acceptable face coverings include, but are not limited to, cloth-based face coverings and disposable masks appropriate for exercise that cover both the mouth and nose. Bandanas, buffs, and gaiters are not acceptable face coverings for use in gyms and fitness centers.
- The College will advise employees and patrons to regularly clean and sanitize their face coverings through signage.
- Face coverings must be cleaned by the employee or replaced after use or when damaged or soiled, may not be shared, and should be properly stored or discarded.

## IV. HYGIENE AND CLEANING.

- Employees will adhere to hygiene and sanitation requirements from the [Centers for Disease Control and Prevention](#) (CDC) and [Department of Health](#) (DOH) and The Housekeeping Department will maintain cleaning logs on site that document date, time, and scope of cleaning.
- The College will provide and maintain hand hygiene stations, including handwashing with soap, water, and paper towels, or an alcohol-based hand sanitizer containing 60% or more alcohol for areas where handwashing is not feasible.
- Workers will be encouraged, using direct communications and passive signage, to wash their hands frequently, utilizing the many bathrooms located throughout campus. Additionally, the College has increased the number of hand sanitizer dispensers throughout the campus to ensure placement at the entrance to every building and in public facing service locations.
- Shared equipment and machines will be cleaned and disinfected by employees or patrons between every use. Appropriate cleaning and disinfection supplies will be supplied for shared surfaces and equipment. Sufficient staff will be available to wipe down equipment between users, but patrons are also be required to wipe down equipment before/after use.
- Locker rooms and restrooms will be cleaned and disinfected every 2 hours.
- Employees will conduct regular cleaning and disinfection at least after every shift, daily, or more frequently as needed. Frequent cleaning and disinfection of shared objects (e.g. tools, machinery) and surfaces, as well as high transit areas, such as restrooms and common areas, will be completed.
- In alignment with Centers for Disease Control and Prevention (CDC) public health recommendations, the College is taking measures to prevent community spread of Coronavirus (COVID-19), which includes undertaking enhanced disinfection and sanitizing procedures. The Physical Plant Housekeeping Department developed enhanced disinfection and sanitizing procedures for the College to follow during the COVID-19 pandemic. The College will approach cleaning as a “whole community” effort and not solely rely upon professional staff. Personal responsibility for individual workspace disinfecting and sanitizing is expected to afford time for our professional Housekeepers to meet our increased demand of cleaning, disinfecting, and sanitizing throughout campus.

## V. COMMUNICATION

- Signs have been posted in the McCann Center to remind all individuals to adhere to proper hygiene, social distancing rules, appropriate use of PPE, and cleaning and disinfecting protocols.
- The College will communicate any updated plans for employees at the time clock and by email.

## VI. SCREENING

- The College has implemented a mandatory screening for employees and patrons, that will ask about (1) COVID-19 symptoms in past 14 days, (2) positive COVID-19 diagnostic test in past 14 days, (3) close contact with confirmed or suspected COVID-19 case in past 14 days; and/or (4) traveled within a state with significant community spread of COVID-19 for longer than 24 hours within the past 14 days.
- An individual who screens positive for COVID-19 symptoms will not be allowed to enter the McCann Center and employees who screen positive must be sent home with instructions to contact their healthcare provider for assessment and testing.

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- The College will immediately notify state and local health departments of any confirmed cases of COVID-19.
- The College will maintain a log of every person, including employees, patrons, and where practicable, contractors and vendors, who may have had close or proximate contact with other individuals at the workplace or area; excluding deliveries that are performed with appropriate PPE or through contactless means. The log will be used to track all individuals entering the McCann Center and will contain contact information, including each person's full name, address, and phone number. The College will maintain a record of the aforementioned sign-in data for a period 28 days and make such data available to state and local health departments upon request.

## Staying up to date on industry-specific guidance:

- To ensure that Marist College stays up to date on the guidance that is being issued by the State, Marist College Human Resources will consult the NY Forward website at [forward.ny.gov](http://forward.ny.gov) and applicable Executive Orders at [governor.ny.gov/executiveorders](http://governor.ny.gov/executiveorders) on a periodic basis or whenever notified of the availability of new guidance.

## State and Federal Resources for Businesses and Entities

As these resources are frequently updated, the current on state and federal guidance issued in response to COVID-19 are listed below:

### *General Information*

[New York State Department of Health \(DOH\) Novel Coronavirus \(COVID-19\) Website](#) [Centers for Disease Control and Prevention \(CDC\) Coronavirus \(COVID-19\) Website](#) [Occupational Safety and Health Administration \(OSHA\) COVID-19 Website](#)

### *Workplace Guidance*

[CDC Guidance for Businesses and Employers to Plan, Prepare and Respond to Coronavirus Disease 2019](#)  
[OSHA Guidance on Preparing Workplaces for COVID-19](#)

### *Personal Protective Equipment Guidance*

[DOH Interim Guidance on Executive Order 202.16 Requiring Face Coverings for Public and Private Employees](#)  
[OSHA Personal Protective Equipment](#)

### *Cleaning and Disinfecting Guidance*

[New York State Department of Environmental Conservation \(DEC\) Registered Disinfectants of COVID-19](#) [DOH Interim Guidance for Cleaning and Disinfection of Public and Private Facilities for COVID-19](#) [CDC Cleaning and Disinfecting Facilities](#)

### *Screening and Testing Guidance* [DOH COVID-19 Testing](#) [CDC COVID-19 Symptoms](#)