

California Department of Public Health and Cal/OSHA Fitness Facilities Guidance
released June 5, 2020 updated June 13, 2020 by and for Long Beach Rowing
Association

Individual Control Measures and Screening

1. Self-screening at home is required. If you are sick or exhibiting symptoms of COVID-19, you are encouraged to stay home. Additionally:
 - a. Roworx will provide temperature/symptom screenings for all instructors and patrons before class.
 - b. LBJC will temperature/symptom check all coaches and rowers.
2. Make sure the temperature/symptom screener avoids close contact with patrons to the extent possible. Both screener and instructor/coach/patron/rower should wear face coverings for the screening.
3. Face coverings are strongly recommended when members/employees/patrons are in the vicinity of others. Employees should have face coverings available and wear them in the fitness facility. Face coverings are particularly important if physical distancing cannot be maintained on the job. Face coverings must not be shared. Employers are generally encouraged to provide face coverings but must provide them when required by employer rules or these guidelines.
4. All patrons (includes: employees/owner/members/LBJC/LBRA) should wash hands or use hand sanitizer on arrival, after working with employees, after touching their face covering, after using the restroom, and when leaving the facility.
5. Remind patrons in advance to bring a face covering and make them available to anyone who arrives without one. It is highly recommended that patrons wear face coverings when entering and leaving the facility and should consider wearing them during workouts. Considerations should be made for members who are unable or unwilling to wear a face covering and ensure that they are able to maintain physical distance.
6. Any individual known to have been exposed to a person who has been sick or diagnosed with Covid-19 must self report to Charles Griffin, if the individual was physically present at LBRA within the prior 14 days, and the individual must self quarantine for 14 days before returning. Additionally, Roworx and LBJC should monitor their individuals the same and report any findings to Charles Griffin, the LBRA President.

Cleaning and Disinfecting Protocols

7. Restrooms will be open.
 - a. Kitchen, locker rooms and shower rooms remain closed.
8. Erg room, including weights, mats and other equipment will be closed, except
 - a. For Roworx patrons during classes.
 - b. For LBJC with coach's supervision
 - c. For LBRA with coach's supervision, or Manager's permission
9. Cleaning protocols have been evaluated and thorough cleaning will be performed by third-party twice per week in reception, lobby area, restrooms, ergroom and hallways.
10. Frequent disinfection on commonly used surfaces will be performed by
 - a. LBJC in their use area.
 - b. LBRA volunteers or Manager on our use area.
 - c. Roworx in the areas they use
11. Ergs, dumbbells and other small equipment will be disinfected

- a. By Roworx after each class.
 - b. By LBJC coach or by his/her supervision after each use.
 - c. By LBRA coach after each use, or by Manager's supervision.
12. First aid is readily available inside the counter outside the kitchen.
 13. Patrons should be reminded to maintain six feet of distance from janitorial or custodial staff. Manager will check in with them to ensure visitors are following this protocol.
 14. Hand sanitizer will be available by the front entry and by the doors inside bay 1, 4 & 5.
 15. Non-touch trash receptacles are available throughout the facility.
 16. Display signage that the bottle or cup should not touch the water dispenser.
 17. Boat cleaning towels
 - a. LBJC coaches will provide clean towels every day.
 - b. Each LBRA member is responsible for their own.
 18. Cleaning chemicals for boat cleaning is available
 - a. For LBRA members by the doors inside bay 1 & 5.
 - b. For LBJC by the doors inside bay 4.
 19. Place basic signage throughout the facility emphasizing basic infection, prevention measures, including the importance of wearing face coverings and frequent hand washing and not touching ones face.

Physical Distancing Guidelines

20. All tenants will use a staggered schedule to make sure the six foot distance is maintained.
21. Rowing is limited to singles/1x and for "quarantined together" doubles/2x/2-. Quarantined together means living in the same household.
22. Roworx: All doors to outside should remain open during classes. Roworx will close and lock all doors to the erg room after each class. Signs will be posted on all doors to discourage entrance while class in session.
23. Roworx and LBJC will install colored tape by their check in areas to ensure distancing of at least six feet between and among coaches/instructors and patrons/rowers.
24. Foot traffic pattern:
 - a. LBRA members will enter through the main entrance or and exit from the wash deck.
 - b. Roworx will enter and exit the side door, by the water.
 - c. LBJC will check in on the sidewalk in front of the facility and use water side of building (or main entrance) to go to the wash deck.
25. Ergs will be spaced even more than six feet apart, when it's a high-exertion aerobic fitness equipment. Equipment can be arranged in an "X" pattern to provide greater distancing.
26. Maximum occupancy
 - a. Maximum 2 people inside the bay at one time.
 - b. Roworx will limit classes to make sure of 6' plus social distancing patrons max. (About 11 patrons max)
 - c. LBRA has implemented a reservation system.
 - d. LBJC will open up rowing to small groups.
27. All equipment and machines are spaced at least six feet apart, and excess equipment is clearly marked to be unavailable for use.
28. If meetings are necessary, use virtual options to maintain physical distancing guidelines.

Additional Considerations for Communal Restrooms

29. Sanitary facilities will be frequently checked to be continuously stocked, by Manager. Additional soap, paper towels, and hand sanitizer will be provided. There are soap dispensers in the bathrooms.
30. Since the handle to doors are not no-touch, trash receptacles will be placed by doors to ensure a paper towel can be readily disposed of when operating the door. The location and positioning of waste receptacles should not interfere with egress, evacuation, emergency equipment, or any reasonable accommodations provided under the Americans with Disabilities Act. Make sure trash cans are emptied regularly.
31. Provide information on how to wash hands properly, including hanging signs in restrooms.