

## COVID Agreement for MAF Gym Patrons

MAF will initiate an incremental transition toward resuming normal operations with our Gym in Building 320. The increments will be measured in phases, each phase will prescribe capacity and criteria to ensure a safe environment for all.

### Before you begin:

#### 1. Don't expect to be at the same level you were before

Unfortunately, regardless of your preferred style of exercise, taking time off from exercising means that you will lose some of your abilities. It doesn't mean that you'll never be on the same level or surpass it. It just means that you may start at a lower weight, or a slower jogging/elliptical pace. **This is completely normal.**

#### 2. Be patient

Understand that it can be difficult knowing that you're not lifting as heavy, or running as fast or long as you previously did, but you need to be patient. Work with the strength or energy you have now, and trust that as long as you are consistent and continue to work out, **you will return to your previous level of conditioning.**

Don't try to push yourself from the get-go as this will only increase your risk of injury. And if you get injured, then you'll find yourself spending more time out of the gym.

#### 3. Don't do too much

Don't try to do all the exercises at once. Stick to a few to ease yourself back into it and give your body time to adjust to the change. **Gradually you will return to your regular routine over time.**

#### 4. Remember you'll probably be sore

Feeling sore isn't a good indicator of whether you've had a good workout or not. If you're feeling sore, it's probably because you're doing a new exercise or you haven't trained in a while. So if you're getting back to the gym after a long break, you'll most likely be feeling it the next day. The soreness won't last forever. To help recover faster, **make sure that you properly warm up before exercising and cool down afterwards. Also remember to stay hydrated.**

#### 5. Get a trainer/workout app.

If you want the extra help, try using a workout app. If you just need a little push to get back into training, then a workout app is a cost-effective method. You can choose the body parts you want to train, as well as **goal based workout plans.**

## **Fitness**

**All locations should follow regional and local guidance regarding COVID 19 procedures.**

- **Facility and Equipment Use:**

1. Only permanently badged MAF onsite personnel and government civilians are allowed to use the facility. USCG personnel will utilize the USCG Gym only.
2. Enforce 6-foot physical distancing measurements.
3. Check in - required by signing in. (blocked times will be available for Patrons to sign-in in person in advance of gym hours listed below on a daily basis. No reserving for multiple days or in advanced.) A check-in log will be available in building 320/2 NASA area for signup.
4. No walk-ins allowed.
5. Only 8 patrons are allowed in the gym at one time.
6. Foam mats are off limits for use on floor. Patrons are to avoid exercises that cause the hands to come in contact with the floor.
7. Patrons are to avoid lifting heavy weights requiring a “spotter”. As this does not meet physical distancing requirements.
8. Group fitness classes are suspended.
9. Masks are required in gym at all times.

**NOTE: moderate-intensity exercise has been linked to positive immune system response and that extended periods of high-intensity endurance exercise can make athletes more susceptible to illness for up to 72 hours after the exercise session.**

- **Facility Cleaning**

1. Patrons are required to use the hand spray bottles containing (COVID-19) disinfectant with paper towels/disinfectant wipes to wipe down all gym equipment used or the handheld spray atomizer unit for cleaning.
2. After each group's (8 people) use of the gym:
  - a. Police gym and dispose of used paper towels/disinfectant wipes.
  - b. Secure trash bag and deposit it in the outside trash receptacle.
3. Patrons may use the locker room and showers but must maintain the physical distancing of 6-feet.
4. Fans are to remain on in the gym for enhanced circulation
5. Hand spray bottles with (COVID-19) disinfectant with paper towels/disinfectant wipes will be available in the locker room to wipe down the shower and contacted surfaces.

- **Gym hours of use**

1. The blocked times for use of the gym facilities will be: (includes workout, cleaning, locker room)

**0600-0715**

**0715-0830**

**0830-0945**

**0945-1100**

**1100-1215**

**1215-1330**

**1330-1445**

**1445-1600**

**1600-1715**

**1715-1830**

2. All 8 patrons in the gym will be responsible for cleaning the gym each block of time.
  3. Patrons will use the last 15min of their session for cleaning the gym or using the locker room facility and cleaning prior to the use of the next 8 patron's entrance into the gym facility.
  4. Be respectful of others, arrive on time and depart on time.
- **COVID Operations Plan (could last 6 months to a year)**
  - **Failure to comply will result in the suspension of Gym privileges**
  - **Gym Facility is video monitored 24/7**

**I acknowledge and will comply with stated policy above**

---

Gym Patron

---

Robert Champion, MAF Director