



Beale Fitness Center COVID Guidance

PURPOSE: In accordance with Public Health recommendations and DoD and DAF guidance, the following guidelines will be utilized in the Beale AFB Fitness Center during HPCON changes.

WHICH FACILITIES ARE OPEN: Harris Fitness Center and Outdoor Facilities

WHO CAN USE THE FACILITIES: All eligible beneficiaries that meet the age requirement

OUTDOOR FACILITIES AND ACTIVITIES

1. Outdoor tracks, fields, and paths are open. Masks **are not** required if able to properly distance; 12 feet when doing cardio or 6 feet for all other physical activities.
2. Outdoor group training is authorized if proper distancing is maintained; group size will not exceed HPCON outdoor gathering restrictions.
3. Team Sports (Basketball, soccer, etc) are not authorized in HPCON B, C, or D. Team sports are authorized in HPCON A, mask wear is required if distancing cannot be maintained.

FITNESS CENTER STANDARD PRECAUTIONS

1. Masks must be worn at all times **unless** actively using a cardio machine.
2. Patrons must maintain Proper Distancing except when actively spotting; 12 feet in front when doing cardio or 6 feet for all other activities.
3. Patrons must clean equipment and area before and after use (includes bars and matted floor). Gym managers continue to clean machines every 2 hours.
4. Locker rooms are for changing and bathroom use only. Showers will be closed in HPCON B and C.
5. Patrons should bring their own water bottle; water stations will not be available
6. Virtual Aerobics System may be utilized by multiple patrons if they are from the same household.
7. The pool will be closed except for lap swimming and life support classes (swimming lesson or water survival). Masks **will not** be required when in the pool.

PRESCREENING. All patrons and staff will be prescreened for symptoms prior to using the facilities (this includes the cleaning staff). They will not be allowed to enter the building if they are sick or are on quarantine due to close contact with a confirmed COVID case.

TOTAL CAPACITY AUTHORIZED. The below tables prescribe the capacity of each room for the four HPCON postures. Placards with current room capacity will be placed at the entrance of each room 100% capacity for the purposes of this topic means 1 person per machine/station.

REFERENCES

CDC Guidance for Gyms and Fitness (20Nov2020)

DAF Guidance on Use of Masks (16Feb2021)

OSDD Guidance: Use of Masks and Other Public Measures (04Feb2021)

California Public Health Department Blueprint for Safer Economy Industry Guidance for Gym and Fitness Centers

HPCON A				
Room Name	Capacity Authorized	Equipment Amount	Total Personnel Authorized	Mask Required
Small Machine Weight Room 1	N/A	4	3	Yes
Small Machine Weight Room 2	N/A	6	5	Yes
Large Selectorized Room	75%	22	17	Yes
Large Free Weight Room	100%	24	24	Yes
Aerobics Area	N/A	10	6	Yes
Cardio Room	50%	40	20	No
FAC Testing Room	N/A	6	6	Yes
Gym Next to Track	100%	5	5	Yes
Racquet Ball Room 2	N/A	20	8	Yes
Basket ball Court Side 1	N/A	0	18	Yes
Basket ball Court Side 1	N/A	0	18	Yes

HPCON B				
Room Name	Capacity Authorized	Equipment Amount	Total Personnel Authorized	Mask Required
Small Machine Weight Room 1	N/A	4	2	Yes
Small Machine Weight Room 2	N/A	6	4	Yes
Large Selectorized Room	50%	22	11	Yes
Large Free Weight Room	75%	24	18	Yes
Aerobics Area	N/A	10	5	Yes
Cardio Room	50%	40	20	No
FAC Testing Room	N/A	6	6	Yes
Gym Next to Track	75%	5	4	Yes
Racquet Ball Room 2	N/A	20	8	Yes
Basketball Court Side 1	N/A	0	18	Yes
Basketball Court Side 1	N/A	0	18	Yes

HPCON C				
Room Name	Capacity Authorized	Equipment Amount	Total Personnel Authorized	Mask Required
Small Machine Weight Room 1	N/A	4	2	Yes
Small Machine Weight Room 2	N/A	6	4	Yes
Large Selectorized Room	25%	22	6	Yes
Large Free Weight Room	50%	24	12	Yes
Aerobics Area	N/A	10	4	Yes
Cardio Room	50%	40	20	No
FAC Testing Room	N/A	6	6	Yes
Gym Next to Track	50%	5	3	Yes
Racquet Ball Room 2	N/A	20	8	Yes
Basket ball Court Side 1	N/A	0	12	Yes
Basket ball Court Side 1	N/A	0	12	Yes

HPCON D (Fitness Center Closed)