

50 North
339 East Melrose Ave.
Findlay, Ohio 45840



June 20, 2020

Dear Fitness & Wellness Center Member,

After communication with our Local Health Department, we are so excited to announce that we will begin the re-opening process of our Fitness & Wellness Center. The Fitness & Wellness Center re-opening will occur in phases beginning with the opening of our Fitness & Wellness Center (by appointment only). 50 North facility will not be open for other activities or services at this time per the Governor's order.

Important Information regarding phase 1 of the Fitness & Wellness Center reopening –

Fitness & Wellness Center will be opening June 29, 2020. Hours will be Monday – Friday 7am-7pm

- Fitness Center will be open by appointment only (no walk-ins):
 - Appointments are booked on the hour.
 - Capacity limit is reduced and members will be asked to limit their time to 45 minutes.
 - Reservations can be made up to one week ahead.
 - Call to reserve your time slot between the hours of 8am-3:30pm.
 - Advanced scheduling is only available by calling 50 North @ 419-423-8496. No walk-ins allowed.
 - Advanced telephone prescreening will need to be completed prior to confirming your scheduled time.
- Bring signed COVID-19 waiver.
- No group exercise classes scheduled at this time. Limited in-person group exercise classes beginning July 13th. Please see our 50 north website at 50north.org or contact the fitness center for more details.
- Virtual Zoom classes are available- pre-register with fitness center. *Assistance available to help with set up & operation of Zoom.
- Please do not come to 50 North if you feel sick or have the following symptoms: fever, cough, shortness of breath.
- When arriving all members will park in the designated parking area and follow walk way to designated entrance (see map enclosed). Please wait at marked spots to ensure social distancing guidelines. Staff will greet members at the door and be brought into facility when their scheduled time begins.
- Upon arrival members will wait outside with appropriate 6-foot distancing and enter with a staff member.
- Marks will be placed on the ground to help with social distancing while waiting to enter facility.
- Temperatures will be taken and members will need to complete a COVID-19 screening questionnaire prior to entering building.
- Members will scan their cards with a staff member upon entering the building.
- Hand sanitizer will be placed throughout the facility and all members prior to entering & exiting facility will be expected to use hand sanitizer.
- Face coverings recommended when moving about the facility (Not required during active exercising).
- Members will be instructed on the procedure of wiping down equipment before and after equipment use.
- Social distancing will be practiced for members and employees.
 - Equipment will be spaced out to provide a 6-foot radius. Some equipment and fitness center areas may not be available to ensure social distancing.
- Guidelines will be set in place so members are not entering and exiting at the same time.
- Signs will be placed on equipment and areas that are off limits.
- Towels will be washed appropriately for sanitation and distributed to members appropriately, following the CDC guidelines.
- Lost and found has been removed.
- Water fountain/dispenser will not be available.
- Excess seating will not be available.
- Limited stalls available in restroom to enforce social distancing. One person allowed in restroom at a time. Please come dressed to workout.
- Restrooms will be cleaned and disinfected regularly using EPA-registered disinfectants.

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- Staff will do a cleaning every hour and a deep cleaning at the end of the day.
- Signs will be posted requiring social distancing and recommending face coverings when moving about the facility (not required during active exercise).
- Sign will be posted to remind members and staff for hand-washing, sanitization of equipment and social distancing.
- Employees will monitor to ensure guidelines are being followed.
- Employees will be trained on the contact tracing procedures.
- Employee training will be provided for instruction/education on COVID-19 prevention and education on proper procedures and health & safety guidelines will be provided.
- All employee's temperatures and COVID-19 screening will be taken upon entering the building.
- Employees will practice social distancing with clients and other employees.
- Facial coverings will be required for all employees.

Water Exercise Class Announcement

We understand the benefits of water exercise for older adults and we have been very fortunate to collaborate with Birchaven Village to offer water classes at Birchaven's Indoor Pool. Due to the demands and requirements of assuring a safe environment now and into the future and limited resources, we are sad to announce that we will not be able to continue to offer water classes at Birchaven upon re-opening 50 North Fitness Center. We recognize that we will not pursue an aquatics program at 50 North, due to extreme costs of constructing a pool as well as the ongoing operational and maintenance costs associated with an aquatic program. Please know that your 50 North Fitness and Wellness Center membership continues to include the following:

Fitness Center equipped with commercial- grade cardio and strength training equipment including treadmills, ellipticals, Bio-Steps, NuSteps, recumbent bikes, spinning bikes, row machine and a wide variety of upper & lower body strength training machines, including an assortment of hand weights, stretch bands, TRX straps, balance balls, Wellbeats (virtual fitness kiosk system) and more. Fitness & Wellness Center members are able to choose from a variety of daytime and evening group exercise classes. Live virtual "zoom" classes. Complimentary appointments are also available to meet with Fitness staff to develop individualized exercise programs.

Membership extension and reimbursement

We ask that you support our mission by continuing your membership through this challenging time. By continuing your membership, you will help keep us financially viable and allow 50 North to provide its impactful services. That said, if you would like us to extend your membership during the lapse unused time, we would be happy to do this. If you would like us to reimburse you the \$9.58 per month for an individual and \$15.42 per month for two, we are happy to do this as well. If you are interested in any of these options, you can visit 50 North's website, www.50North.org. Go to the services tab at the top of the page. Select Wellness, Select Contact Us, to send an email to our Fitness Center staff or contact Fitness Center staff. **Upon our re-opening, Fitness & Wellness Center Memberships extensions or reimbursement requests need to be received by Monday, June 29, 2020.**

As we slowly begin to prepare to re-open 50 North, we want to assure you that safety is our priority. Things will look and feel differently. We are working hard to prepare a safe environment upon your return.

We feel very blessed as a staff to be a part of such a great community of members at 50 North. We appreciate all the patience and support from our members during this time. We will continue to keep you updated. We look forward to seeing you at 50 North!



Francie Kasmarek, Fitness/Wellness Director



Anna Lee, Fitness/Wellness Manager



Assumption of Risk and Waiver of Liability Relating to Coronavirus/COVID-19

The novel coronavirus/COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. 50 North has put in place preventative measures to reduce the spread of COVID-19; however, 50 North cannot guarantee that you will not become infected with COVID-19.

READ CAREFULLY BEFORE SIGNING-INITIAL EACH PARAGRAPH

____INITIALS By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I may be exposed to or infected by COVID-19 by participation; and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 at 50 North may result from the actions, omissions, or negligence of myself and others, including, but not limited to 50 North employees, volunteers, members or community at-large.

____INITIALS I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to myself (including, but not limited to personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, or any kind, that I may experience or incur in connection with my participation at 50 North. On behalf, I hereby release, covenant not to sue, discharge, and hold harmless 50 North, its employees, agents, and representatives, of and from the Claims, including all and agree that this includes any Claims based on the actions, omissions, or negligence of 50 North, its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation at 50 North.

____INITIALS I represent that I have adequate insurance to cover any injury or illness I may suffer or cause while participating in this organization activities, or else I agree to bear the cost of such injury of illness myself. I further represent that I have no medical or physical condition which could interfere with my safety in this activity, or else I am willing to assume – and bear the cost of – all risks that may be created, directly or indirectly, by any such condition.

____INITIALS By signing this document, I agree that if I am exposed or infected by COVID-19 during my participation in the organizations activities, then I may be found by a court of law to have waived my right to maintain a lawsuit against the parties being released on the basis of any claim for negligence.

____INITIALS I have had sufficient time to read this entire document and should I choose to do so, consult with legal counsel prior to signing. Also, I understand that this activity might not be made available to me or that the cost to engage in the organizations activities would be significantly greater if I were to choose not to sign this release and agree that the opportunity to participate at the stated cost in return for the execution of this release is a reasonable bargain. I have read and understood this document and I agree to be bound by its terms.

____INITIALS If I have signed a separate general waiver of liability connected to my participation at 50 North, I agree that the terms of that waiver are wholly incorporated into this document and that the terms of this document are incorporated into the separate general waiver.

____INITIALS I AGREE THAT I WILL PRACTICE SAFE SOCIAL DISTANCING AND CLEAN HYGIENE DURING MY PARTICIPATION AT 50 NORTH.

Name _____ Signature _____

Date _____ Telephone _____