



The UNIVERSITY of OKLAHOMA
Health Sciences Center
University Health Club | University Research Park Health Club

Updated: June 24, 2020

Protect Your Health

At the University Health Club, we are passionately committed to providing an inspiring, safe, and clean environment for our members to improve their quality of life! We are closely monitoring COVID-19 developments and our team is taking the necessary precautions to make sure members can safely work out in our facilities. Rest assured, we have customized standard operating procedures in place, but we also know there is strength in numbers, so we are asking you to join us in our commitment.

BEST PRACTICE REQUIREMENTS TO HELP MEMBERS PROTECT THEMSELVES AND OTHERS:

Please do not come in to the Club sick – If you are not feeling well or have a fever or visible sign of illness, including coughs, sneezes, sore throat, shortness of breath, chills, etc., we ask you to stay home and take time to rest and recover.

Cover up – Members and staff must wear a surgical mask style mask in the Club at all times. Members must bring their own masks. (Scarves and bandanas are not acceptable).

Wash, rinse, and repeat – Good hand washing practices involves immersing your hands in warm, soapy water for at least 20 seconds. Wash in bubbles and wash often!

Disinfect your equipment – The virus can live on hard surfaces for extended periods. To kill germs, wipe-down equipment before and after each use.

Hands-off for now – We have asked our employees to refrain from hands-on assisting during work out. In addition, high fives and handshakes should be replaced with smiles and nods.

We are all on the offense – Our club is fully stocked with hand sanitizer, wipes, paper towels, and disinfectant spray. Please use them to clean the surfaces you touch.

Stay informed – Refer to the CDC for best practices to keep you and your family safe. Go to [cdc.gov/coronavirus/2019-ncov](https://www.cdc.gov/coronavirus/2019-ncov) for details.

BYOB – We have hands-free bottle fillers onsite; we encourage you to bring your own bottle for hydration and to avoid any water fountains that are not hands-free.

Follow best practices – Members are expected to comply with the Club's COVID-19 policies and procedures. If a member doesn't comply with Club policies, including re: wearing a mask, disinfecting equipment, and maintaining required distancing, the member can be removed immediately and/or have their membership terminated.

We will continue to keep the cleanliness and sanitation of our facility a top priority so that our members and employees have a safe and healthy environment to exercise. If at any time, staff are not able to maintain the disinfection schedule or becomes aware of the presence/recent presence of a COVID-19 positive member, the club reserves the right to close early or immediately.

As the nature of COVID-19 remains dynamic, the Specific Pathogens Preparedness Operations Team (SPPOT) and the OUHSC Emergency Operations Committee (EOC) will regularly evaluate the COVID-19 Return Plan and implement new or revised requirements when indicated. The COVID-19 Return Plan applies to all OUHSC employees, students and members of the University Health Clubs.

Evolving plans are in place to re-open the entire facility using progressive steps determined by the ever changing state of the COVID-19 pandemic. We will continue to communicate our timeline as soon as updates are made available. Thank you for your ongoing support and shared efforts to keep our communities strong and healthy!

Step 2 Reopening Guidelines - Monday, June 1

- University Health Club hours of operation:
 - Monday – Friday: 6:00am-7:00pm
 - Saturday: 10:00am-4:00pm
 - Sunday: Closed
 - **Enter the Health Club through the south doors.**
- Area closures will occur twice daily for cleaning. Each area will be closed for 10-15 minutes.
- University Research Park Health Club: CLOSED
- No classes or personal training.
- OPEN facilities:
 - *Locker Rooms
 - **Pool
 - ***Hot Tub
 - Cardio
 - Weight Machines
 - Free Weights
 - Fitness Studio
 - Olympic Training
- CLOSED facilities:
 - Steam Rooms/Saunas
 - Basketball Court
 - Racquetball and Squash Courts
 - Rock Climbing Wall
 - Upstairs Fitness Studio
- Please do not come to the Health Club if you are sick.
- Member screenings will be conducted for all entering the Health Club.
- Members must bring their own surgical style masks to be worn while inside the building. Bandanas, scarves, Buffs, etc., are not acceptable.
- Social distancing of at least 6 feet must be observed at all times.
- Everyone must clean before and after use of exercise equipment with provided sanitation supplies.
- Fitness studio access must be reserved at the front desk.
- No towel service.
- Monthly billing will resume on June 1.
- Maximum occupancy of 88 members will be allowed. Members must check in and check out of the Health Club.
- No guests.
- *Locker Rooms - Limited number of daily use lockers available. First come, first serve.
- **Pool - 1 person per lane limit. You may reserve your lane through your Account Login. Call-ahead and walk-in reservations may also be made if lanes are free.
- ***Hot Tub - 1 person may use the Hot Tub at a time. There is a 15 minute time limit if others are waiting.