

Andreasen
Center for
Wellness

**COVID-19
Information**



The Andraesen Center for Wellness (ACW) is committed to maintaining an environment that follows all CDC and state of Michigan guidelines to mitigate the risk of COVID-19 transmission while providing our members with the freedom and peace of mind they need to enjoy a great workout.

The following information provides a summary of what has changed, as well as how to prepare for your first visit back to the ACW. We're excited for your return!

What Has Changed

Check In/Screening: Our screening process begins when members reserve their workout reservation in the Wellness app, which requires a response to a series of COVID-related screening questions. Members must also respond to the Campus Clear daily screening before arriving. Upon arrival, our staff will quickly take members' temperatures, ensure the new waiver has been signed, confirm a workout reservation has been made, and ask to see the Campus Clear checkmark from that day, confirming no symptoms.

Staffing: Additional staff and labor hours have been added to our custodial team to enable a high standard of enhanced cleanliness. Collectively, over 200 hours each week are spent cleaning and sanitizing the facility.

Equipment and Products: The ACW utilizes top-of-the-line, high-tech equipment, such as Clorox T360 Electrostatic Sprayers, to efficiently and effectively clean all machines, equipment and touch points. We use sanitizers with proven effectiveness and a minimum "dwell time" of three minutes to deactivate the COVID-19 virus on any touch points. A list of cleaning products is available by emailing thewellnessclub@andrews.edu.

Member Protocols: Ample instructional signage reminds our patrons to wear their masks at all times (as required by the state of Michigan in Executive Order 2020-175), maintain six feet of physical distance when moving through the facility and 10 feet when exercising, and wipe down machines/equipment being used both before and after exercising. Our fitness associates are on hand to ensure these processes happen consistently.

Limited Capacity: A maximum of 60 individuals will be allowed in the fitness area (upper and lower floors) at any given time. This will be made possible through a required workout registration process, performed in the Wellness app.

Group Fitness: All group fitness classes will continue to be held outside in our courtyard, weather permitting. This enables participants to exercise without a mask and allows more individuals to participate in a class. Proper distancing is enforced. A signed waiver, Campus Clear checkmark and class registration are required to participate.

Locker Rooms: Carpet has been removed from all locker rooms and replaced with easy-to-clean tile. Members are required to spray down their locker after each use with the provided sanitizer. Physical distancing of six feet is required in all locker rooms.

Physical space: To encourage physical distancing and eliminate unnecessary surfaces, all furniture in the common areas has been removed. On the fitness floors, machines and equipment have been moved and marked according to physical distancing standards.

Member Journey: Follow these instructions for a safe and smooth visit to the ACW.

Before You Arrive

- **Campus Clear:** Download the Campus Clear app and set up an account with Andrews University. Each time you plan to visit the ACW (or campus in general), respond to the screening questions in the app. If you have no symptoms, you will receive a “Good to Go!” checkmark. You will be required to show this checkmark when you check in.
 - **Waiver:** Sign your new ACW waiver online. Find a link to the waiver on our homepage: andrews.edu/wellnesscenter
 - **Register:** Open the schedule in the Wellness app and click the dropdown arrow under the date to select “Group Fitness” or “ACW Workout Reservation.” Select the class or time that you would like to attend. Confirm your answer of “No” to the COVID-19 screening questions and click “Book now.” You may make a reservation up to 24 hours in advance.
 - Before you come, do a personal assessment of how you feel, even if you do not have COVID-19 symptoms. If you’re not feeling well, please stay home and rest!
 - Bring a water bottle, as only bottle-fillers will be available.
-

When You Arrive

- Make sure your mask is on, covering both your mouth and nose, per state of Michigan requirements!
- Enter through the west entrance, closest to the parking lot.
- Follow the arrows to the front desk. If other people are speaking to the associate, please maintain six feet of physical distance while you wait.
- Stop at the front desk for an associate to take your temperature, view your Campus Clear checkmark, confirm the submission of your waiver, and verify your workout registration.
- For those attending group fitness, walk around the building to enter the courtyard through the gate. The above check in/ screening steps will also be used for group fitness classes.
- Please note that our locker rooms may be closed at times for cleaning. Bring only what you need and plan to use a locker only if necessary. Follow instructions in the locker rooms to maintain physical distancing and spray your locker down before you leave. Do not wipe down the locker after you spray it! Our cleaner is most effective when it sits on a surface for three minutes.

While You're Here

- Leave your mask on at all times, per state of Michigan requirements.
- Follow all posted instructions and cooperate with all verbal instructions from staff.
- Maintain physical distance of six feet when moving about the facility and 10 feet when exercising.
- Wipe machines and equipment with provided wipes both before AND after use.
- Be mindful of your workout intensity while wearing a mask. Listen to your body.

When You Leave

- Gather all belongings. Don't forget your water bottle!
- Follow exit arrows and proceed out the east doors, opposite of where you entered.
- **Come again soon!**

