

# UREC PERSONAL SAFETY PRACTICES

## General Expectations

App State Community patrons are expected to follow UREC recommended personal safety practices to reduce the risk of exposure to and spread of COVID-19 that include:

- Require face coverings every time that exercise is not involved (see 3.1.2. for details).
- Limit the total number of patrons, staff, and visitors within UREC facilities to the extent necessary to ensure 6 feet distance can be maintained when patrons/staff will be stationary (see 3.1.1. For details)
- Conduct symptom screening, including temperature checks.
- Clean, sanitize, and disinfect high-touch surfaces in all UREC facilities regularly
- Require frequent hand washing and provide hand sanitizer dispensers at facility entrances.
- Discontinue activities that bring together large groups.
- Limit nonessential visitors and activities involving external groups.
- Follow signage, traffic patterns, and distancing guidelines throughout UREC facilities. Most hallways and entrance/exit doors are stipulated as one-way.

UREC facilities have physical barriers such as plexiglass at reception desks and similar areas to protect patrons and staff.

## Physical Distancing

Physical distancing is a simple yet highly effective mechanism to prevent potential infection that relies on distance between people to avoid infection.

**In practice, this means:**

- Maintain 6 feet of distance between participants as a normal practice [6f].
- Maintain 12 feet of distance<sup>1</sup> between participants who are engaged in Physical Moderate & Vigorous-Intensity Activities [12f].<sup>2</sup>
- Eliminating contact with others, such as handshakes, high-fives, or embracing coworkers, visitors, or friends.
- Avoiding touching surfaces touched by others, to the extent feasible.
- Avoiding anyone who appears to be sick or who is coughing or sneezing.

<sup>1</sup> National Intramural-Recreational Sports Association (NIRSA) (June 2020). [Reopening considerations for campus recreation programs](#)

<sup>2</sup> World Health Organization, [What is Moderate-intensity and Vigorous-intensity Physical Activity?](#)

## Face Covering

There is growing evidence that wearing a face-covering can help reduce the spread of COVID-19, especially because people may be infected with the virus and not know it.

### Definition of Face Covering<sup>1</sup>

A surgical mask or other non-reusable mask approved by the U.S. Food and Drug Administration, as well as any other cloth face coverings or other reusable University, approved substitute that covers the nose and mouth of an individual wearing the covering.

## Requirement

All patrons are required to wear a face-covering when they are ***inside of any UREC facilities***, unless they are actively engaged in physical activity, or the patron states that an exception applies. Notwithstanding, upon the completion of participation in the physical activity, all patrons must as promptly as possible adhere to this requirement.

### Face Covering Required Zones

- Service Desk Locations
- Common areas such as lounges, lobbies, office areas, conference rooms and classrooms while not exercising.
- Locker Rooms
- Pool Deck

## Recommended <sup>1</sup>

Patrons engaged in physical activity are encouraged to wear any sort of cloth face covering that can help to minimize the risk of spreading. Triangular cotton pieces that can be used as “Bandanas” are our primary recommendation. *UREC will be providing free cotton “bandanas” that are less restrictive and still can provide protection while exercising.*

### Face Covering Recommended Zones

- Weight and Cardio Areas
- Fitness Multifunction Studio
- Gym Courts
- Climbing Wall
- Gym Court Group Exercise Class
- Student Rec Center Showers

<sup>1</sup> ACE Fitness, [Exercising with a Face Covering - Safety Do's and Don'ts](#) - VIDEO

## Exercising outside

Face Covering is not required where a student is engaging in ***outside exercises***. The physical distance of 12 feet should be practiced whenever feasible while engaging in these activities.

## Have to be said

The Appalachian State Face Covering Policy applies to all programs, services, and facilities at the University Recreation Department.<sup>1</sup>

The UREC staff is committed to taking every opportunity to support and provide guidance in the ways this policy can be followed for the benefit of the whole Appalachian State community in accordance with applicable federal and state law, UNC System policies, and institutional policies. The violation of this policy, including but not limited to not adhering to Social Distancing Practices or Face Covering requirements, may result in grounds for disciplinary action, up to and including termination or expulsion.

## Who should not wear a face cover? <sup>3</sup>

- Children younger than two years old
- Anyone who has trouble breathing
- Anyone who is unconscious, disabled, or otherwise unable to remove the cloth face-covering without assistance.

UREC recognizes that wearing cloth face coverings may not be possible in every situation or for some people. In some situations, wearing a cloth face covering may exacerbate a physical or mental health condition, lead to a medical emergency, or introduce significant safety concerns. Adaptations and alternatives should be considered whenever possible to increase the feasibility of wearing a cloth face covering or to reduce the risk of COVID-19 spreading if it is not possible to wear one.<sup>3</sup>

<sup>1</sup> NC Department of Health and Human Services - Interim Guidance for Fitness Center and Gym Settings with Limited Operations - [Clothes Face Coverings](#)

<sup>2</sup> Appalachian State University, [Face Coverings in Response to COVID-19](#)

<sup>3</sup> Centers for disease control and prevention (CDC), Considerations for Wearing Cloth Face Coverings, [Who Should Not Wear a Cloth Face Covering](#)

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### **University Recreation Staff**

University Recreation is requiring all staff members to wear face coverings at all times in the Rec Center and during all University Recreation programming activities held indoors.

### ***Washed & Sanitized Hands***

Hand hygiene is an important part of the U.S. response to the international emergence of COVID-19. Practicing hand hygiene, before and after to get in contact with any prop or equipment, which includes the use of alcohol-based hand rub (ABHR) or handwashing, is a simple yet effective way to prevent the spread of pathogens and infections in healthcare settings.<sup>1</sup>

<sup>1</sup> Centers for disease control and prevention (CDC), [Hand Hygiene Recommendations](#)