



First Baptist
Griffin

A community of grace.

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Guidelines for Weight Room and Exercise Facility

(Updated June 12, 2020)

As we prepare to open our building to the wider community, we feel that it is necessary to make plans with the interests and needs of our most vulnerable members and clients in mind. Therefore, we are implementing the following guidelines for the Family Life Center at FBC Griffin and the exercise areas.¹

At this time, only the weight room and aerobics areas are open to be used. The gymnasium and coffee house will remain closed until further notice. The max capacity for these spaces is as follows:

- Weight Room - 6 individuals²
- Aerobics Room - 4 individuals²
- Gym - Closed at this time for exercise, sports, etc.

***ALL GUESTS USING THE WEIGHT SHOULD BE AWARE THAT HEAVY BREATHING ASSOCIATED WITH STRENUOUS EXERCISE IS THOUGHT TO INCREASE THE RISK OF COVID 19 TRANSMISSION. PLEASE USE DISCRETION WHEN UTILIZING THIS SPACE.**

In each of these spaces, we will ask that guests observe the following guidelines:

- All guests should observe **physical distancing** while in the building (staying 6 feet away from others when you must go into a shared space).³ This includes distance between trainers and clients. *However, numerous studies suggest that those exercising should keep physical distance of 16 ft. or more due to the aerosol transmission of COVID-19.*
- Members engaging in an aerobics or other fitness classes should maintain physical distance of 10 feet between participants.²¹ *However, numerous studies suggest that those exercising should keep physical distance of 16 ft. or more due to the aerosol transmission of COVID-19.*
- All guests are asked to **sign in** when they arrive. If we become aware of an issue regarding potential COVID 19 exposure, we will contact you with that information.
- All guests should frequently **wash hands** or use alcohol-based hand sanitizer (at least 60% alcohol) when soap and water are not available throughout the day.¹⁸ Hand sanitizing stations will be placed at the entrance.

- All guests to the FBC Building are **strongly** encouraged to wear a **face mask** while inside all areas of the building.^{2, 3} Heavy Breathing associated with strenuous exercise greatly increases the risk of viral spread.
 - FBC Griffin is a “community of grace.” As such, we understand that there may be extenuating circumstances that would prevent a volunteer or client from wearing a mask. These include (but are not limited to):
 - ▶ Those whose health conditions prohibit wearing a face covering.
 - ▶ Those communicating with a hearing-impaired person, needing your mouth to be visible.
- All guests should avoid touching eyes, nose, and mouth.³
- Every guest should **self-screen** at home before coming to serve. This should include the following questions: In the last 48 hours, have you had: Any cough, shortness of breath, or difficulty breathing? Fever of 100.0 or higher? Any chills, body aches, headache, sore throat or new loss of taste/smell? Guests to the building may also be asked these questions before entrance to the building is allowed. If the answer to any of these is “yes,” guests should not enter the building.

Symptoms may appear 2-14 days after exposure to the virus. The following are common symptoms of COVID-19:^{4, 3}

- Fever or chills (over 100)
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Muscle or body aches
 - Headache
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea
- If, at any time, a guest tests positive for COVID-19, they should immediately contact the church office at (770) 227-5517.
 - Those using the equipment in the weight room or aerobics room should **disinfect all equipment** with the provided disinfectant and a paper towel before AND after use to prevent the spread of disease.
 - Those using the treadmill or other aerobic machines should have a minimum of one empty machine between themselves and the next person using the space.
 - Guests are asked to refrain from using water fountains at this time. They are also discouraged from using restrooms at this time (though they are available for emergency situations).

- FBC will place signs encouraging physical distancing, proper hygiene, proper use of face coverings, and other related educational information throughout the building.^{2, 3}
- **If guests are observed failing to follow the above rules, they may be asked to leave and their access to the building may be revoked.**

¹ Due to the inherent uncertainty of this virus, these plans are only tentative and could change based on the data and recommendations of local, state, and national health officials.

² Governor Brian Kemp, Executive Order: “Reviving a Healthy Georgia,” May 12, 2020, <https://gov.georgia.gov/document/2020-executive-order/05122002/download>

³ “Reopening Guidance for Cleaning and Disinfecting Public Spaces, Workplaces, Businesses, Schools, and Homes,” *Centers for Disease Control and Prevention*, <https://www.cdc.gov/coronavirus/2019-ncov/community/reopen-guidance.html>

⁴ “Symptoms for Corona Virus,” *Centers for Disease Control and Prevention*, <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>