



Covid19 Guidelines

Charles Hostler Student Center

General

- Posters will be displayed to inform users about the safety measures, including physical distancing, mask wearing, and hygiene protocols throughout the center.
- Users should monitor their own health, pay particular attention to the symptoms associated with COVID-19 (cough, shortness of breath or difficulty breathing, fever, chills, muscle pain, sore throat, new loss of taste or smell, etc.). Anyone experiencing any of these symptoms, should promptly seek medical attention and not come to CHSC.
- Temperature will be taken for each person entering the center (staff and users).
- Hand sanitizers will be available throughout the center.
- Our staff will ensure that physical distancing is followed; further criteria are defined below for certain areas.
- Any kind of competitive sports practice is not allowed until further notice, whereas individual practices and fitness drills are allowed on a one-to-one basis.
- Users should bring with them their water bottles.
- Vending machines will be cleaned regularly, and users should make sure to clean their hands before and after using them.
- All employees will be trained on hygiene rules, physical distancing, and mask wearing. They will always wear face masks.
- The center will be closed one hour daily for sanitation.
- All users who want to use the gym facilities must make a reservation at least 1 day before the planned date and time.
- Walk-ins may be allowed for any facilities if space allows, except for tennis courts, provided that users have campus access and that the facility is not at full capacity.
- No visitors or spectators are allowed.
- Everyone is required to wear a face mask when entering or leaving the facility.

Front Desk

- Organizing the entrance of students and members by applying the social distancing rule (by putting stickers on the floor).
- Queue management- 2m spacing markings on the floor.
- Our Staff will make sure to write all names of the people entering the center to keep record in case we needed to track any case.
- Members and staff should wear masks all the time.
- Make sure to clean your hands before and after receiving your receipt or money.



Lockers/Showers/Toilets

- Extra Care/ signs and posters should be provided to make sure all are respecting the measures.
- Entering the lockers is forbidden. Toilets will be accessible to all users.
- Taking a shower is forbidden in the lockers and only allowed at the swimming pool area directly after finishing and without using shampoo.

Indoor Gym

- Posters and signs should be available in the gym.
- Users have to clean the machine they use before and after their workout.
- Limited number of members will be allowed to enter the indoor gym.
- The time of the workout is limited to 1 hour-15 mins workout
- 15 mins break will be taken between sessions in order to have enough distancing between people leaving and entering and in order to sanitize the gym.
- Maximum gym capacity will be based on the 9m² per person.

Indoor Courts

- Any person/player feeling sick and having a fever should stay home and should not enter any court.
- Organizing the entrance and exit will be taken into consideration to minimize the physical contact between people.
- Cleanliness protocols must be followed and respected.
- Staff wearing a mask will be present in the courts at all times to make sure that everyone is respecting the protocols.
- Max of 8 players can be on basketball court (500 meter square).
- No user will be allowed to use the courts before booking it and receiving a confirmation of their booking.
- No exchange of balls will be allowed.
- Any equipment used should be cleaned before and after using.
- Users cannot use any CHSC equipment before having a confirmation.



Swimming Pool

- Social Distancing must be maintained in the pool.
- Each swimming session is 50 minutes.
- Users that are living in the same house can use 1 lane together.
- Extra care and signs will be available at the swimming pool.
- Any equipment used should be cleaned before and after using it.
- Hand sanitizer will be available at the pool desk next to the staff.
- Considerations should be made to ensure limited time is taken in changing areas.
- Users will not be allowed to shower in the lockers but instead can have a quick shower after their swim and without shampoo or soap.
- Users can sit and put their bags on the red stickers only.

Greenfield and Track

- Social distancing and other measures should be respected as well.
- Users should have a reservation before using the track and Greenfield.
- Staff wearing a mask will always be present on the greenfield ensuring that everyone is following the measures.
- Users will be allowed to use the Greenfield or track for 1 hour -15 minutes only to allow the turnover of users in a safe way.
- Group classes will be organized in a series of formation to comply with social distancing and with appropriate spacing between participants monitored by the instructor.
- All equipment should be cleaned before and after using it.

Tennis Courts

- Staff wearing a mask will be present on the courts at all times to make sure that everyone is respecting the protocols.
- Playing time sessions will be terminated by the tennis attendant to have a buffer to allow turnover between players who are entering and others leaving (since we have 1 door only)
- Temperature will be taken for every person entering the court.
- Physical distancing measures should be respected → Open the outer 2 courts / out of 4
- The two inner courts (courts 2 and 3) are completely closed and cannot be used for socializing, warming up, changing clothes, etc.
- Hand sanitizers will be available at the tennis cabin.
- No one should share towels, water bottles, or any other equipment.