

Wellness Center Central

Return to On-Site Services, Member Orientation

To encourage the smoothest transition back to on-site services and maintain proper safety in light of the ongoing COVID-19 pandemic, members will participate in an orientation program prior to return to on-site groups and classes.

Member will Review the following videos:

<https://www.youtube.com/watch?v=X0OxrsgAP2w>

<https://www.youtube.com/watch?v=DCdxsnRF1Fk>

Member will understand:

- Face Coverings are required at all times-All staff and members will need to wear a facial covering the entire time they are at the Wellness Center. It is preferred that the facial covering is new/cleaned between each visit to the center. If needed, there will be facial coverings available to use, but everyone should plan to bring their own. Facial coverings must be worn properly over the mouth and nose.



- Physical Distancing-All people inside and outside of the Wellness Center, including members and staff, will maintain a distance of a minimum 6 ft. from one another at all times whenever possible to minimize the spread of COVID-19.
- Handwashing-Members and staff should wash and sanitize their hands frequently while at the center, following the guidelines from the CDC (<https://www.cdc.gov/handwashing/when-how-handwashing.html>)

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
 2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
 3. Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
 4. Rinse your hands well under clean, running water.
 5. Dry your hands using a paper towel or air dry them.
- Safe Salutations-To limit the spread of germs, all staff and members are encourage to practice safe salutation which at this time is limited to waving. Members should maintain 6 ft. of physical distance at all time. No hugging should occur at the Wellness Center, at this time.
 - Direct Report Station-There will be a direct report station immediately outside of the center, away from the front door that members will arrive to first during their scheduled appointment time. At this station members will have a health screening, have their temperatures taken, and be provided a facial covering if necessary (bringing a clean, personal facial covering with you is strongly encouraged). Members will need to wait in line, 6 ft. apart while waiting to enter the building.
 - Traffic Flow- Traffic flow around the building will be as follows: members are required to utilize the front entrance and move about the building in a clockwise flow, around the perimeter of the Living Room, to increase physical distancing and prevent congregating. There will be markings on the floor to aid in this flow. The rear exit will be closed off and members are asked to sign out when leaving in order to track the number of people in the building at any given time.
 - Personal Items- There will be no on-site storage for member’s belongings, including lunch storage; the kitchen will be closed. Members are encouraged to come to the center with minimal personal items, and to keep all personal items with them at all times.
 - Facility Guidelines-Initially, groups/classes will be held in the Living Room, as this is the only space large enough to physically distance members. Programming will be divided into two block sessions, AM/PM to allow mid-day cleaning. Members are asked to only come to the groups/classes they have appointments for and not remain on campus for socialization. The kitchen will be closed, there will not be cooking classes, food storage in the refrigerator, coffee station, or water dispenser available. Water bottles will be available to members.

- Outdoor Facilities- Members are asked to only come to the groups/classes and not remain on campus for socialization. Members are asked not to congregate at the Center for socialization or extended periods of time. Volleyball/Basketball areas: temporary closed for recreational/physical activities.
- Smoking areas-Staff and members will notice markings on the ground indicating 6 ft. apart around the smoking area. Physical distancing should be maintained at all times when smoking in designated areas.