


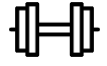




Spokane Schools Safety/Cleaning Protocols for Secondary Fitness –updated 8/14/21

Focus Area	Details	Notes/Clarifications
Fitness Classes During COVID-19	<ul style="list-style-type: none"> • Focus on personal wellness and low to moderate activity/exertion levels to minimize risk of transmission and exercising while wearing a face covering • Incorporate activities and games that students can participate in while distanced • *Note: Physical Education classes are curricular classes and are not considered sporting activities. Separate specific guidelines are indicated on Fitness and Athletics Guidelines. 	<p>A list of activity ideas will be continuously updated and accessed in the SPS Fitness Teams.</p>
Distancing 	<p>Students need to maintain maximum distance possible for a given space. Activities will be structured to be low to moderate exertion, include health concepts and technique instruction, and include stationary individual activities when possible.</p> <p>Students from different classes during the same class period can combine to do activities in Fitness spaces, provided all distancing, safety, face coverings, and sanitizing guidelines are followed.</p>	
Face Coverings 	<p>To comply with health and safety guidance from The Department of Health students will be required to wear masks at all times while at school, including in the gym facilities. Gaiters may be worn but must be at least 2 layers during the school day. Students may remove face coverings when participating outside.</p>	
Equipment 	<p>Shared teaching materials will be limited to those that can be easily cleaned and sanitized. If this is not possible, do not use the equipment.</p> <p>If Fitness/PE Equipment is used, it will need to be cleaned/sanitized at end of each school day. Equipment can be sprayed with Oxiver 5 or Alpha HP 10 and left to sit until it dries.</p> <p>Identify which equipment can be easily and effectively sanitized. Mats (including Yoga mats) can be used if they are sanitized/wiped down (using the supplied spray and school paper towels) in between student use. Also keep in mind leather and other materials can be damaged by cleaning products. You can request sanitizing liquid from your custodian that can be sprayed on leather.</p> <p>Polar watches must be sanitized after each student use with Alpha HP 10.</p>	<p>Use of equipment is not required.</p> <p>Fitness teacher trainings will be conducted to ensure access to additional options and also sanitizing procedures when needed.</p> <p>A comprehensive list of equipment guidance will be shared on a regular basis.</p>
Weight Room and Fitness Center 	<p>Emphasis in the weight room will be on students improving technique and learning the basic lifts of the weight room. Students will work at low to moderate intensity and low to moderate exertion. Fitness centers should modify or adjust cardio equipment, free weight areas, and weight training equipment to enable at least six feet of distance.</p>	

	<p>Keep workout groups consistent to minimize contact.</p> <p>Weight Room and Fitness Center Equipment should be sprayed and wiped between student use. Students may be asked to participate in the disinfection of fitness equipment they use, including the spraying of disinfectant and wiping with a terry cloth towel. Nitril gloves will be available in the facility for use.</p> <p>Terry cloth towels will be laundered daily. Students may use one towel per session to wipe sprayed equipment.</p>	
<p>Facilities & Cleaning</p> 	<p>Each fitness class space will be provided with a cleaning caddy that includes disposable gloves, paper towels and spray bottles of disinfectant cleaner.</p> <p>Conduct class outside as much as possible. When safe, open windows and doors to increase outside air.</p> <p>Sanitizing will include spraying (see guidance above) and letting equipment dry at the end of the day. It is advised to wear gloves when performing disinfection. It is not necessary to spray equipment between classes, but schools should develop a plan to spray equipment at the end of each day.</p> <p>Drinking fountains cannot be taken offline, though we are encouraging students to bring water bottles as a better option than using the drinking fountains. The drinking fountains are also included in the daytime high touch area disinfection procedure to be performed by the custodian.</p>	
<p>Personal Hygiene</p> 	<p>Hand washing (min 20 seconds with warm water and soap) or sanitizing is highly encouraged, especially after touching frequently used items or surfaces and during transitions. Students should wash hands before and after class when possible and/or should use hand sanitizer where available.</p> <p>Locker Room Use:</p> <ul style="list-style-type: none"> • Changing facilities should be large enough for students to use social-distancing protocols. • Restrooms will be accessible. • Students in a changing facility will be spaced a minimum of 3 feet while having a maximum of five minutes (and less if possible) to change and exit the facility. Students will be rotated through the changing areas if distancing is not possible for the full class at one time. Rotate students through the locker room ½ of the class at a time to minimize overcrowding and allow for distancing. • Masks must remain on at all times. • Non Locker Restrooms could also be used for students to change, following the 3’ distancing protocols. • Departments will determine the best practices for maintaining socially distanced changing facilities: i.e. staggering access to the changing facilities, utilizing color-coded floor indicators if needed, and adjusting as needed depending on daily class size. • Adherence to these guidelines must be overseen by Fitness Department teaching staff. 	<p>*Schools may choose not to use locker rooms for Fitness classes. If the locker room is used for changing, all noted guidelines must be followed.</p>