



July 29, 2020

Dear Nelson Wellness Center Members:

We deeply appreciate your understanding and support as we have worked hard to navigate new ways of providing our services. **We have remained vigilant in our preparedness and safety out of concern for you, our resident's and our staff's health and well-being.** We recognize that in June, Governor Walz announced an executive order allowing fitness centers to open to 25% capacity. While this was a step forward in relaxing restrictions in place due to the coronavirus, we have remained conservative in our approach to opening out of precaution and the heightened risk of serving older adults in our buildings.

Grand Arbor continues to execute a **comprehensive plan for facility-wide COVID testing** for residents and staff. Testing helps us establish a baseline for our work moving forward. Our facility-wide COVID testing began in May includes continuous rounds of testing to allow us to remain proactive in our conservative approach to keep our residents and staff safe. Thanks to you, our staff, our community and residents, we are managing the risks of COVID-19 well.

As a result, we are pleased to announce that we are now ready to welcome our Nelson Wellness Center community members back beginning August 3rd, 2020.

Our leadership and wellness teams have worked diligently to develop a plan to allow you to return to your workout regime once again. Below are several important guidelines that must be followed to ensure heightened safety precautions are followed to protect everyone we serve.

NEW GUIDELINES TO USE THE NELSON WELLNESS CENTER (NWC):

HOURS OF OPERATION for GRAND ARBOR LOCATION ONLY:

- Monday – Thursday 6 a.m. to 6 p.m.
- Friday 6 a.m. to 4 p.m.
- No access on Saturday's or Sunday's
- *Nelson Gables location will remain closed to the community until further notice.*

UPON ENTRANCE:

- A mask will be required upon entry and exit of the NWC.
- Access will be restricted to the NWC only. Doors will be closed to other areas of Grand Arbor, including the Bistro.
- When you enter the NWC, please use your fab to open the doors and/or to check in.
- Assumption of Risk and Liability form must be signed, and a short screening will be completed by the receptionist.
- Since work out areas are limited on occupancy, the front desk will discuss your workout plans with you.

DURING WORKOUT:

Where use is permitted, please obey signs within the space to ensure social distancing guidelines are followed. Permitted locations have special guidelines and limitations posted in each.

- Locker room use is permitted.
- Cardio room use is permitted.
- Studio room is permitted.
- Pool use is permitted by **appointment only**. **To make an appointment, please call (320) 759-4613** in advance of your visit. Lanes are now numbered. When discussing workout plans with the front desk, you will be assigned a lane number.
- Hot tub will remain closed.
- Boxing room will remain closed.

UPON DEPARTURE:

- Remember to check-out using your fob on the way out the door.

We'll continue to **closely monitor the ever-evolving conditions due to COVID** and should there be a need to adjust our operations, we will be communicating with them via the new NWC communication portal.

The health and safety of those we serve as well as our staff are our highest priority. We will continue to implement precautions per Minnesota Department of Health (MDH) recommendations.

A few of existing precautions, include:

- All equipment has been marked or placed to meet the social distancing guidelines of 6' apart.
- All members to the NWC will follow proper screening protocols upon entry. Hand sanitizer is available at the reception desk of the NWC and should be used upon entering and exiting the NWC.
- All members will be asked to wash their hands with warm water for a minimum of 20 seconds prior to entering the cardio strength room.
- All staff will wear masks at all times, including during the personal training sessions.
- All members are required to wear masks upon entry and departure.
- Enhancing our infection control protocols and enhanced sanitation measures per MDH recommendations.

Should you experience symptoms such as a cough, fever, sore throat, runny nose, shortness of breath, muscle aches, headache, new loss of smell or taste, please refrain from leaving your home.

And again, we sincerely appreciate your understanding and support during this time and cannot express our excitement to see you again soon!

Alice Schmitz
Wellness Manager