

The Saurwein Health and Wellness Center in accordance with Heidelberg University's Reopening Plan and Responsible RestartOhio will be following the guidelines listed below for the operations of the Saurwein Health and Wellness Center.

Operational Guidelines

- The use of Saurwein will be limited to our students, faculty, staff, and families. Please bring your Heidelberg ID or proper identification.
- Hours of operation are limited to 6am-8am, 11am-1pm and 4:30pm-7:30pm Monday-Friday. The building is closed on weekends. The multipurpose room is closed and there is no equipment checkout.
- The occupancy max is 20.
- You'll be asked before entering to complete whether you have any [symptoms of COVID-19](#) and your temperature will be taken before entering the Fitness Center. An elevated temperature and or signs/symptoms of Covid-19 will deny you access to Saurwein.
- Please wear a mask when entering the building and going through the screening process. Consider wearing a mask during your workout but this is at individual discretion especially during vigorous exercise. *Studies have demonstrated that masks — including surgical, cloth and/or N95 as well as altitude training masks, which all place restrictions on breathing — can have a negative impact on the ability of an individual to exercise for intended duration or at desired intensity as well as increase discomfort while exercising. The primary mechanism is hyperventilation, associated with reduced tidal volume, which causes a buildup of metabolic byproducts, an excessive ventilation rate, a decreased arterial blood volume, a lowered stroke volume and ultimately decreased blood pressure. Due to this, there exists a real risk of syncope, loss of consciousness, and dyspnea for individuals who exercise while wearing protective facewear that limits their ability to move air in and out of their body at a natural physiological rate.*
- You are required to check-in and check-out of the facility. This allows us to track our occupancy according to regulations.
- You will be asked to maintain the six feet of physical distancing during your workout.
- Please wipe down all equipment, machines, benches after each use.
- The facility and equipment will be continuously cleaned while Saurwein is open, as well as before opening and after closing, concentrating on frequently touched areas. All Saurwein employees will wear non-medical, cloth masks or face coverings while working and gloves when appropriate.
- You must sign a new waiver before entering, your first time only.

Member responsibilities

- **Check yourself for [coronavirus symptoms](#):** high fever, dry cough, trouble breathing, chills, muscle pain, loss of taste or smell and sore throat. If you are sick, don't come in.
- **Wear a mask.** Wear a non-medical, cloth mask or face covering while entering the facility and going through the screening process.
- **Bring a water bottle with you.** The drinking fountains are closed but the water bottle fillers are open.
- **Keep your distance.** Maintain 6-foot physical distancing everywhere in the building.
- **Clean your hands.** There are several hand sanitizing stations throughout the facility, please use them often. The restrooms are open for use.
- **Keep track of the equipment that you touch.** Wipe down the equipment with disposable wipes before and after use. Disposable wipe dispensers will be located around the workout areas. A dedicated staff member will monitor overall sanitation and assist you with sanitizing and physical distancing.
- **No congregating.** Please workout and exit the building when finished. You can use a spotter for safety, but no groups larger than two people.

What's open?

- Second-floor cardio and first floor strength equipment, including free weights. Know that some machines are closed or moved for spacing requirements.
- The main lobby is open, but there is no seating or congregating. Please work out and exit the building as quickly as possible.

What's not yet open?

- The Multipurpose Room
- Locker Rooms
- The Game Room
- PhiLobby
- Delt Lounge
- The Athletic Weight Room
- Seiberling Gymnasium

Group Exercise

There will be no in-person group exercise in the center during this initial phase of opening.

Intramurals

There will be no intramural sports during this initial phase of opening.