

## Updates and Cancellations

The WELL building and its campus recreation services and student health and counseling services will remain OPEN at this time for the campus community. As of Friday March 13, [current building hours](#) remain in place. Our Open Swim hours at Yosemite Hall continues to operate. We are working closely with campus to align with COVID19 mitigation efforts while staying committed to providing safe opportunities for exercise and stress relief during this difficult time. Utilizing [state](#) and county health guidelines and recommendations, we have made significant changes to our operations including reduction in services, programs, and events as well as increased measures with regards to our in our cleaning practices. For specific service, program, and event updates see below. For all of our programs and services we are exploring ways to provide virtual or modified opportunities and will continue to have updates in the coming days, weeks, and months on our efforts.

Please continue to visit this news page to stay up to date with information as it becomes available. For additional questions, please e-mail [membership@thewellatsacstate.com](mailto:membership@thewellatsacstate.com). For any refund or freeze requests please fill out the form below.

[https://csus.co1.qualtrics.com/jfe/form/SV\\_3wtwZLzFbCrTkCR](https://csus.co1.qualtrics.com/jfe/form/SV_3wtwZLzFbCrTkCR)

For all emails and request, please expect a delay in our normal response times.

## Program, Service and Event Updates

- All building tours have been suspended until further notice.
- Informal/drop-in recreation is still available as scheduled.
- Special Events:
  - The Sac State 5K Fun Run (4/23) - The event will not run as scheduled. We're currently evaluating how we can still provide services to the campus community. Check back for more information about the 2020 Sac State K Fun Run.
- Open Swim/Aquatics:
  - We will suspend the checkout of pool equipment to participants since we do not have as thorough of a way to clean equipment as the other sporting and fitness equipment in The WELL.
  - Open Swim at Yosemite Hall will remain open. The CDC [affirms](#) there is no evidence that COVID-19 can be spread to humans through the use of pools and hot tubs. Proper operation, maintenance, and disinfection (e.g., with chlorine and bromine) of pools and hot tubs should remove or inactivate the virus that causes COVID-19. With this in mind, we will ask the campus continues to strictly adhere

to the CDC recommendations for pH and chlorine in pools (pH 7.2–7.8 and chlorine concentration of at least 1 ppm).

- Fitness Programs
  - Group Fitness Classes
    - Classes will drop from 65 classes per week to 30 per week as of Monday March 16th. Classes capped to ensure proper social distancing. i.e. a class with the typical capacity of 30 may drop to 15 . No partner work for any group fitness classes will be allowed. An updated schedule will be available on the mind/body app and our website shortly.
  - Self Defense has been cancelled.
  - Personal Training is still operating at this time.
  - The Couch to 5K program is postponed until further notice.
  - Weight Warriors program is continuing as scheduled.
- Intramural Sports
  - All leagues and special events will be canceled starting March 13th.
- Climbing Programs
  - Tope Rope climbing will be suspended as of Saturday March 14th and until further notice. Bouldering is still available. No street shoes will be allowed in the climbing area.
  - All climbing events have been postponed until further notice.
- All-In Rec Programs:
  - All Recreational Therapy assessments and 1:1 appointments are moved to ZOOM appointments can be made via email at [Alivia.gok@csus.edu](mailto:Alivia.gok@csus.edu)
  - Unified Basketball (AIR program) has been postponed until further notice.
  - Walking for Neuro Health has been postponed until further notice.
  - All Learn To Play's have been postponed until further notice.
  - Goalball- has been postponed until further notice.
- Event Reservations
  - All facility and event reservations have been cancelled and we are not taking any new requests.
- Membership freezes are available at no charge through June 1st.

## Cleaning Practices

What we currently do and have always done:

- We staff our building with dedicated custodial staff around the clock including overnight sanitation.
- Non-custodial program staff also have use-based cleaning practices in place to target certain high-use equipment and surfaces. We will continue to clean all yoga mats, and group fitness equipment after each class session.
- We use a variety of high quality, effective, antibacterial and antimicrobial solutions tailored to specific surfaces and uses.

- Health-E wipes available throughout the building for all to use for equipment cleaning. Health-E wipes are FDA approved disinfectant wipes. Health-E wipes have antiseptic properties that will slow/stop the growth of germs on hard surfaces as well as they do on skin. The gym wipes are also safe to use on the skin and are registered to do so.

How are we stepping up:

- Increased use of Citra-Cide Disinfectant Cleaner throughout the entire recreation area. This is an EPA registered, neutral pH, hospital-grade disinfectant. Kills HIV-1, Hepatitis B virus, MRSA, MRSA-CA and E-coli, and numerous other microorganisms. Door handles, keyboards, ADA push buttons, elevator keys, tables, and chairs are being cleaned throughout the day. Prior, this kind of detail was completed at a minimum nightly but this is being amped up to quickly kill and disinfect surfaces and prevent the spread of germs.
- Custodial staff are wearing nitrile gloves when cleaning each area. Custodial staff are changing gloves and washing hands when they are done cleaning a space.
- We are increasing individual equipment cleaning to 4+ times per day.
- Additional hand sanitizer stations have been purchased and are expected to arrive this month.
- All counter surfaces and hand-key devices are being cleaned every hour at each desk.

How can you help?

- Stay home if you are sick, except to get medical care.
- Wash hands often with soap for 20 seconds especially after blowing your nose, coughing or sneezing. Wash your hands prior to working out and after your workout is complete. Take advantage of soap and water in our restrooms and locker rooms.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wipe down all equipment before and after you use it with Health-E wipes available throughout the facility.
- Take advantage of the various hand sanitizer available throughout the building in our hands-free dispensers.

## An update for our all of our staff

We understand this is a difficult time for everyone and we want you to know we are here for you. We are currently assessing programs and services and how that will impact employees' hours. If necessary, we are looking to reassign and offer alternative work duties. If that is not an option for you or we are unable to provide alternative opportunity, we are working with our

Human Resources department, University Enterprises Inc. to see what additional options can be made available to support our staff.