

Welcome Back! Your health is our mission

Please abide by all safety policies posted for your protection.



MUSC WELLNESS CENTER REOPENING: PHASE 1

The MUSC Wellness Center looks forward to reopening our doors to you on **May 28th**. Our team has been working diligently to prepare for a safe, successful and sustainable reopening. We are being intentional and thoughtful in our reopening operations to ensure safety for students, members and employees. Our policies and procedures follow CDC and State guidelines for fitness facilities.

We will continue to work through a phased plan to increase services and hours as appropriate. We will be communicating with you frequently and keeping you informed with important information. Please make sure we have your email address.

Please read the following reopening information, which is intended to provide you with the required policies and amended services during Phase 1 of our reopening. We eagerly wait to see you again and support you in your health journey.

Phase 1 Hours:

Hours will be temporarily reduced to allow time for daily deep cleaning of equipment and facility. Pool closes 30 minutes prior to facility.

Monday – Thursday
6:00am to 8:00pm

Friday
6:00am to 7:00pm

Saturday – Sunday
9:00am to 3:00pm



Key Policies For Your Protection



Members are required to wear masks when entering the building and in common areas. Members have the option of removing their mask while exercising to get enough oxygen and stay safe. Employees are required to wear masks and gloves.



Staff and members will have their temperature taken immediately upon entering the facility and sign a Well Check Attestation and Waiver.



Do not enter the building if you have a runny nose, sore throat, cough, shortness of breath, chills, fever, muscle aches, headache, subjective fevers, diarrhea, nausea, abdominal pain, sudden loss of taste/smell. Before returning, you must be free of fever for 72 hours without the use of fever reducing medications.



Members and staff must follow all signage to create a safe environment for everyone.



Employees will monitor fitness areas to ensure equipment is cleaned and assist in cleaning touch points and equipment after each use. Members are required to wipe down all equipment and touch points with the approved disinfecting wipes.



Hand sanitation stations and wipes are placed throughout the facility.



Wash your hands often and for at least 20 seconds following CDC guidelines.



Members must bring their own exercise mat, water bottle, and sweat/pool towel. There will be no towel service and no drinking from water fountains. Personal items must be kept in a bag except when using.



Practice safe physical distancing: at least 10 feet apart in exercise areas and at least 6 feet apart in all other areas.



No shower, sauna or steam, or hair dryers will be available.



No sharing equipment, "working in" or spotting allowed.



Cell phone use is limited to listening to music. No texting, talking or touching your phone in the exercise rooms. Your cell phone must be in a bag or exercise phone holder at all times. Emergency cell phone use is only allowed in hallways and the lobby.



Guest passes will not be sold at this time, however new members will be allowed to join.



Staff will monitor and limit room capacity to promote physical distancing.



Please be mindful of your workout time. We have many members with a desire to exercise and relieve stress at the Wellness Center!

More Questions?

Read our important FAQ's below!

Communication & Information

Q: Where can I find the latest updated information, and how will you communicate information to members?

A: Our most direct way to communicate with members is through email. If you are not receiving our emails, it is necessary to [update your email here](#). You can also [visit our website](#) for the latest information. If you have membership questions, [contact us here](#).

Arrival Process

Q: What does the entry process look like?

A: The membership lobby doors and the parking garage door will be available for entry and exit.

- Upon entering, you will have a temperature check via a touchless digital thermometer. We will observe the CDC guidelines that consider a person to have a fever when he or she has a measured temperature greater than 100.4 degrees Fahrenheit. Sometimes individuals will have an elevated temperature coming from the outdoors or from exertion, such as biking to the center. If your initial temperature reading is high, we will ask you to wait 5 minutes away from others before we recheck your temperature.
- Physical distancing of 6 feet apart is clearly marked as you enter the facility.
- Before and after the turnstile, we request you use hand sanitizer provided.
- The turnstile against the wall and furthest from the membership desk is available for entry. Key fobs will be used for entry and issued to members as needed.
- Signs are posted throughout the building as easy reminders of our mandatory policies and guidelines. Please follow all safety protocols.

Q: How long will it take for the entry process and will I have to wait for an exercise room?

A: The entry is arranged for an easy flow, and we will make every effort for a smooth and quick transition into the facility. Fortunately, we can accommodate many members in our exercise rooms even with physical distancing. The Wellness Center offers a variety of exercise areas. When one reaches capacity, we will help you find an alternate area.

Cleaning Procedures

Q: What are you doing to make the facility clean and safe?

A: The Wellness Center has implemented additional cleaning and disinfecting protocols.

- We have increased the availability of hand sanitizer, disinfectant wipes, and paper towels throughout the facility.
- Wellness Center staff and MUSC Housekeeping will be disinfecting surfaces, including equipment and other touch points, throughout the day.
- Electrostatic technology will be used daily to thoroughly clean and disinfect the facility. The Wellness Center uses the highest medical grade disinfectant products.
- Staff will monitor fitness areas to ensure equipment is cleaned and assist in cleaning touch points and equipment after each use.
- Members are responsible for cleaning equipment and all touch points after use. Paper towels are available for members to wipe up sweat followed by cleaning equipment with disinfectant wipes.

Locker Rooms

Q: Will the locker rooms be available for members?

A: Locker rooms are available for limited use.

- Showers, sauna and steam rooms, and hair dryers are not available at this time.
- If necessary, you may use a locker but your locker must be locked. Members must use a disinfectant wipe on the handle and entire inside of the locker before and after use.
- Members must practice physical distancing.

Pool & Aquatics

Q: I'm excited about using the pool again. Will it be open?

A: Yes, the pool is available during our amended facility hours and will close thirty minutes before the facility closes.

- The pool is available for lap swimming, one swimmer per lane.
- Physical distancing is required in the recreational pool area
- Group aqua classes will be added as soon as appropriate.
- Kickboards, pull buoys and dumbbells are **not** available.
- Remember to bring your own towel and goggles.

Free Weight Room & Cardio Room

Q: Are any changes being made to the Free Weight and Cardio Room?

A: We are implementing the following guidelines in our exercise rooms:

- Equipment is arranged to accommodate physical distancing and allotted members per square footage.
- Additional hand sanitizers, wipes and paper towels have been placed throughout the exercise rooms for cleaning procedures.
- Employees will monitor fitness areas to ensure equipment is cleaned and assist in cleaning touch points and equipment after each use.
- Members must clean equipment with the approved disinfectant wipes before and after use.
- Stretching tables and stretching equipment are relocated to Squash Court #1.
- Orange arrows indicate cardio equipment that is available for use.
- Staff is available at all times for assistance and questions.

Q: Do you have any updates on the downstairs weight room renovation project?

A: The renovation project is underway, and we are excited for the outcome! Therefore, the downstairs weight room equipment has been temporarily relocated to the basketball gymnasium. A structural engineer determined the placement of equipment. Please do not move any benches or machines. Please return all dumbbells, plates and bars to their proper place after using. You must bring your own weight belt and hand wraps.

Rooftop, Track & Court Sports

Q: Are we allowed to use the Functional Training Area on the rooftop and the indoor and outdoor tracks?

A: Yes!

- The Functional Training Area on the rooftop is open for use when classes and training programs are not in progress. Kettlebells, tires, TRX, one rope, medicine balls, and the turf sled will be available. Please use a disinfectant wipe to clean equipment you touch after each use. Staff will assist with cleaning equipment on the rooftop each hour.
- The indoor and outdoor tracks are available using 10 feet of physical distancing.

Q: Will court sports be available for play?

A: Courts sports are available with limited use.

- **Basketball:** No basketball games allowed during Phase 1. Rooftop basketball is open for two people on the court at a time using opposite goals. Balls are provided. You must abide by 10 feet of physical distancing. Player is responsible for disinfecting ball before and after playing.

- **Tennis:** One tennis court is available for singles only. Bring your own racquet and balls. You must abide by 10 feet of physical distancing.
- **Pickleball:** Two courts are available for singles only. Paddles and balls are available. Please do not touch or move the nets. You must abide by 10 feet of physical distancing. Player is responsible for disinfecting paddle and ball before and after playing.
- **Racquetball/Squash:** Racquetball or squash games are not allowed during Phase 1. However, one person is allowed on a court to hit against the wall. Racquets and balls are available and must be sanitized with disinfecting wipes after use.

Group X, Personal Training & The Next Wave Training Center

Q: Will we be able to participate in group exercise and cycle classes?

A: A variety of classes will be added soon with a revised schedule.

- Classes will be limited to 45 minutes to assist in the cleaning time needed to properly sanitize equipment and the room.
- Due to physical distancing, there will be no congregating before and after class.
- Weather permitting, group exercise classes will be held on the rooftop sports deck.
- We will continue our live stream online classes. The schedule will be updated weekly. Please check our website and your email for links to these classes. Also, don't forget about our [Wellness Center exercise video library](#) and [blog](#)!

Q: Will personal trainers be available? I am interested in personal training sessions.

A: Our exceptional personal trainers are eagerly awaiting the return of their clients and will be accepting new clients. Trainers will be scheduling clients starting the second week of reopening.

- We are excited to offer new virtual personal training services. Virtual training sessions will be accessed using a university licensed and secure online meeting platform. For those who wish to stay at home, this is a perfect way to reach your health and fitness goals.

Q: Can you tell me more about the new training studio I've heard so much about?

The Next Wave

*Science
Based Performance*



A: The Next Wave is our new science based performance training center. The focus of The Next Wave is to improve performance training by bridging the gap between science and best practice. The Next Wave offers clients the most innovative equipment providing strong scientific measurements and optimal results. James Johnson, voted best trainer in Charleston, is designing the programs for this science based training center.

We look forward to having you back either in-person at the Wellness Center or through our virtual programs. We will keep you updated on all added services and programs at they become available.

Thank you for your membership and your commitment to a healthy lifestyle!

