



WellZone

Alamance Regional Medical Center

Cone Health WellZone COVID-19 Guidelines

Screening:

- All Cone Health employees are screened daily through a questionnaire in partnership with the Health at Work team before arriving to work.
- All WellZone members will answer the COVID Screening questions upon entering the campus and given a mask, if you do not have one.

What To Expect When Exercising at the WellZone:

- All staff will be required to wear a face shield and face mask while in the center per Cone Health guidelines.
- Face masks must be worn at all times by anyone inside the WellZone, this includes during exercise sessions.
- Reservations in increments of 60 minutes will be required via Sign-Up Genius. Members cannot sign up for more than one 60 minutes reservation. **If you need assistance in reserving your timeslot, please notify staff or call us at 336-586-3562.**
- Capacity is currently limited to 12 people in the Alamance WellZone Gym at one time, as designated in Sign-Up Genius. Members that are not registered may not use the facility.
- Upon entering the WellZone, all members must sanitize their hands, using the wall-mounted sanitizer at the entryway.
- Upon arrival, you will need to complete an updated waiver, if not previously done.
- Physical distancing measures will be in place for equipment and group exercise (dots, floor lines, or out of order signs that rotate).
- All members are always required to stay 6 feet apart and follow mapped out traffic patterns designated around fitness center.
- Members are not allowed to use equipment directly next to another member.
- No towel services are available. Members may bring their own towels.



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- Locker rooms will be open for changing. Showers are currently closed.
- Members must clean equipment before and after each use. In addition, staff will be cleaning equipment at 6am, 10am, 1pm, 5pm and at closing.
- Lockers will be available for member use and must be marked as “dirty” with provided signage after use. Once they have been sanitized by staff, they will be marked as “clean.”
- The WellZone will be staffed from 6AM to 7 PM Monday to Thursday and 6am to 1:30pm on Fridays.
- Vulnerable populations are encouraged to use the facility during lower volume times, such as 9:00 AM-11:00 AM and 2:00 PM – 4:00 PM.
- TVs will be set to positive shows that may include sports, cooking shows, or home improvements. The remote will be in the staff office and staff can adjust channels.
- The water fountain is closed other than function of the water bottle filler station.
- Members may not walk in front of anyone on cardio machines while members are on them. All cardio is to be entered from the back of the machine (see designated arrows on the floor).
- Members are required to follow designated entry and exit traffic flow, as designated by the arrows, lanes and signs
- Members are asked to bring minimal belongings and leave as much as possible in the car.
- Members may not congregate in groups and must always remain 6 feet apart while socializing.