

**2020 Covid-19 DAPER Facilities and Services
Operations Playbook**



**Stage III Reopening
November 2, 2020**

Contents

Purpose/Statement.....	3
Communication.....	3
Summary of DAPER Reopening Stages	4
Code of Conduct / Expectations	5
Hours of Operations.....	5
General Access Stage III	6
Face Covering Requirements	7
Accessing The Facilities	8
Navigating The Facilities	8
Reservation System.....	9
Tracking Capacity	11
Bathroom/Locker Room Access.....	11
Zesiger and Wang Fitness Center	12
Zesiger and Alumni Pools.....	18
J.B. Carr Tennis Bubble	24
Intramural Sports	24
Club Sports	25
Physical Education & Wellness	25
Recreational Sailing (Seasonal).....	25
FAQ's	27

Purpose/Statement

The purpose of this document is to provide the MIT Community, patrons, and guests of DAPER our reopening plan. MIT Recreation has worked tirelessly with multiple campus partners to ensure that your safety is centered around sound decisions. This document will detail the DAPER's 4 Stage plan and protocols for each program area. As more data and recommendations are released, DAPER may need to adjust this approach from what is outlined here to address concerns, industry best practices, MIT and government guidance.

As we move forward with these revised operating procedures, DAPER will look and feel different. The health and well-being of the MIT community is our top priority. This is an extremely trying time. We ask for not only your patience, but your help in keeping the facilities open to others in the MIT community by following our code of conduct, social distancing, and cleaning directions. Failure to comply with these policies may result in suspension of membership and loss of DAPER facility privileges.

We are looking forward to seeing you all again and are excited to be able to reopen even in this limited capacity.

Communication

We have developed this Welcome Back Video to help streamline the most important information you need. For updated information for future stages and comprehensive information on our new policies please continue to reference this and future playbooks.



Where To Find Information

- All updates in information will be emailed to our members, updated on our website <http://www.mitrecsports.com>
- Please check our communication channels each time you plan to use our facilities BEFORE you come, as information may be constantly changing
- If you have any questions related to our COVID regulations please email daper-reopen@mit.edu
- Check out our - Social media, website, and your email I for the most up-to date information for members and the MIT community
- DAPER Updates can also be found <https://www.mitathletics.com/covid19/index>

Signage

- Signage will be posted on our fields, fences, throughout our indoor facilities and check-in areas. Please adhere to the regulations listed as they are for the safety of our members and staff
- Please check our signage each time you visit our facilities as our rules and regulations may be changing frequently.

Summary of DAPER Reopening Stages

DAPER has developed a four-stage approach to reopening the facilities. During each stage, the expanded access to facilities and programs will be based on National, State, Local and Campus guidelines along with industry best practices. Below is the Conceptual Staged Opening Timeline. Note that this timeline can be impacted by both State and Campus mandates.

Stage 1 Outdoor Facilities Reopen (July 13th – Ongoing)

Sailing and Outdoor Fields

Stage 2 Indoor Facilities Reopen (September 8th – Ongoing)

Stage 1 Operations

Fitness and Aquatic Indoor Operations

Limited Group and Private Instruction

Stage 3 Expansion of Program and Services Offerings (November 2nd – Ongoing)

Expanded Group, Private Instruction and additional programs

Stage 4 Return To Pre-COVID-19 Services and Operations (Vaccine “New Normal”)

Rentals, Events and removal of social distancing restrictions

Code of Conduct / Expectations

As we are doing our part and we ask for our members to assist us in making this environment the safest that it can be.

- Bring your face covering - Face coverings are required in all of our facilities and must also be worn while outdoors all times.
- Adherence to all State, Local and Campus guidance and policies.
- DAPER Staff have final authority on all matters concerning safety management and emergency situations in the DAPER facilities until relieved by proper authorities.
- Adherence to the *MIT Return to Campus Agreement*: Compliance with Public Health Expectation for Students, Residential Partners, and Spouses.
- Social distancing guidelines will be enforced in all areas of the facility, at all times.
- Please do your best to make a conscious effort to use this time to improve your personal mental and physical well-being without compromising that of someone else.
- Patrons should wash or disinfect hands upon entering/arriving at a facility and after any interaction with employees, other members, or equipment they use.
- Currently during Stage III admittance to the DAPER Facilities will be kept to those students, student families, faculty/staff and their families who live on campus, and graduate students who have been cleared to return to work through the MIT COVID Pass system. All other groups in the community will be considered as the year progresses.
- Members are to stay home if they feel sick or show signs of COVID-19 infection.

Hours of Operations

DAPER has carefully assessed the hours of operation based upon our capacity limit and the populations that are being served. Within each stage, DAPER will adjust the hours as well as the populations that are welcome to visit MIT Recreation.

Reopening Stage	Approved Access	Zesiger Hours	Alumni/Wang	Sailing
Stage III Starts Nov. 2, 2020	See Current Access	Monday - Friday 7a-9:00p Saturday +Sunday 12p-7p	Monday - Friday 7a-9:00p Saturday +Sunday CLOSED	Check Website

*Hours subject to change due to holiday and special closures. Complete list of the operational schedule can be found [here](#).

Stage III:

During our Stage III, MIT Recreation will have new hours with both indoor and outdoor facilities open for informal recreational use and the J.B. Carr Tennis Bubble will be open for students in MIT COVID access.

Some spaces in the facilities may be closed during different times of the day to allow for Physical Education and Wellness classes, Intramural Sports, Club Sports, Group Exercise and periodic cleaning. The detailed schedule for the facilities will be posted online.

In-person one on one training and indoor group exercise classes will resume under new safety protocols.

The Sailing Pavilion will also be open for experienced sailors and have passed the boating and the accompanied swim test.

General Access Stage III

Membership Eligibility

Beginning November 23, 2020: All users must already be sponsored in Covid Pass. DAPER is not authorized to sponsor anyone in Covid Pass for Recreation access only. Admittance to the DAPER Facilities (indoor and outdoor) will be expanded to new membership groups but limited to the following:

- Undergraduate students that reside on campus and are in Covid Pass
- Graduate students that reside on and off campus and are already in Covid Pass
- MIT employees and their families that reside on campus and are already in Covid Pass
- From 11/23/2020-2/14/2021 MIT employees who are in Covid Pass and work on the day of the visit
- Spouses, partners, and children of students that reside on campus and are already in Covid Pass

Individuals and their families must also hold an active MIT Recreation membership and utilize the MIT COVID Pass app prior to gaining entry.

For those who live on campus and wish to sign up for a student family membership, you may sign up in person at the Z Center main desk or the at Alumni/Wang. If you previously had a student family membership prior to our shutdown, please email memberservices@mit.edu to opt back into your membership.

All other membership categories and day pass users will be considered as the year progresses based on MIT's reopening guidelines.

Online Account

In order to access amenities including reserving space and group exercise. Members must log into our online membership portal or use the MIT Recreation Mobile App. If you have never accessed your online account or have forgotten your password please request access [here](#). After

you have activated your online account you can download the MIT Recreation Mobile App. [Apple](#) | [Android](#)

Liability Waiver

In order to access MIT's Department of Athletics, Physical Education, and Recreation (DAPER) facilities you must read and sign DAPER's liability release waiver.

Face Covering Requirements

Following MIT and Cambridge requirements face coverings must be worn at all times regardless of location. Please continue to review [MIT](#) and Cambridge policies as they may be altered.

A byproduct of exercise is increase respiration, in effort to minimize the potential exposure to others who use the DAPER facilities you are asked to follow these requirements.

Cloth or Ear Loop Face Covering (Required)

For repeated use, cloth face coverings have been shown to be a very good option during exercise. It is best if the cloth face covering has multiple layers of fabric. Face coverings made of scarf, bandana or t-shirt are not great options as they usually do not fit the face as well as a cloth face covering and are restricted from use while in the DAPER Facilities.

While in the facilities face coverings must always cover both the nose and mouth. Members are also encouraged to bring multiple coverings as they become damp during exercise. Please reference the [FAQ section](#) for recommendations while exercising.



Face Shields and Goggles (Allowed with face covering)

A face shield is primarily used for eye protection for the person wearing it. At this time, it is not known what level of protection a face shield provides to people nearby from the spray of respiratory droplets from the wearer. There is currently not enough evidence to support the effectiveness of face shields for source control. Therefore, CDC does not currently recommend use of face shields as a substitute for face coverings.

Neck Gaiter Coverings (Not permitted)

Neck gaiters (aka “buffs”) are also not a good option because they are designed to keep the face and neck warm, and during exercise it is important to dissipate heat from the body to cool it off.

Face Coverings with Exhalation Valves or Vents (Not permitted)

The purpose of face coverings is to keep respiratory droplets from reaching others to aid with source control. However, face coverings with one-way valves or vents allow air to be exhaled through a hole in the material, which can result in expelled respiratory droplets that can reach others. This type of mask does not prevent the person wearing the mask from transmitting COVID-19 to others. Therefore, CDC does not recommend using face coverings for source control if they have an exhalation valve or vent and are restricted from use while in the DAPER Facilities.

Accessing The Facilities

Until further notice all exterior doors will be locked and can only be accessed by ID tap. Those who have an active COVID Pass Daily Attestation will be able to enter these exterior doors. Please do not hold doors for others as this process is for everyone’s safety.

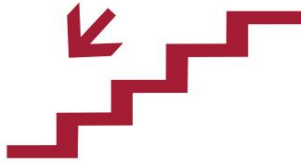
After entering the facility, only active membership pass holders (including students) that have completed a liability waiver will be able to gain access through the turnstiles.

As of Saturday, December 26, 2020 the Cambridge Health Department has placed restrictions on how long members can frequent the facility each day. Until at least January 16, 2021, or until further notice members can only recreate for a maximum of 90 minutes or reserve one reservation per day.

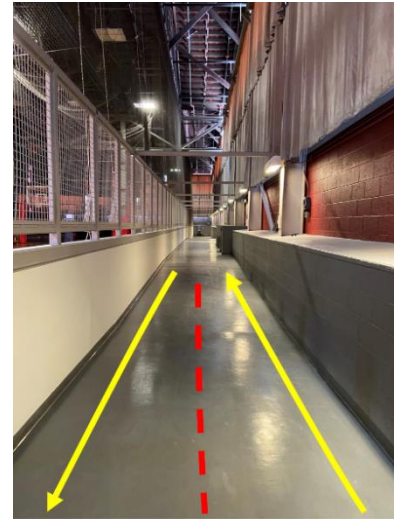
Navigating The Facilities

For the safety of everyone please follow all posted signs in the facility and when possible keep at least 6 feet distance from others. Note: some areas may have enter/exit only directions.

**Stairwell is
down only**



(except in an emergency)



covid19.mit.edu



Reservation System

During Stage III all the indoor facilities will be open for informal recreation. Most areas do not require advanced registration. However, some areas including Wang Fitness Center, Zesiger Fitness areas, Swimming Pools, Outdoor Tennis Courts, and the Squash Courts will require advance reservations. Unless noted reservations can be made up to 48 hours in advance through the MIT Recreation mobile app [Apple](#) | [Android](#) or through the online member [account login](#). To reserve a space online, login or create an account and click on the “scheduler” link to select your preferred time.

Fitness Facilities

All, Fitness facilities will require daily reservations in advance to gain access. The Fitness facilities under a reservation process include: 2nd Floor Fitness, 3rd Floor Fitness and MAC in the Z-Center, and the Alumni Wang Fitness area. All individuals must sign up for their own reservation. Reservation blocks will be for 90-minute periods which consists of 75 minutes for workouts and 15 minutes for the staff to perform a thorough cleaning. More information about reservations details and how to register can be located in the [Fitness Reservations](#) section.

Group Exercise

To ensure class remains at capacity, participants must register for the class in advance through our mobile app or online. Please see the [Indoor Group Exercise](#) section for more information.

Outdoor Tennis (Seasonal)

For Outdoor Tennis, reservations can be made up to two hours in advance, twice a day for a maximum of two hours and will be in 60 minute increments, in most cases starting and ending on the hour. Please note that the reservation time may include a time for staff to ready the area for the next group.

Tennis Bubble

Beginning Monday, November 2nd, the J.B. Carr Tennis Bubble will be open for students in MIT COVID access. The hours will be Monday-Friday 7:00am-10:30am and 2:30pm-8:30pm and on Saturday and Sunday from 12:00pm-7:15pm. There will be a 15-minute buffer between all bookings. Reservations are available up to two days in advance by calling 617-253-1451 during operational hours.

Squash / Badminton / Johnson Tennis

Reservations for these three can be made online or by calling the Vassar Desk at 617-253-9485 during operational hours, and up to 24 hours in advance. Members can book one squash court per day for one hour. Tennis and Squash doubles play is permitted.

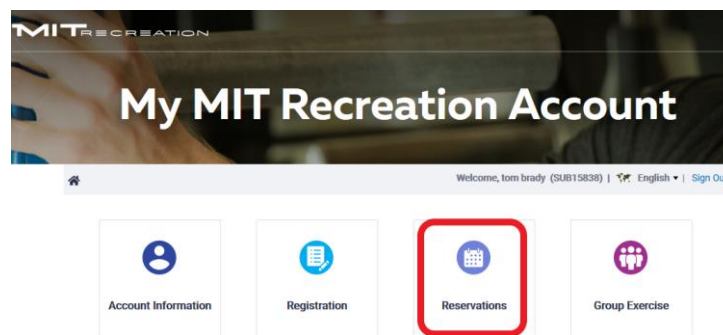
For cancellations, we ask that members discard the reservation at least an hour prior to the start. For questions regarding the reservation options, members can email daper-reopen@mit.edu during the open business hours.

Swimming

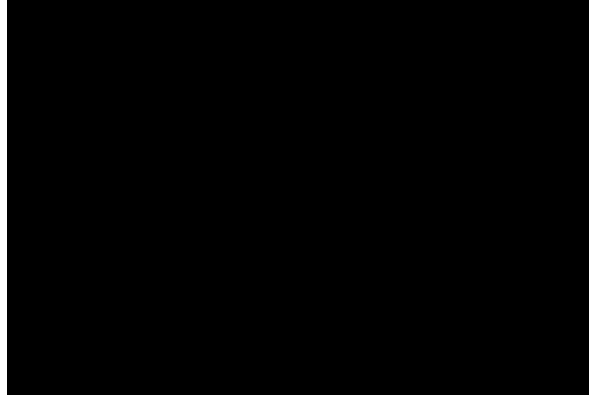
Check In is required in order to use pool reservations and will be verified prior to access being granted. Information on pool lane reservations can be found in the [Swim Reservations](#) section below.

Sailing

Sailing Reservations can be made through the sailing website <http://sailing.mit.edu/>. Please reference the [Sailing section](#) for more information.

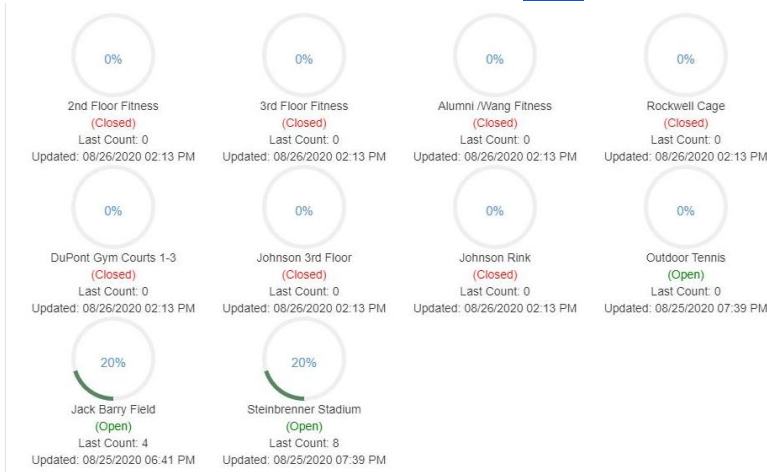


Video tutorial on how to reserve space through online portal



Tracking Capacity

DAPER will be tracking capacity of the facilities and each area will be updated throughout the day. Members that have access during Stage III, will enter through specific access points and may be checked in by our DAPER staff at a specified location. Our team will update the online counts to properly reflect the number of patrons using the facility on an hourly basis. Members can reference these counts on the MIT Recreation Website or [here](#).



Please keep in mind there will be a capacity restriction for many areas of the facility. In the event DAPER reaches capacity during Stage III, our staff will allow patrons in to use the facility as soon as we are below capacity.

Bathroom/Locker Room Access

Stage III: Shower, Sauna, Restroom and Locker Room Policies

MIT Recreation strongly suggests that members using the facilities arrive to the facilities already dressed to recreate, including wearing swimsuits under street clothes. It is recommended that the time spent in the locker rooms be limited to the shortest amount of time needed.

Outdoor Facilities

No bathrooms will be open during this stage. This is for the safety of our community and staff members. This includes the Sailing Pavilion.

Indoor Facilities

Until further notice:

- All sauna's and showers will be closed. Showers will be available for swimmers only on the pool decks for rinsing before the use of the per Public Health Code regulations.
- Towel Service and Day Use Lockers will be suspended until further notice.
- New Locker Rentals will be sold. Those with existing lockers and active memberships can use the rented lockers and renew when term ends.
- Portable and fixed hairdryers and swim suit dryers will not be available or taken out of service.
- Designated shower stalls and drying areas can be used for changing.
- Sinks are reserved for handwashing and any personal grooming should be done at home.

To Promote Social Distancing:

- One Way traffic flow may be implemented
- Restrictions on the number of members allowed in a row or bay may be posted
- Sink and bathroom stalls may be closed

Water Fountains

Water Bottle filling stations will be open during the Stage III and all other water fountains will remain closed for the safety of our community and staff members. DAPER strongly urges members to bring their own water bottles and not to share water with others.

Zesiger and Wang Fitness Center

General Fitness Facility - Policies & Procedures

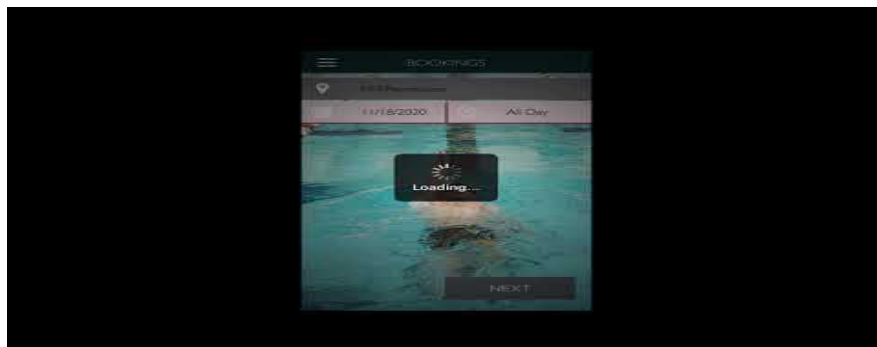
- Per MA state guidelines, all equipment has been arranged so exercise areas are spaced out at least 14 feet apart
- Face coverings are required for all workers and members, except where unsafe due to medical condition or disability
 - If patrons cannot wear a face covering during strenuous fitness activities, physical distancing must be at least 14 feet
- Patrons are not permitted to work in together, please use one piece of equipment at a time in order to facilitate required sanitizing.
- In order to maintain social distancing, no spotting for lifts is permitted. Please utilize weight that you can lift for at least 8 repetitions for your own safety.
- Hand sanitizer and disposable wipes will be spread abundantly throughout the space for workers and patrons to disinfect their hands and equipment before/after use

- Disposable wipes will be placed near large equipment (such as treadmills, bikes, rowing machines) and next to each area containing smaller equipment (such as free weights)
- All equipment must be sanitized between uses. No equipment should be used by another patron or returned to the storage rack / container without being sanitized
- Stretching areas have been closed off and mats have been removed from the floor
- Red day lockers will be blocked off to ensure adequate social distancing and limited shared space of personal belongings
- Patrons are encouraged to use their own personal exercise equipment (such as spin shoes, jump ropes, yoga mats, etc.) when possible. If shared facility items are used, they must be sanitized in between each use
- Personal Workout Zones (MAC): 24 Personal Workout Zones have been measured and taped out on the MAC court. These zones are designed to provide the patron with 14' of spacing from the center of one zone to the next. Loose equipment (e.g. medicine balls, boxes, stability balls, etc...) have been spread around the perimeter of the court for individual use. Use of every other box is encouraged
 - Patrons are asked take equipment into your personal workout zone, clean both before and after use. When complete, please put equipment back along the perimeter
 - Personal Workout Zones are first come first serve on the hour, for one hour. Ex. 9am-10am, 10am-11am etc.

Fitness Facility Reservations

Please take notice that daily reservations will be required for access to all fitness facilities (Z Center 2nd floor, 3rd floor and MAC and Alumni/Wang fitness area), beginning Monday, November 23rd during all hours of operation. Please review the following Fitness Center Reservation Policies & Procedures.

Learn how to make a Fitness Reservations through our mobile app.



Fitness Center Reservation Policies & Procedures

- Patrons register via MIT Recreation site or [mobile app](#), all individuals must sign up for their own time slot. Please only sign up for time slots you are able to attend.
- Time slots are for 75 minutes and can be made up to 2 days in advance.
- A max of one reservation can be held per day. Back-to-back reservations are **NOT** allowed, and patrons may not reserve more than 1 blocks per day.
- Face coverings are required in all Campus Recreation facilities and programs, with the exception of rec swim.
- Registrants check in for their reservations at the Member Services Desk; check-in period begins 15 minutes prior to reservation start time and extends until reservation block ends.
- 2nd Floor Fitness Reservations at the Z-Center will receive a wristband.
- Reservations will be made by space at the Z: 2nd floor, 3rd floor, and MAC; A/W reservations for Fitness area only.
- No walk-ins; all reservations must be made prior to entry.
- Late arrivals are accepted but reservation block remains the same.
- Two (2) no shows over a seven-day period will result in a temporary seven-day suspension from the reservation system. Time slots must be cancelled one hour prior to avoid a no show.
- Indoor Group Exercise registration does not provide a reservation for the A/W Fitness center, if you sign up for a class you will need to exit the facility unless you have a scheduled reservation.

Fitness Programming Policies & Procedures

Indoor Personal Training

MIT Recreation now offers indoor Personal Training. Virtual Personal Training will still be available. Sessions are available for purchase and open to those who meet the criteria for current Membership. Any patrons who were previously working with a trainer will be considered first for sessions, renewals. We will fulfill as many new clients requests as possible but please note there could be a waitlist for new clients. All sessions will be held in the Varsity Weight Room. All trainers and clients are required to be up to date in COVID Pass prior to scheduled sessions.

Indoor Personal Training Policies & Procedures

- Social Distancing
 - Clients will be asked to wear a face covering while indoors unless they are unable to due to a medical condition.
 - Personal Trainers will be required to wear a face covering and a face shield. Limited close contact is encouraged.
 - Each trainer/client pair must be at least 14 feet away from other trainer/client pairs.

- In accordance to state guidelines and MIT Staff recommendations, there will be at most 8 people in the space at once.
- Follow visual floor markers & directional pathways to the Varsity Weight Room.
- Tim the Beaver markings are placed in the hallway 6’ apart to provide for adequate spacing prior to a session.
- Hygiene Protocols
 - Trainers will be asked to schedule clients at least 15 minutes apart. This time is necessary to clean equipment and wash hands or use an alcohol-based hand sanitizer.
 - Hand sanitizer and disposable wipes will be distributed throughout the space for trainers and clients to disinfect their hands and equipment before and after use.
 - All equipment must be sanitized before and after use. No equipment should be used by another client or returned to a storage area without being sanitized.
 - Personal Trainers should program and encourage clients to use one piece of equipment at a time (e.g. limit circuit training or super sets with multiple pieces of large equipment) in order to facilitate required sanitizing.
 - Clients are encouraged to bring their own equipment (e.g. mats, jump ropes, bands, etc.) if they so choose.
- Staffing & Operations
 - Personal Trainers will be required to meet all state & institutional requirements, including maintaining an active COVID Pass, meeting all testing standards, trainings, and daily attestations.
 - Personal Trainers must verify that any client who is interested in in-person training is allowed to return to campus and maintains an active COVID Pass.
 - All Indoor Personal Training sessions will be held in the Varsity Weight Room.
 - Clients may bring their personal belongings (e.g. backpack, jackets, etc.) with them during the session while day lockers are out of use.
 - Personal trainers should maintain six feet of distance from clients to the extent possible and should minimize any prolonged close contact. Personal trainers must wear face coverings and face shields.
 - Any equipment used during a personal training session must be sanitized after each use, or at the end of the session if the client was the only person who used the equipment during the session.

Virtual Group Exercise (Ongoing)

If you are not a part of the membership groups able to use the facilities, we have free [Virtual Group Fitness classes](#) options.

To register as a guest to take our free virtual classes you do not need an account. Click the “Become a Guest” option. Once logged in, select “Group Exercise” and then register for the class you wish to attend. Once registered, you will receive a confirmation email with the link for the virtual class. Note: Registration for a class can only take place within 48 hours of that class’s start time.

Indoor Group Exercise

MIT Recreation now offers indoor Group Exercise. During classes, the studio will be reserved and schedule published in advance. Classes will be free and open to those who meet the criteria for our current Membership. All classes will be held at the Alumni Wang Center. All participants are required to check-in at the Alumni Wang Fitness Desk prior to being allowed into the class. Additionally, non-DAPER organized Group Exercise or other instructional programs are prohibited at the DAPER facilities without prior approval.

The schedule for currently available classes can be found [here](#).

If you are interested in joining a live Group Exercise Class please review the following information. If you are not a part of the membership groups able to use the facilities, we have free [Virtual Group Fitness classes](#) options.

- Social Distancing
 - To ensure class remains at capacity, participants must register for the class in advance through our mobile app or online [here](#).
 - To ensure physical distancing, we will limit capacity for all in-person Group Exercise classes to 6 Members and 1 instructor.
 - During class, instructors and participants must always comply with all social distancing requirements and remain 14 feet apart.
 - All Group Fitness classes will be designed to facilitate distance between participants & instructor. 6 Personal Workout Zones are measured and taped out on the studio floor. These zones are designed to provide the patron with 14' of spacing from the center of one zone to the next. See Map Below.
 - Loose equipment (e.g. medicine balls, Bosu balls, dumbbells, etc.) have been spread around the perimeter of the studio for individual use.
 - Patrons will enter the studio through the studio door at the end of the hallway, and exit through the door closest to the fitness floor. Directional arrows are on the floors to assist.
 - All participants will be asked to gather equipment beforehand and remain in their zone during the class, as well as follow all labeled traffic flow signage on the floor.
 - Within each personal workout zone, there is a Tim the Beaver marking to designate the ideal spot to partake in class.
 - Due to the size of the cycle studio and high intensity nature of cycle classes, cycle classes will not be brought back this fall.
- Hygiene Protocols
 - Facial coverings are required at all times. Concerned about exercising with a face covering? See our [FAQ section](#).
 - Hand sanitizer and disposable wipes will be distributed throughout the space for instructors and participants to disinfect their hands and equipment.
 - Equipment should not be shared between participants or between the instructor and a participant.

- Patrons are asked take equipment into your personal workout zone, clean both before and after use. When complete, please put equipment back in its designated area.
- At this time, participants will be required to bring their own mats. MIT Recreation will only be providing dumbbells, Bosu Balls, Medicine Balls, and Steps during Stage III.
- **Staffing & Operations**
 - Indoor classes will be similar days/times as outdoor classes were previously.
 - Schedule 30-minute windows between classes to allow for thorough cleaning and appropriate ventilation of the fitness room, and to discourage congestion.
 - Fitness Desk Attendants will complete and log cleaning duties in Connect 2 following each class.
 - To minimize touchpoints, participants should check-in at the A/W Fitness Desk before entering studio.
 - 5:30pm for most classes (transition of FDAs)
 - CSI to check in
 - Approach desk and say last name
 - Tim the Beaver markings are placed along the Fitness Desk for checking into class.
 - Tim the Beaver markings are also placed in A/W hallway 6' apart to encourage participants to line up before class.
 - The Instructor will signal when participants can enter.
 - Participants will enter the studio through the back entrance (further down the hallway) and exit through the front (closest to fitness floor)
 - During the class, participants must work out within their marked workout zone, preferably on the Tim the Beaver marking
 - No microphone will be used, but music encouraged

Indoor Golf

MIT Recreation now offers indoor Golf lessons starting December 7th; virtual lessons will still be available. Sessions are available for purchase and open to those who meet the criteria for current Membership. Sessions may be conducted remotely or in the simulator range; patrons will connect with Joe Rocha (instructor) in-person for one-on-one lessons and via Zoom/FaceTime for buddy lessons. All instructors and clients are required to be up to date in COVID Pass prior to scheduled sessions.

Indoor Policies & Procedures

- **Social Distancing**
 - Clients will be asked to wear a face covering while indoors unless they are unable to due to a medical condition. This should be discussed with the Fitness Coordinator (Charlie Salek, csalek@mit.edu) prior to the session.
 - Instructors (i.e. Joe) will be required to wear a face covering and a face shield. Limited close contact is encouraged.

- Each instructor/client pair must be at least 6 feet away from other trainer/client pairs.
- In accordance to state guidelines and MIT Staff recommendations, there will be at most 2 people in the space at once.
- Follow visual floor markers & directional pathways to the simulator range.
- Hygiene Protocols
 - Hand sanitizer and disposable wipes will be distributed throughout the space for instructor and client to disinfect their hands and equipment before and after use.
 - All equipment must be sanitized before and after use. No equipment should be used by another client or returned to a storage area without being sanitized.
 - Clients are encouraged to bring their own equipment (e.g. clubs, foam roller, bands, etc.) if they so choose.
- Staffing & Operations
 - Instructor(s) are required to meet all state & institutional requirements, including maintaining an active COVID Pass, meeting all testing standards, trainings, and daily attestations.
 - All Indoor sessions will be held in the Golf Simulator range. A link will be provided with detailed directions to this space.
 - Clients may bring their personal belongings (e.g. backpack, jackets, etc.) with them during the session while day lockers are out of use.
 - The instructor must maintain six feet of distance from clients to the extent possible and minimize any prolonged close contact. Instructors must wear face coverings and face shields.
 - Any equipment used during a session must be sanitized after each use, or prior to the end of the session.

Zesiger and Alumni Pools

Aquatics Member Policies and Procedures

Before Arriving

- We recommend Swimmers come to the facility in their swimming gear. Limited changing facilities will be available. Reminder: Showers will not be available for use in the locker rooms, Day Locker and towel service has been suspended until further notice and changing into/out of swim suits on deck is not allowed.
- Members are required to wear a face covering at all times while in the pool area (i.e. on deck). No masks should be worn in the water for patron safety.

- All open swimming will be through online reservation located on the MIT Recreation Website ([HERE](#)). Individuals without a reservation will not be allowed access to the pool area.
- Reservations will start 15 minutes after the top of each hour and will conclude at the end of the hour example 7:15 – 8:00am. The 15 minutes will allow for transition time and cleaning. Reservations can be made up to 1 hour prior to a reservation time. Please come on time to your reservation as no allowance will be given for extended swimming and will help promote social distancing inside the locker rooms. See [Swim Reservation](#) section below.

Upon Arrival and During Swim

- All members should enter the Zesiger and Alumni Wang Pool Areas through the locker rooms.
- Directional arrows and signs will be visible on the pool deck to maintain social distancing protocols.
- Per MA DPH Guidelines swimmers will be asked to take a cleansing shower utilizing the showers on the pool deck (soap is restricted on the pool deck).
- Zesiger Pool Swimmers will check in with their MIT ID at the check in table located on the pool deck outside the Zesiger Women's locker room.
- Alumni Pool Swimmers will check in at the front desk and be given a wristband to wear in the pool area and will designate the lane that they reserved.
- Those who come early to their reservation will be allowed to check in and wait in the designated waiting area on the pool deck.
- Swimmers are asked to keep their belongings with them on the pool deck in designated bins located behind each lane.
- Kickboards and pull buoys will be available for use, located in a bin near the check in table. Fins, toys and noodles will not be available for use. Kickboards and pull-buoys will be cleaned after each use by Aquatics Staff and should be put in the 'dirty bin' located near the entrance to the locker rooms when finished.
- Each lane will be clearly marked with lane numbers. Swimmers will be reminded which lane to go to upon checking in.
- Swimmers should take special precautions to maintain distance while resting on the wall. Circle swimming is not recommended at this time.
- A whistle/horn will be sounded at the end of each reservation period.

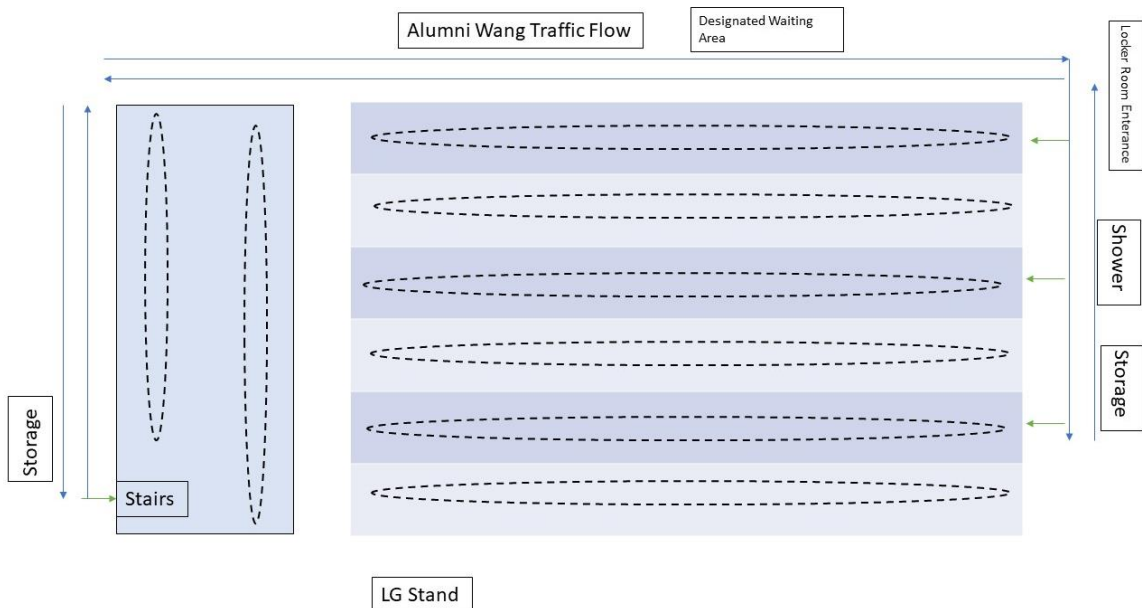
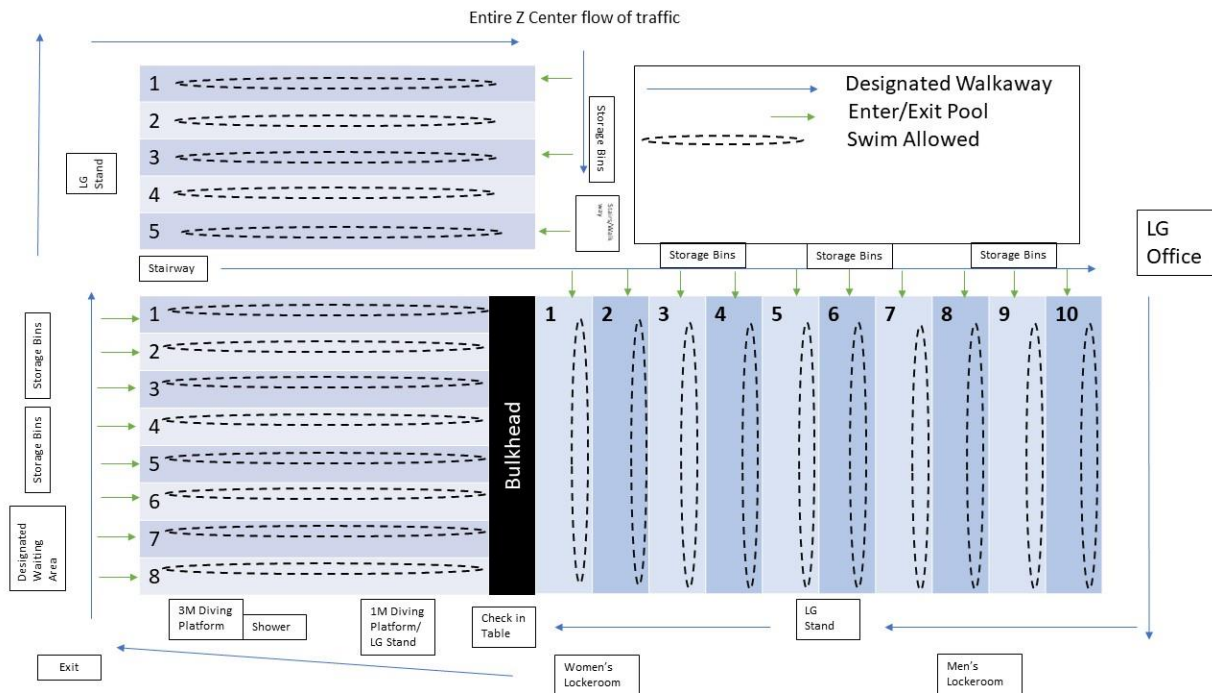
After Swimming

- When exiting the water swimmers should put on mask first once on deck. Swimmers will be asked to gather their belongings, return any borrowed equipment and leave the pool deck.

- Swimmers should promptly make their way, following the directional markings, off the pool deck and back through the locker rooms.

Pool Deck Traffic / Flow

Due to social distancing requirements please reference the map below. When on site please follow all signage and directions given by staff.



Swim Reservations

Z Center:

- All patrons who wish to use the pool for recreation purposes should place a reservation ([here](#)) at least 1 hour prior to their desired swim time. Patrons without a reservation will not be allowed to utilize the pool area.
- All reservations should be made for 1 person, or a parent and child. Parties of multiple adults will not be permitted in a single lane. Those who wish to swim with another adult (even those that live together) should reserve multiple lanes.
- Reservations will be made for 45-minute increments beginning on the 15 of each hour. (i.e. 6:15pm-7pm).
- Please come prepared to swim on time to your reservation. A designated waiting area will be available for those who come 5-10 minutes early for their reservation.
- To access the pool area, please come through the Zesiger Center Locker Rooms and make your way to the check in table located right outside the Zesiger Center women's locker room.
- Present your MIT ID to the check in attendant who will then confirm your reservation. The attendant will direct you to your reserved lane.
- Once the reservation is confirmed please make your way, with your belongings, to the shower area located under the 3-meter diving platform for a quick rinse off shower.
- Follow all directional arrows to your assigned lane.

Alumni:

- All patrons who wish to use the pool for recreation purposes should place a reservation ([here](#)) at least 1 hour prior to their desired swim time. Patrons without a reservation will not be allowed to utilize the pool area.
- All reservations should be made for 1 person, or a parent and child. Parties of multiple adults will not be permitted in a single lane. Those who wish to swim with another adult (even those that live together) should reserve multiple lanes.
- Reservations will be made for 45-minute increments beginning on the 15 of each hour. (i.e. 6:15pm-7pm).
- Please Check in at the front desk, with the membership services attendant, located at the entrance to the Alumni Wang Facility. Once your reservation is confirmed you will be given a colored wristband to wear while in the pool area.
- To access the pool please make your way through the locker rooms to the pool deck
- Please come prepared to swim on time to your reservation. A designated waiting area will be available for those who come 5-10 minutes early for their reservation.
- When it is your specified reservation time please make your way, following the directional signs, to your given lane. Your colored wristband will correlate with the color of a specific lane.

Learn To Swim Programs

MIT Aquatics will offer Private Swim Lessons starting **November 2nd**. If you have any existing lessons that you would like to resume, are interested in purchasing new lessons, or have any other questions please email privateswim@mit.edu.

Facility Processes/Safety Measures

- Lessons will be sent a consultation survey to gather information on the student before pairing with instructor to make sure we have the ability to accommodate
- Only pre and post swim rinse is allowed on deck, students should arrive and leave in swimsuit if possible
- Students will follow the same rules for the pool as rec swimmers, mask on until in the lessons, check in at the pool desk, and rinse off before heading to your lane
- Lanes will be scheduled for lessons, there will be one household per lane

Processes/Safety Measures for Members

- Students in the same household can take lessons together
- Option for parent to be in the water with child to do the hands-on part of the lesson, instructor out of the water
- One parent is allowed to accompany the child to lessons unless there are multiple children in the same household taking lessons
- Family changing room open, one family at a time is allowed in, there is no shower available, cleaned regularly but not after every individual family
- Instructor will clean any lesson materials used in between each class

Swim and Boat Tests

The drop-in Swim and Boat tests have been suspended until further notice. Those who require a Swim or Boat Test to meet the institute requirement or for a Physical Education and Wellness Sailing class are asked to fill out a [Swim and Boat Test Request Form](#). After submitting the form, you will be contacted within 48 hours to confirm a time to take the test.

Outdoor Field Operations (Seasonal)

Areas of Access

During Stage III only *Steinbrenner Stadium, Jack Barry Field, duPont Outdoor Tennis Courts and grass fields* will be available.

Traffic / Flow

Due to campus requirements to restrict access to only approved members and to provide safe access to areas permitted for use, please consult outdoor attendant if you have any questions. When on site please follow all signage and directions given by staff.

Outdoor Check-in Process

Before you leave your residence, please complete the MIT COVID Pass daily attestation covidpass.mit.edu.

Members planning to use the outdoor DAPER facilities between 7am - 4pm Monday through Friday must first check-in inside the Z-Center at the Main Desk. Approved users (cleared in Covid Pass and with an active membership) will be given a wristband that must be worn during their outdoor workouts. DAPER staff will conduct hourly checks of outdoor facilities between the hours of 7am - 4pm. Any patron not wearing a wristband will be asked to check in at the Z-Center Main Desk.

Check-in for the use of outdoor facilities on weekends and weekdays during the hours of 4-8pm will remain outside (check in table is located between the two turf fields).

Students enrolled in outdoor Physical Education and Wellness classes should report directly to their class location without checking in indoors. Instructors will check Covid Pass compliance. Modifications to classes due to inclement weather will be communicated by the instructor.

Finally, in alignment with MIT's PPE policy, face coverings **are required** at all times. Those who do not arrive with a face covering will be denied access.

Permitted Uses for During Stage III Outdoor Facilities

NOTE: Due to inclement weather DAPER reserves the right to suspend outdoor operations without advanced notice. For unexpected closures an alert will be posted at www.mitrecsports.com homepage.

Jack Barry, Steinbrenner Stadium and Fields

- Scrimmages, organized games and tournaments are not allowed for contact sports in Stage III, and activities must be limited to no-contact drills and training exercises.
- Contact sports are those where ordinary play puts players into contact or close proximity to one another, and include, without limitation, basketball, football, baseball, softball, soccer, field hockey, and lacrosse.
- Access to all goals will be restricted.
- Outdoor fields may be used by up to 50 people at a time so long as they remain in smaller groups of no more than 10.
- When more than one group of 10 people is using the same outdoor DAPER space, groups must remain at least 14 feet apart. Individuals within these groups must wear face coverings. (These rules apply to outdoor yoga, HIIT, kickboxing, Pilates, club sports, intramurals, physical education and wellness, intercollegiate practices, and informal recreation.)
- Users should use personal equipment and limit the sharing of any equipment. All are restricted from sharing hand held equipment.

- Users waiting to utilize a section or area of the field should wait outside the field of play until previous users have vacated to ensure proper social distancing.

Outdoor Tennis Courts

- Games are permitted during Stage III only for no-contact sports where ordinary play allows for social distancing (e.g., tennis and other racquet sports), but inter-team games or tournaments are not allowed.
- Reservations will be required in order to use the outdoor courts. Please reference the reservation section of this document.
- Users waiting to utilize a section or area of the field should wait outside the field of play until previous users have vacated to ensure proper social distancing.
- Double's Play will be allowed during this time as long as social distancing and shared equipment restrictions are followed.
- Users should provide and limit the sharing and are restricted from sharing hand held equipment. Excluding Tennis Balls.

J.B. Carr Tennis Bubble

The J.B. Carr Tennis Bubble is now be open for students in MIT COVID access. The hours will be Monday-Friday 7:00am-10:30am and 2:30pm-8:30pm and on Saturday and Sunday from 12:00pm-7:15pm. There will be a 15-minute buffer between all bookings. Reservations are available up to two days in advance by calling 617-253-1451.

Intramural Sports

- Virtual and in-person intramural activities will be offered
- Activities will include:
 - In person: Tennis, badminton, scavenger hunt/geocaching, cornhole, KanJam, kuub, target soccer, footvolley, punt/pass/kick competition, and a 3 point basketball shooting contest
 - Virtual: Esports, tournament pick em's, fantasy sports leagues, and mobile based games
- Detailed sports rules and health and safety plans will be written for each activity we offer
- Students will register through IM Leagues or the GEEX platform for our esports/mobile games. [View registration page here](#)
- Facility reservations will be made in EMS. Intentional time gaps between matches time to clean and reduce interaction between players
- All IM sports will be modified to fit within a socially distanced environment (6+ feet) and will be limited to non-contact sports
- Personal equipment is preferred, limited shared equipment will be provided, all equipment must be cleaned before and after use (cleaning supplies will be provided)
- For more information, visit intramurals.mit.edu, or email im-exec@mit.edu

Club Sports

- Club teams will not engage in competitions or travel during the Fall 2020 semester
- Club teams will be engaged in virtual, in-person, and hybrid activities
- Registration for rosters will be handled through [DoSportsEasy](#)
- Facility reservations will be made in EMS
- In-person activities will be modified to fit within a socially distanced environment (6+ feet) and will be limited to non-contact drills and training exercises
- Personal equipment is preferred, shared equipment will be limited, and all equipment must be cleaned before and after use (cleaning supplies will be provided)
- For more information, refer to clubsports.mit.edu or email Jamie Shannon, jdrahos@mit.edu

Physical Education & Wellness

Physical Education and Wellness will be taught in 3 modes fall 2020: remote asynchronous, remote synchronous, and modified in-person courses so student on campus and remote can earn points toward the Physical Education and Wellness General Institute Requirement to earn 8 points which accomplished by completing 4 courses.

In-person modified courses will require students to wear face coverings for indoor and outdoor courses, bring a filled water bottle, and asked to dress for class as there are no drinking fountains and limited changing facilities. Only students in the swim courses will have access to deck showers to rinse off before entering the pool and after entering the pool. In-person courses are open to all students invited to campus with a COVID pass.

Quarter 1 registration is August 27-October 7 and Quarter 2 registration is September 30-October 7. Students can also earn points through the Recreational Sports Group Exercise pass and Personal Training. All details can be found at <https://physicaleducationandwellness.mit.edu>. Questions can be directed to physicaleducationandwellnes@mit.edu.

Recreational Sailing (Seasonal)

Hours of Operation

Please check the [Sailing Pavilion website](#) for specific hours.

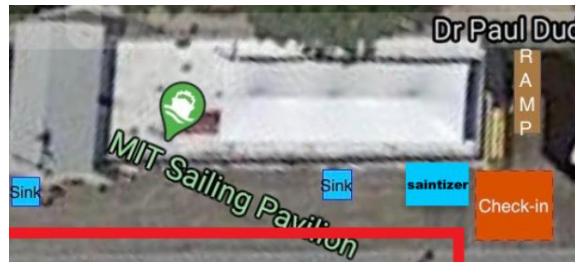
Permitted Access Stage III

During Stage we will only be able to accommodate solo (or household) sailing for **experienced** sailors (provisional rating and above) with a maximum capacity of 10 people on dock at a time. Members will be able to use 6 catboats and 30 tech dinghies. Availability will be on a first come first serve basis and is dependent on hull sanitation.

Check-in Process

We will implement exclusively outdoor experience by creating access to the dock without entering the building. A new ramp will be installed and will be positioned between the gate on the Cambridge Parkland wall and the dock on the east side of the pavilion. Members will enter and leave through this ramp until later stages.

Before you leave your home, please complete the MIT COVID Pass daily attestation covidpass.mit.edu.



Social Distancing/PPE/Capacity

Capacity will be managed by a reservation system (normally “first come, first served”) flow would be staggered so fewer than 10 were on the dock at any given time.

More information on this reservation system will be available on the sailing website <http://sailing.mit.edu/>

- In alignment with MIT's EHS PPE policy, face coverings **are required** while on the dock and may be **temporarily removed on the water** when a physical distance of at least six (6) feet from others and be maintained at all times. Those who do not arrive with a face covering will be denied access.
- Handwashing stations will be provided on dock for members.
- Please no congregation before and after sailing.

Equipment Sanitation

Sanitation procedures have been created to wash boats/touchpoints after each use and rotate hulls/other equipment so boats are given time to sit in full sun after washing before next use. Please reference the map below to see how we will stage rigging/launch and sanitation.

Cleaning personal sailing equipment like lifejackets is more complicated and can take up to 72 hours. Limited number of sanitized helmets and life jackets available at any one time. Members are encouraged to bring their own personal equipment. Bike helmets can be used in lieu of sailing helmets and only US Coast Guard certified Life Jackets will be permitted.



FAQ's

Q: How long will each Stage last?

We are projecting each Stage will last several weeks to months. We may adjust Stages approximately as the situation develops and we will be complying in accordance with Federal and State laws and under the guidance of the Institute.

Q: Why can't all memberships come back right away?

While we are excited to welcome back some of our members, we know that many are not yet permitted back on campus. We are closely following MIT's reopening strategy for the entire campus and will continue to advocate for your return in future stages. In the meantime, we ask for your support, as the success of Stage III will impact future stages.

Q: How will facility changes be notified to patrons of the facility?

Patrons will be notified of any changes through the targeted emails to members. In addition, facility updates will also be posted on our MIT Recreation website.

Q: Do you have any hours or locations where vulnerable populations are able to use the facility?

At this time DAPER will not be extending any special hours or locations for vulnerable populations. During Stage III as we assess the needs of the community, we may offer alternatives for our vulnerable populations.

Q: Am I able to rent out any type of equipment during the Stage III Reopening?

We are not renting any equipment at this time. Any equipment that you bring will be your responsibility and suggest not sharing to reduce the risk of contracting any illnesses.

Q: Are patrons required to wear gloves during Group X Classes or during workout periods?

At this time, we are not requiring gloves for Group Exercise or within the facility class, but we are requiring staff and attendees within the facility to wear face coverings to protect the community.

Q: Are Virtual Group Exercise classes continuing?

YES! We will continue to offer Virtual Group Exercise classes and will reassess if this offering will continue throughout the year.

Face Covering and Exercise Questions

Q: Is it safe to exercise with a face covering?

Yes, it is safe to wear a face covering while exercising. It is essential that gym-goers monitor how they feel during the workout and take particular notice if they feel dizzy, lightheaded, or short of breath.

- *If one starts experiencing these symptoms, slow down/reduce exercise intensity and or **stop exercising** until these symptoms go away. If one feels the need to remove their face covering, please make sure to step away from other patrons and ensure adequate physical distancing before doing so*
- *Remember these symptoms are also consistent with over-exertion. If you have not been exercising regularly or are getting back into the gym for the first time in a while, please make sure to progress your workouts appropriately*
- *Individuals with a pre-existing respiratory or cardiovascular condition are encouraged to take caution when exercising with a face covering. Specifically, those members who have COPD< asthma, bronchitis, and any other lung conditions should consult (i.e., via telemedicine) a medical professional for person instructions on exercising with a face covering*

Q: How hard should a patron exercise while wearing a face covering?

- *Wearing any type of covering over the nose and mouth while exercising is likely to reduce the flow of oxygen into a person's lungs. Workouts such as high-intensity interval training (HIIT), which have been shown to be very demanding on the cardiorespiratory system, may feel a little more difficult when wearing a face covering*
- *To minimize early symptoms of fatigue during exercise with a face covering, exercise professionals should encourage clients not to push themselves as hard as usual*
- *They should be encouraged to use rating of perceived exertion (RPE) in combination with heart rate to monitor exercise intensity*

Q: What type of face covering should a client wear for exercise?

- *For repeated use, cloth face coverings have been shown to be a very good option during exercise. It is best if the cloth face covering has multiple layers of fabric. face coverings made of scarf, bandana or t-shirt are not great options as they usually do not fit the face as well as a cloth face covering*
- *Neck gaiters (aka "bluffs") are also not a good option because they are designed to keep the face and neck warm, and during exercise it is important to dissipate heat from the body to cool it off*

I: Tips on proper wear of a face covering during exercise

1. *Make sure your face covering is big enough to cover your nose and face for proper protection.*

2. The face covering should feel comfortable and snug around your cheeks and nose. Try not to fidget with the face covering while you are working out.
3. If the face covering restricts your breathing prior to exercise, it will not be good to wear during exercise.
4. Wash your hands PRIOR to putting on your face covering. Soap and water are fine or use an alcohol-based hand rub.
5. Make sure you do not touch your eyes, nose or mouth when removing your face covering. Wash your hands AFTER taking off your face covering.
6. It is best to remove your face covering by the ear loops because the front of the face covering is where germs will collect.
7. A great advantage of a cloth face covering is that it can be washed. Exercise enthusiasts who exercise regularly are encouraged to have a few face coverings so there is a clean, dry face covering ready for each workout. Any laundry detergent will be fine for washing cloth face coverings.
8. When you talk, keep your face covering over your nose and mouth. Do not pull it down as this defeats the purpose of blocking respiratory droplets from being released in the air.
9. If you tend to sweat a lot when you, workout (indoors or outdoors), perhaps bring a second face covering with you and replace when it becomes damp. It is best to replace a damp face covering (from workout sweat or outdoor humidity).
10. For people who wear glasses, sometimes they fog up if too much air is released near the nose of the face covering. Readjust the face covering to be snug over the nose. Furthermore, it has been shown that washing glasses with soapy water, without rinsing, and letting them dry prior to wearing a face covering reduces fogging. Alas, folding a tissue and placing underneath your glasses may absorb any escaping moisture from your breath.
11. With children, find a cloth face covering that fits a child's face, comfortable but snug, and follow all of the same safety instructions above. Do not put face coverings on young children under the age of two.