

Adelphi University
Guide for
Returning to the
Center for Recreation and Sports
(CRS)



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In accordance with the University’s Master Plan, students, faculty and staff are expected to follow policies and guidance for:

- Daily health and symptom screening
- Hygiene and handwashing
- Social distancing
- Restrictions on gathering in large groups
- Required masks, face coverings and essential PPE; bandanas, buffs and gaiters are not acceptable face coverings, and masks with valves or vents do not offer adequate protection and should not be used while on campus.
- Staying home when sick
- Respecting the health, well-being and personal experiences of other community members

As the knowledge and understanding of the COVID-19 virus continues to evolve, the University remains prepared to adjust our policies and plans as needed as more information becomes available. In the event that New York state or local health authorities amend statewide or regional orders and guidance, the University will update the guidance and protocols in this plan in accordance with said updated regulations.

Recreation Facilities

Center for Recreation and Sports

- Indoor Track (first floor)
- Gymnasium (lower level)
- Recreation Locker Rooms

Woodruff Hall

- Swimming Pool (lower level)
- Fitness Center (second floor)
- Studio (third floor)

Hours of Operation for Recreation

Subject to change based on local public health and University environment as well as guidance from public health officials.

Fitness Center (Woodruff Hall)

- Monday through Friday from 12:00 noon to 7:00 p.m.
- 45-minute sessions will be offered throughout the day
- Additional morning and/or weekend hours may be added based on need.

Indoor Track

- Monday through Friday from 10:00 a.m. to 4:00 p.m.
- Additional morning and/or weekend hours may be added based on need.

Gymnasium

To begin after fitness center and track are successfully opened

- Additional masks will be available to anyone who needs one, in accordance with the overall University reopening plans. The atrium reception desk in the CRS is the closest point to pick up a free disposable mask.
- Patrons who attempt to enter the facilities without acceptable face coverings will be denied access and referred to the distribution area in the CRS atrium to obtain an emergency disposable mask.

Guidelines for Patrons

- Patrons using the fitness center will enter from the left (CRS side) and exit through the right (Woodruff Hall side).
- Patrons will check

Cleaning Protocols

- The air handling systems in the Center for Recreation and Sports Woodruff Hall have a two-stage filtration system. A pre-filter that is MERV 7 rated, and a final filter that is MERV 14.
- Cleaning logs will be maintained at all recreational facilities and activities with the date, time and description of cleaning conducted.
- Fitness equipment (including cardio machines, weight benches, dumbbells and kettlebells) will be wiped down with Kleen Machine* wipes (or a similar product) that appear on the United States Environmental Protection Agency's (EPA) List N for approved disinfectants. (*EPA Reg #6836-336)
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Recreation Programs

Group Exercise Classes

- Group fitness classes will be delivered virtually (through Zoom and other mediums such as LES MILLS On Demand and 2020 Recreation Movement) in the immediate reopening, until it becomes safe to resume limited-size, in-person classes.
- Virtual group

- All student-athletes must fill out the daily symptom check on the AU2GO app.
- Student-athletes will only enter the building at the check-in area on the south side of the CRS building by Motamed Field to show their "cleared" daily health check result on the AU2GO app and will receive a temperature scan by the appropriate staff member.
- Student-athletes who do not properly check-in will not be allowed to attend strength and conditioning sessions.
- To exit the building, student-athletes must use the main lobby doors of the CRS on the west side of the building or the door on the parking lot side.