



*Cheyenne River Tribal Health
Fitness Center*

407 South Main Street
P.O. Box 590
Eagle Butte, SD 57625
PHONE: (605) 964-6188 Fax: (605) 964-6189

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Procedures for Re-opening for the Fitness Program

The CRST Covid-19 Response Plan for the pandemic allows the Fitness Program to re-open at a Level 3 and closed through a Level 4 and Level 5. The following is the process of how the Fitness Center will re-open and ensure the safety of staff and clientele, as follows:

General Information:

1. Clientele will be admitted into the Fitness Center to exercise and work out as a first come first serve basis beginning from 8:00 am to 6:00 pm;
2. Only NINE clients will be allowed to enter the facility based on thirty square feet per client to ensure 6 feet social distancing is adhered to;
3. PSA's will be placed on KIPi Radio to ensure that the general public is receiving the information on Fitness Center re-opening and also in the local newspaper;
4. Fitness will provide a COVID test to only individuals who are allowed in to the facility every hour.
5. All clientele will be provided hand sanitizer and a face mask upon entering the facility;
6. Fitness will provide a health check for these individuals along with a temperature check;
7. Health Check, Temperature Check and COVID Test will be documented;
8. If COVID-19 test is negative then you will be allowed access to the facility.
9. If COVID-19 test is negative but you display two or more symptoms then you will be denied access to the facility.
10. If COVID-19 test is positive, Field Health will contact you. Access will be denied.
11. The following day, all COVID-19 Testing Results and samples will be provided to the Field Health;
12. The following day, all COVID-19 specimens will be provided to the Field Health for disposing according to their standards;
13. The Fitness Center Staff will engage in training to administer the COVID-19 Testing under the Tribal Field Health Infectious Control Nurses;
14. Appropriate signs will be posted in high traffic areas of the Fitness Building and Gym reminding clientele to engage in the Public Health Measures while exercising in the Fitness Facility.

15. No membership or daily fees at this time.

Fitness Hours:

High Risk/Elderly Monday through Friday from 8:00 am to 11:00 am.

Adults 16 yrs & older Monday through Friday 11:00 am to 6:00 pm.

High School 16 & 17 years of age (Proof of age required and signed waiver by parent or guardian to be COVID-19 tested and to utilize the Fitness Center).

High Risk/Elderly Clientele:

1. When the clientele arrives, they will be provided with hand sanitizer and a mask;
2. Then the clientele will be provided a health screening, including a temperature check;
3. Then the clientele will be provided with a covid-19 test, if client refuses test, then client will not be allowed to proceed into the facility to work out;
4. Once tested, client will be asked to return in 15 minutes;
5. At 15 minutes, the COVID-19 Test Results are read;
6. If clients results are negative, they are allowed to proceed to the gym, but reminded of the 6 feet social distancing while working out;
7. If clients results are positive, then client is asked to check with the Tribal Field Health Program and given the programs phone number;
8. (If positive, then Fitness Center Staff will contact Field Health);
9. Client is provided 45 minutes to work out;
10. When 45 minutes are up, then clientele is notified and asked to proceed towards the door;
11. Fitness staff walk clientele to the door to ensure that clientele exits the building;
12. After all clients are out of the building, then Fitness Staff begin to provide deep cleaning to all equipment;
13. Once all equipment is deep cleaned with the appropriate cleaning/sanitizing supplies, then Fitness can allow another NINE clients to access the Fitness Center.

Adult Clientele:

Repeat 1-13 from under the High Risk/Elderly Clientele.

High School 16 years & 17 years (Proof of age required and signed wavier by parent or guardian to be COVID-19 tested and to utilize the Fitness Center).

All rules and policies subject to change.

CRST COVID-19 Guidelines and CDC guidelines will be followed and enforced.