

ESTABLISHED 1979

NAVAJO TECHNICAL UNIVERSITY

S I H A S I N

NTU Wellness Center/Student Union Building Reentry Plan

NTU Wellness Center is very concerned with the health, safety and well-being of the students and staff. For this reason the wellness center will reopen with limited usage. The center is following the guidelines of the CDC- Center for Disease Control and Prevention, New Mexico Health Department, ACHA – American College Health Association, and the Navajo Nation Executive Orders.

NTU Wellness Center will open January 19, 2021

The reopening hours for the Wellness Center are Monday through Friday, 10 am to 3 pm for current NTU students, staff and faculty. It will not be open to the public.

Staff's work hours: 8 am to 5 pm

Cleaning and preparation hours: 8 am to 10 am and 3 pm to 5 pm

Wellness Center Hours are subject to change

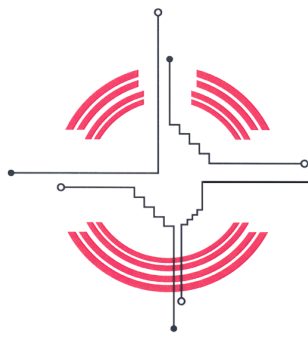
- Student Workers will be stationed in the SUB lobby at a desk signing in current NTU Students, NTU Staff, and Faculty for Wellness Center usage. An updated NTU student listing is used to determine current students.
 - NTU ID is required.
 - Temperature check – must be < 100.4 F degrees
 - Wear Mask at all times in Wellness Center
 - Ask: *Do you have flu like symptoms? Have you been in contact with an exposed person?* – If have symptoms or had been exposed do not let in. No entrance.
 - Usage is on first come first serve with 1 hour max workout at a time each day.
- The Women and Men Locker Room is closed.
- The Restroom is open for NTU students, staff, and faculty.

Continual Check, Cleaning and Sanitation:

1. The NTU Campus Security will continue to routinely check the Wellness Center premises.
2. The NTU Custodial Service will continue to sanitize and clean all facilities in the Wellness Center.

For more information, contact:

| Name | Title | Phone | Email |
|--|--------------------------------|---|--|
| George LaFrance | Wellness Center Manager | 505-387-7477 | glafrance@navajotech.edu |
| Michael McMillan | Student Activities Coordinator | 505-387-7444 | mmcmillan@navajotech.edu |
| Wellness Center | | Notes | |
| Walk in Gym 30 minutes restriction of use per day Weight Room 30 minutes restriction of use per day | | The Wellness Center will follow CDC guidelines: wear a mask & 6 feet apart. | |



ESTABLISHED 1979

NAVAJO TECHNICAL UNIVERSITY

S I H A S I N

Requirements in the Wellness Center & Weight Room:

When the Wellness Center reopens:

- 6 feet social distancing at all times
- Wear your Mask in Wellness Center all the time
- Disinfect the basketball after each use
- First come - first serve with 30 minute max workout at a time each day.
- Locker rooms are closed
- Restroom is open

1. Max 6 people in the gymnasium floor at a time

- First come - first serve with 30 minutes max workout at a time each day.
- One person will be in each basketball court area. No two people in the same court area.

2. No volleyball until further notice.

3. Max 4 people in the weight room

- First come - first serve with 30 minutes max workout at a time each day. After your 30 minutes max are up you have to leave weight room for the day.
- Sign in and sign out with current cell phone number and address.
- Limitations in exercise stations:
 - Max 2 in treadmill area
 - Max 1 elliptical area
 - Max 1 exercise bike area
 - Max 1 at bench area
 - Max 1 at squat area
 - Max 1 dumb bell area

All limitations subject to change based on guidance issued by NTU, CDC, the State and Navajo Nation.