



Fitness at the Plaza Health and Safety Plan

Event: Fitness at the Plaza presented by BlueShield of Northeastern New York

Date: Tuesdays and Thursdays, September 1 – November 19

Time: 5:00pm – 6:00pm

Overview: Fitness at the Plaza presented by BlueShield of Northeastern New York (FATP) features 12 consecutive weeks of free, 1-hour fitness classes outdoors on the Plaza between Agency Buildings 2 and 3. Instruction features yoga on Tuesdays at 5pm and Bootcamp on Thursdays at 5pm, weather permitting. In case of inclement weather, classes will be held in the Empire State Plaza Convention Center. All classes, regardless of location, will follow safe social distancing guidelines. Any participants not in compliance with the safety plan listed below will be asked to leave and may not be permitted at future FATP events.

Safety Plan:

1. Classes will be capped at 45 participants.
2. Pre-registration is required. Walk-in participants will not be permitted.
3. No equipment will be provided. Participants are required to bring their own mats, water bottles, towels etc.
4. Participants will be required to wear masks unless on their mats for the workout socially distanced from others, as designated by OGS staff. If class is indoors due to inclement weather, masks will be required at all times.
5. Group gathering is not allowed. Social distancing is required during check-in. Cones will mark socially distant guidelines. NYS DOH Covid Signage will be posted to reinforce safe practices.
6. All participants will sign and date a sign-in sheet attesting that the answer to all 5 COVID-19 related screening questions is "NO." If unable to do so, they will not be allowed to participate.
7. Socially distant spaces for mat placement will be marked by OGS prior to class and must be observed by participants.
8. A hand sanitizing station will be provided by OGS.
9. OGS and NYS employees will follow Returning to Work health and safety guidelines, which have been distributed to all employees.
10. OGS employees will consult the NY Forward website regularly and be aware of all Executive Orders pertaining to the current situation.
11. FATP will comply in all respects with the then current version of the Gym and Fitness Centers Guidelines found at the following link:
https://www.governor.ny.gov/sites/governor.ny.gov/files/atoms/files/Gyms_and_Fitness_Centers_Summary_Guidelines.pdf.