



Fitness at the Plaza Health and Safety Plan

Event: Fitness at the Plaza presented by Highmark Blue Shield of Northeastern New York

Date: Tuesdays and Thursdays, September 28 – November 18

Time: 5:00pm – 6:00pm

Overview: Fitness at the Plaza presented by Highmark Blue Shield of Northeastern New York (FATP) features 8 consecutive weeks of free, 1-hour fitness classes outdoors on the Grassy Area Between Agency Buildings 2 + 3. Instruction features Body Sculpt on Tuesdays at 5pm and Zumba on Thursdays at 5pm, weather permitting. In case of inclement weather, classes will be held in the Empire State Plaza Convention Center. 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 90 participants.
2. Registration is required. Walk-in participants will be required to register prior to participation.
3. No equipment will be provided. Participants are required to bring their own mats, water bottles, towels etc.
4. If class is indoors due to inclement weather, masks will be required at all times.
5. A hand sanitizing station will be provided by OGS.
6. OGS and NYS employees will follow Returning to Work health and safety guidelines, which have been distributed to all employees.
7. OGS employees will consult the NY Forward website regularly and be aware of all Executive Orders pertaining to the current situation.
8. FATP will comply in all respects with the current CDC, New York State, and local guidelines.