

**Jewish Community Alliance of Northeastern Pennsylvania
Friedman Jewish Community Center**

PHASE 1 REOPENING GUIDELINES

We have been busily preparing to give you the safest and most streamlined visit possible. Initially, the JCC will be operating at a limited capacity, and some amenities will not be available immediately upon reopening during our Phase 1. Additionally, we need your help to make the reopening process a success, so please see below for protocols and procedures you can expect at the Friedman JCC.

On behalf of the Friedman JCC staff and Board of Directors, we would like to thank you for your support and patience as we have continued to navigate the challenges of the Covid-19 pandemic. Although our doors have been closed for nearly ten weeks, our professional staff team and volunteers has been working hard and planning for when, we would again, be open. We are happy to announce that day is almost here!

The Friedman JCC will begin Phase 1 re-opening on June 22, 2020 and will continue to follow CDC and Pennsylvania State guidelines, as well as best practices from other JCCs from around the country.

Upon arriving at the JCC, you will be expected to:

- 1) Answer a series of questions related to COVID-19 symptoms and exposure.**
- 2) Have your temperature checked - Anyone with a temperature above 100 degrees will not be admitted, nor will anyone in that person's group be admitted.**
- 3) Wear a mask while in the JCC.**
- 4) Practice social distancing throughout the building and the Fitness Center.**

WHAT SHOULD I BRING?

- Please bring a mask, workout towel, and a water bottle. Water fountains will be available for bottle refills only
- Masks are **required** at all times while inside the Friedman JCC. You may remove your mask while you are exercising

WHAT WILL BE AVAILABLE?

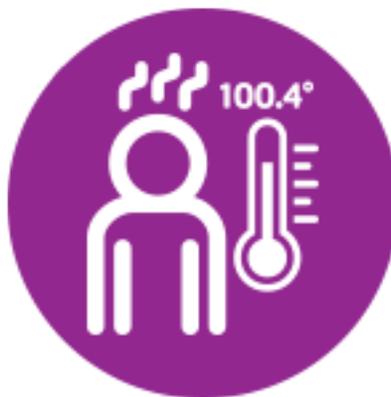
- Fitness Center floor and equipment (Cardio and fitness area will be designated: Social distancing in effect)
- Initially virtual group exercise classes only with one or two exceptions with onsite group exercise class to be held in gymnasium
- Gymnasium will be open only for pickle ball and recreational basketball with advanced reservations. (Please try to keep your items you bring into the JCC to a minimum)
- Squash Courts will remain open with advanced reservations
- Modified hours: Monday-Friday 8:00 am - 5:00 pm.
- Congregate senior meal drive-through service only, three days a week, Monday, Wednesday, and Friday
- Kosher Home Delivered Meals ongoing
- Kraus Chaiken Sara's Table Food Pantry open Friday mornings only
- Davidowitz Weaving Room
- Silver Sneakers members are welcome (Receptionist will log you in daily)
- Cohen Social Hall maximum capacity 26 people for group meetings

WHICH AREAS ARE CLOSED?

This includes:

- Sauna
- Steam room
- Locker rooms including showers
- Water fountains (refill use only)
- No communal seating area (Lantz Lounge)
- Board and table games

HELP US ALL STAY SAFE



TEMPERATURE CHECKS

All members will have their temperature taken prior to entering the Friedman JCC. All staff will also receive daily temperature checks. If any individual has a temperature that exceeds 100.4, they will be asked to stay at home for a minimum of 48 hours.



WIPE DOWN EQUIPMENT

Use the cleaning materials provided to you. Wipe down equipment before and after each use. Staff will also be monitoring and cleaning equipment throughout the day.



WEAR YOUR MASK

Masks are required while inside the Friedman JCC. The exception will be while you are exercising.



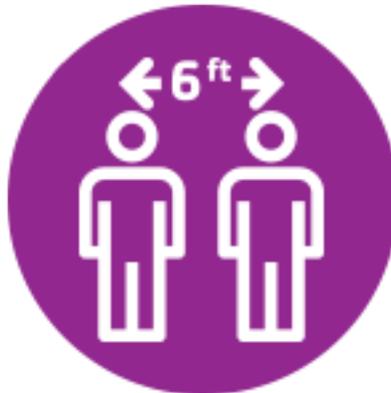
EXPECT REDUCED CAPACITY

Per the Governor's guidelines, we will be operating at a reduced capacity. At times of full capacity, you will be asked to wait in a designated area (possibly outdoors) until space is available.



STAY HOME IF YOU'RE SICK

CDC and state guidelines encourage seniors and other vulnerable people to stay at home.



KEEP YOUR DISTANCE

Respect all signs regarding physical distancing. Stay at least six feet away from others whenever possible and 6 feet while working out.

We are very excited to see you!

As always, our priority is your health and wellness, as well as that of our professional staff team. In the weeks ahead, we will follow the Pennsylvania guidelines that mandate our facility's capacity and will continue to finalize and communicate any updates along the way. We will also update you when we begin to implement our Phase 2 re-opening.

Thank you, again, for joining us on this challenging journey. Over the past ten weeks, the JCC professional staff team has worked diligently to pivot from in person activities to virtual connections. We have built a robust online program

with on-demand programs and live content ranging from fitness and early childhood activities to cooking demonstrations. Our Kosher Delivered Meals program and Sara's Table Food Pantry continued to serve our vulnerable senior community and offer drive through meal service. We are particularly proud of that effort.

However, nothing quite compares to being in the building. The Friedman JCC is designed to be a hub of activity and we are looking forward to eventually reinstating the programs, activities, and social opportunities that normally emanate from every corner. We look forward to welcoming you back, and we will continue to adjust our protocols and procedures to best serve our members, staff, and community.

ADDENDUM:

Coronavirus can be spread in 3 fashions. Person to Person through direct contact, Surface to Person through in-direct contact and airborne, through expelled droplets. We cannot help direct contact spread, nothing much can.

On surface to person spread, an infected person can touch a surface and another person touches the same surface and can be infected. The airborne spread occurs by an infected person coughing, sneezing, vomiting, etc and microscopic droplets are expelled, which can travel through a space where another person makes direct contact with these droplets and can become infected.

Please note the JCC building is equipped with a state-of-the-art ***HVAC control system***, and with ***bi-polar ionization equipment***.

The JCC's Trane HVAC Control system provides the ability to monitor and control, or manually adjust fresh air intake and ventilation. The system will prevent stagnant indoor air by continually replenishing and circulating, thus avoiding a big contributor to a major virus-spreading condition.

The JCC's **bi-polar ionization (BPI) system** is an active air purification method. The bi-polar ions are carried into a space via rooftop units and ductwork supplied into the building spaces. The ions saturate the space to an ion density of 500 to

1,500 ions per cm³. These ions now can interact with contaminants in the air and on surfaces. The ion effect is continuous, so the benefit is a continuous disinfection of the space and is self-sustaining, meaning if the air supply is providing air to the space, the ions continue to saturate the space.

The way BPI affects a virus is on the protein surface of the virus. If you've seen a graphic of a virus, it's covered in spikes which are a protective protein surface. The positive and negative ions interact with that surface protein and change into a highly reactive group called a hydroxyl radical. The hydroxyl removes a hydrogen molecule from that surface and changes into water (H₂O). This destroys the surface of the virus and will not allow it to infect even if it is ingested into the body. This effect occurs only on the surface protein layer, it does not affect DNA so the bi-polar ion effect will not harm healthy cells in the body.

This technology also improves air cleanliness by agglomerating particles, dust, spores, allergens into larger particles where they are more efficiently trapped by the air system filters and drop to the floor out of our breathing zone. If any of those particles have a viable, such as a mold spore, the above described process will also inactivate them.

Also, BPI has an effect on gaseous contaminants, volatile organic compounds (VOCs) which are hydrocarbon chains. The ions in a gas phase process break down these chains into immeasurable quantities of carbon dioxide and water vapor.

Since the system generates balanced quantities of positive and negative ions, it does not charge a surface but rather neutralizes charges. This effect can be used to neutralize static electricity, but in the case of micro-organisms that deposit on surfaces, the neutralization of static attraction will not allow the organism to cling to the surface, so is less harmful to people.

This technology has been well tested. On the effect on micro-organisms, the manufacturer, AtmosAir has been tested on airborne Staphylococcus, E-Coli, and MS2 Bacteriophage, and on surface grown C-Difficile. MS2 is a popular surrogate for viruses with outbreak potential, as most labs will not handle these. Their testing shows significant efficacy with 98% + reduction capability on both aerosolized micro-organisms and surface organisms.