COVID 19 and Campus Recreation
March to Re-Opening Day

- Virtual Programming included and still includes:
  - Live virtual Group Exercise Classes
  - On-demand Group Exercise Classes
  - Virtual Personal Training
  - Mileage Challenge
  - E-sports
  - Social Media engagement
    - Educational videos (recipes, tips, how to)
  - Nutritional Coaching (started Fall 2020)
E-exercise  PLAY ALL
Check out our collection of workout from home videos below! We are always working on adding to the collection, so be sure to follow us @tstrec for updates on the latest videos!

Yoga for Gratitude and Stress Relief with Sunshine
Texas State Campus Recreation
243 views • 6 months ago

Yoga for Better Posture with Sunshine
Texas State Campus Recreation
189 views • 6 months ago

Total Body Toning with Alex
Texas State Campus Recreation
37 views • 6 months ago

Barre E-exercise
Texas State Campus Recreation
282 views • 6 months ago

HIIT 30 with Josie
Texas State Campus Recreation
678 views • 7 months ago

Total Body Toning 2 with Alex
Texas State Campus Recreation
105 views • 6 months ago

Wellness Wednesday  PLAY ALL

Wellness Wednesday 3 11

Wellness Wednesday 3 26

Wellness Wednesday 2 12

Wellness Wednesday 2 5

Hydration Station
March to Re-Opening Day

- Building was going to potentially be hospital
- Wrote out various scenarios with varying levels of precautions
- Took advantage of many NIRSA video calls for how to handle the situation
March to Re-Opening Day

- Was 90% ready to open for Summer Session 2 when it was cancelled
- University Camp was reopened July 6 (50% capacity)
Opening Day (8/16/2020) to Present

- Fusion software utilized to ensure we could stay within 50% capacity
  - More streamlined reservation process coming Spring 2021
- SRC and Outdoor Center reopened
- Sewell Park remains closed
- Building reorganized to accommodate social distancing
General COVID19 Policies

- Reservations required in the SRC
  - Facility Reservation Slot
  - Natatorium
  - Climbing Center
  - Group Exercise
- Face covering required per Roadmap to Return
- No shared use equipment
General COVID19 Policies Cont’d

- Increased cleaning protocols in all areas
- Physical barriers between staff/patrons where possible
- Staff are temperature checked every day
- Trainings virtual when possible
- CPR Protocols change
Guess how many pounds we moved in equipment/weights?
<table>
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<tr>
<th>Machine</th>
<th>Qty</th>
<th>Weight</th>
<th>Total</th>
</tr>
</thead>
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<td>430</td>
<td>8600</td>
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<td>87</td>
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Group Exercise & Personal Training

- Virtual and In Person offerings
- Socially distanced
Now Offering

NUTRITION COACHING

Build a healthy lifestyle, get tangible advice and fuel your body!

Work one-on-one with a Registered Dietitian or Dietetic Intern

Learn how to create balanced and healthy meals that you will love

Online coaching available to Students, Faculty, & Staff at Round Rock Campus

Visit our website and sign up to get all your nutrition questions answered!

Questions? Email recfitness@txstate.edu for more information

facebook twitter insta @TXSTRECRR
Natatorium

- 1 person per lane
- 6 feet a part in leisure pool open space
- Mask on until right before entering pool
  - Plastic baggies available to keep masks dry
- No equipment check out- hope to adjust this in spring 2021
American Red Cross Classes

- No non-Texas State affiliates (campus policy)
- No shared equipment; everyone has own equipment
- Blended learning (course online and then in person)
Swim Lessons

- No group lessons
- One on One sessions available with distancing measures in place
Intramurals

- Online/e-sports only
Sport Clubs

- Conditioning practices only
- On/off campus & not active for semester
- 30% registered compared to last year
- No travel
Round Rock

- Same general COVID-19 Policies as main campus
- Reservations not required
Marketing

- TVs converted to ads
- Used University Marketing materials and adjusted to fit our specific needs
- Signage still being changed up/recreated routinely
Want us to stay open?
Wear Your Face Covering

Facial coverings are required at all times while working out.

Please wear your mask over your mouth AND nose.
Compliance with all TXST face covering polices is required for admittance to Campus Recreation facilities.

Those in non-compliance will be denied entry into the SRC and Campus Recreation facilities.

Patrons inside of Campus Recreation facilities who are non-compliant will be required to exit the facility and may face Code of Conduct Charges.
HEALTHY LEARNING BEGINS WITH RESPECT

- Wash Your Hands Often
  Wash your hands with soap and water for at least 20 seconds

- Wear Your Face Covering
  Face coverings are required

- Please Social Distance
  Maintain physical distance of at least six feet where possible

- Clean Equipment
  Sanitize equipment after every use with spray bottles provided

#TXSTrespect
Difficulties with COVID-19 Enforcement

- Large building and few staff
- Lack of ability to effectively enforce mask policy
Spring Lake Fields