



July 2020

Dear Fitness Center Members,

Welcome back and thank you for your patience! We are excited to announce the re-opening of our fitness room on Monday, August 17<sup>th</sup>.

We have made some new but temporary changes to help keep are members feel safe and physically distant during your workout experience.

**What is new?**

We have moved and spaced out the machines for your safety to allow for an enjoyable social distant workout.

We have installed plexiglass barriers at the fitness center desk.

The Fitness Center will be sanitized before and after each workout session.

All high touch areas in the facility will be sanitized every two hours.

**Fitness Memberships**

Memberships will be extended based on expiration date of membership up to 5 months, plus we are offering 1 additional month FREE! For example, if your pass expired May 17 your pass will be active August 17-November 17<sup>th</sup>.

The staff at the Prospect Heights are thrilled to welcome our patrons back to the fitness center. Let's all work together to do our part to keep everyone safe and healthy for our current and future members! If you have any questions or concerns please contact Laura Fudala, Supervisor of Recreation at [lfudala@phparks.org](mailto:lfudala@phparks.org)

Sincerely,

Laura Fudala

Supervisor of Recreation

## Fitness Center Guidelines

### COVID Procedures

- Temperatures-All members should take their temperatures at home, if temperature is 100.4 degrees or above do not enter our facility.
- Symptoms of COVID-19Members must not come to our facility if these symptoms are exhibited: fever or chills, cough, shortness of breath or difficult breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting and or diarrhea.
- Travel-If a member has traveled to an area that has Level 3 Travel Health Notice (which means widespread & ongoing transmission) to COVID-19, do not come to our facility.
- Facial Coverings-Members must wear facial coverings over their nose and mouth when within 6 ft of others. Exceptions may be made where accommodations are appropriate due to health conditions under the age of 2.
- Procedures for entry-Members open the front door with the ADA button using your elbow or use a paper towel; most other doors will be propped open. If a door is not open use a paper towel to open it and dispose of the paper towel immediately.
- Members use hand sanitizer when entering the facility; hand sanitizing stations are located throughout the facility.
- Members use foot and elbow to open/close doors when possible.

### Fitness Center Needs to Know

- Equipment and machines have been spaced 6ft apart so it can be fully utilized. Some equipment will be identified as “closed” to ensure social distancing.
- Towel service is unavailable until further notice. Wipes and sanitizing stations will be available throughout the fitness center and building. Please help us and wipe down your equipment before and after your workout.
- Schedule your block of time to use the fitness center online at [www.phparks.org](http://www.phparks.org). Please schedule a block of time at least 24 hours in advance. Registration begins August 15<sup>th</sup>. For all members pre-registration is encouraged to guarantee admittance. It is highly recommended to preregister particularly if you like to work out during our peak hours in the early morning and evening. However, you are welcome to drop in and will be admitted if space allows.
- 1.5-hour workouts are available:
  - \*Monday-Thursday: 6am/8am/10am/4pm/6pm
  - \*Fridays- 6am/8am/10am/4pm
  - \*Saturdays- 8am/10am/2pm
  - \*Sundays- 9am/11am/3pm

- Patrons must arrive and leave within the 1.5-hour timeframe to avoid workout groups crossing over.
- A 30-minute window of time is scheduled in between workouts to allow for groups to leave/arrive and to allow staff to clean.
- Members will swipe membership card upon entry and retain their card.
- Nonmembers can drop in at \$5. However, if the maximum has been reached drop-ins will not be accepted.
- Water fountains will only be available to use for bottle refilling

#### Use of Fitness Center

- Facial coverings are required when entering and exiting the building and Fitness Center and is strongly encouraged during exercise. We understand cardio may be difficult to tolerate a facial covering.
- Exceptions can be made for people with medical conditions or disabilities that prevent them from safely wearing a face covering.
- Facial coverings must be worn when 6 ft of distance cannot be maintained.
- Fitness center max capacity is 15 people at one time.
- Participants must make every effort to stay socially distant at all times.
- Participants are required to clean off equipment before and after each use.
- No sharing of equipment unless participants are from the same household. Equipment must be wiped down before next user.

#### Use of Locker Room

- Locker Rooms are only for restroom use ONLY.
- Lockers, showers and sauna are unavailable until further notice.
- We encourage you to come dressed ready to work out to avoid close contact in the locker rooms.

#### Use of Racquetball Court

Racquetball reservations may be made one week in advance. One hour will be scheduled between reservations for disinfecting. The times of reservations are on the even hours (6am, 8am, 10am, etc..). Players must follow the United States Tennis Association's guidelines.

#### Open Gym

- No physical contact is allowed.
- Players must be 6ft apart and wear a facial covering.
- One household per basket
- Please bring your own basketball
- Front desk supervisor will monitor open gym for social distancing

#### How to pre- register

1. Create an online account at [www.phparks.org](http://www.phparks.org) It may take up to one day for account approval to process your online user account request. Register at least 24 hours prior to the day you want to work out.
2. Call the Gary Morava Recreation Center at 847.394.2848 the day you would like to workout to check availability and be added to the list.
3. Please contact us to cancel if you pre-register for a time slot and cannot make it.