



## 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-19 - Members 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 at all times. Exceptions may be made where accommodations are appropriate due to health conditions.
- 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. 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 in the Fitness Center at all times.
- Exceptions can be made for people with medical conditions or disabilities that prevent them from safely wearing a face covering.
- 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.

#### 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 work-out 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.

Open Gym and Racquetball are not open until further notice.