



# COVID19

## Fitness Room Requirements/Procedures

Visit [www.emporiarec.org](http://www.emporiarec.org) for more information on  
Fitness Room Hours and Programming

<p><b>Ratios &amp; Groups</b></p> <ul style="list-style-type: none"> <li>Capacity limitations will apply (currently using 10% of capacity )</li> <li>All land and water fitness classes are scheduled to re-open June 29th with restrictions</li> </ul>	<p><b>Physical Facility</b></p> <ul style="list-style-type: none"> <li>Limited hours of operation</li> <li>Equipment needs to be 6 ft apart or not used</li> <li>Signage for 6 ft social distancing throughout</li> <li>Non-participants will not be allowed</li> <li>All social places will be closed</li> </ul>
<p><b>Personal Items</b></p> <ul style="list-style-type: none"> <li>Non-essential items are discouraged (this includes mobile phones)</li> <li>No food allowed/Personal water bottles only</li> <li>Locker rooms are not available</li> <li>Sweat towels are NOT provided by ERC</li> </ul>	<p><b>Check-In procedures</b></p> <ul style="list-style-type: none"> <li>Check-in with staff at entry</li> <li>Provide barriers (sneeze guards) for staff if able</li> <li>Ask all patrons recent travel history and any known COVID19 symptoms</li> <li>Encourage use of no-contact payment</li> <li>Exit East doors upon verbal check-out</li> </ul>
<p><b>Work-out Requirements</b></p> <ul style="list-style-type: none"> <li>Hand sanitize upon entry</li> <li>6 ft social distance at all times</li> <li>Clean equipment before and after each use</li> <li>No sharing of equipment (except individuals who reside together)</li> <li>Limit workout time (Suggested time 1 hr)</li> <li>Face masks recommended if safe to do so</li> </ul>	<p><b>Hygiene</b></p> <ul style="list-style-type: none"> <li>Provide hand sanitizer upon entry</li> <li>Open exterior doors when possible</li> <li>Provide fans for circulation when possible</li> <li>Use different entry and exits when possible</li> <li>All employees are required to wear face masks</li> <li>Patrons are encouraged to wear face masks when safe to do so</li> </ul>
<p><b>Sanitation and Cleaning</b></p> <ul style="list-style-type: none"> <li>Clean and disinfect according to CDC guidelines (<a href="https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html">https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html</a>)</li> <li>Provide additional cleaning stations around the facility</li> <li>Provide cleaning instructions for equipment</li> <li>Instruct all patrons to clean equipment before and after use</li> <li>Fitness Room closed every two hours for 15 minutes of deep cleaning</li> </ul>	<p><b>Programming</b></p> <ul style="list-style-type: none"> <li>All scheduling will be modified to eliminate overlap in parking lot</li> <li>All scheduling will be modified to eliminate line waiting</li> <li>Limit crowding at all pinch points</li> <li>Patrons provide their own sweat towels and water bottles</li> </ul>