

# HCM Wellness Center Re-Open Guidelines Summer 2020



## HOURS OF OPERATION

- **Open** Monday - Friday
- 5:00am - 11:00am **Open** for independent use of the pool and fitness equipment while maintaining safe distancing
- 11:00am - 3:00pm **Closed** for disinfecting of facility and fitness equipment. Use of the pool and fitness equipment available to personal and group training sessions or group exercise classes.
- 3:00pm - 7:00pm **Open** for independent use of the pool and fitness equipment while maintaining safe distancing

### TOTAL OCCUPANCY - currently in 25% occupancy

Space	25%	50%	100%
Pool	44	88	175
Pool Hallway	0	0	0
Strength Room	13	26	51
Aerobic Floor	4	20	40
Circuit Room	6	12	24
Cardio Room	6	12	24



## MEMBER REQUIREMENTS at this time

1. Update health history form
2. Update code of conduct agreement
3. Wear gloves that fully cover from the wrist to the fingers while using fitness equipment
4. Wear a mask when:
  - a. Entering the building/checking in or out
  - b. In public places within the building
  - c. Moving from room to room
5. Provide your own sanitized towel
6. Provide your own yoga mat if needed
7. Check in and check out of the facility at the front desk
8. Comply with posted occupancy capacity of each room
9. Will not congregate in lobby
10. Expect modified offering of equipment



## HCM WELLNESS CENTER REQUIREMENTS

- Sanitize/disinfect fitness equipment and facility twice daily
- Limit group exercise classes to 20 members
- Conduct aerobic classes outside
- Post occupancy capacity of each room and monitor safe distancing



## OTHER

- Changing rooms, locker rooms and showers are closed
- Towels, gloves and masks will NOT be provided
- To help minimize distractions during your fitness activity, the HCM Wellness Center will NOT provide television or music in the facility. Please use headphones.