

Enhanced Safety Measures

Beginning
April 5

Services & Amenities Available

Free Weight Area
Cardio Equipment
Resistance Machines
Personal Training
Pool
Track- Walking Only
Single Play Basketball

Amenities Not Available

Towel Service
Guest Fees
In-person Group Exercise
Pickleball Court Access
Locker Rooms
Rental Equipment

Hours of Operation

Monday – Thursday

Gym: 6 am– 8 pm
Pool: 6 am – 12 pm; 2 pm– 7 pm

Friday

Gym: 6 am – 7 pm
Pool: 6 am – 12 pm; 2 pm– 6 pm

Saturday & Sunday

Gym and Pool: 8 am – 2 pm

RESERVATIONS ARE REQUIRED FOR THE GYM AND THE POOL

Policies and Protocols

The Wellness Center Recommends:

- Vulnerable populations are strongly encouraged to stay home.
- Modify high intensity workouts (i.e. running, HIIT) while wearing a mask.

The Wellness Center Requires:

- Complete compliance to all policies and protocols.
- Be a current member over the age of 16 or Junior or Youth certified.
- Be in good health- a temperature ≤ 99.7 . and symptom free.
- Wear face mask (Cloth Masks are Required- No Face Shields).
- Reservations and Rambler/ Membership Cards Required. No Reservation or card = No Entry
- Fitness floor reservations are required to workout.
- Limit workout to 75 minutes on the fitness floor.
- Social distancing of at least 6 ft from each other.
- No guests are permitted.
- Clean all equipment before and after use.
- Bring your own water bottle.
- Pool reservations are required to swim.
- Locker rooms (not lockers) are for pool reservation use only.
- In the event of a medical emergency, the building will be closed and cleared.

These guidelines have been developed to promote member and staff safety and we reserve the right to take actions to protect the safety of everyone in our facility.

Member Conduct - Building

Entry (**Reservation required prior to entry- No Walk-ins**)

All members must wear a cloth face covering and go through each station before fully entering the facility:

- Temperature Check
- Hand Sanitize
- Show proof of membership and verify they have an appointment

Members must wear a cloth face covering and practice social distancing while outside of the facility. Please be prepared for entry and reception to take 5-10 minutes.

Reception

- No food or drink can be taken in by members. (Water bottles are permitted)
- Only one member at a time can be checked in using our contactless protocol
- Students must present Rambler card and members must present their membership card (or driver's license) to be checked into the facility
- Reservations are required for all areas. Patrons will be permitted upstairs at the start of their appointment

Beyond Check-In

- All members must wear a cloth face covering
- All members must follow traffic flow
- All members must clean equipment before and after each use (with a new cleaning wipe for each machine)
- All members must wash hands per posted CDC guidelines
- No locker rooms available at this time
- Only walking is permitted on the track.
- No "spotting" in the weight room is permitted
- No contact of any kind is permitted
- All members must maintain six feet of distance at all times
- Personal belongings must be stored in designated area upstairs
- Only one person is permitted in upstairs restrooms at one time

Exit

- Members must practice social distancing when leaving the facility
- Members must follow traffic flow

Member Conduct - Pool

Reception (**Reservation required prior to entry- No Walk-ins**)

- No food or drink can be taken in by members. (Water bottles that are already filled are permitted)
- A pool reservation is required to swim.
- No one under the age of 16 is permitted unless youth or junior certified
- Members are allowed back into the locker rooms 5 minutes before their reservation time.

Beyond Check-In

- All members must wear a cloth face covering except while in the shower and in the pool
- All members must wear shoes at all times in the locker room and on the pool deck
- All members must follow traffic flow
- All members must enter through their designated locker room to shower with soap
- All members must exit the locker room onto pool deck
- No contact of any kind is permitted
- All members must maintain 6 ft of distance at all times
- Personal belongings must be stored in designated chairs on pool deck
- No spectators are allowed on the deck
- No socializing or waiting for other swimmers is permitted on the deck

Exit

- Members must towel dry and put their cloth face covering immediately after exiting the pool
- Members must practice social distancing when leaving the facility
- Members can use the locker rooms post swim as long as it is within their reservation time
- All members must exit the pool through the double glass doors
- Members are encouraged to "bump" the door rather than use hands
- Members must follow traffic flow to exit facility