

WORKING OUT SAFE – FITNESS CENTER

Park Center Health & Fitness will open on June 29, with a number of provisions to protect the safety of our customers, employees and our community.

We believe the fitness center can be open while maintaining safe physical distance among individuals and that it provides an opportunity to exercise and promote mental well-being. We are committed to safety and have a plan in place allowing patrons to exercise with as little contact as possible while adhering to the guidelines set forth by the Illinois Department of Commerce & Economic Opportunity. *(Last Updated June 23, 2020)*

How **THE EXPERIENCE** is changed

- **Fitness Limitations**
The fitness center will be limited to 50% capacity. Members can register for designated workout times to provide the necessary cleaning of equipment and to adhere to group gathering limitations and social distancing. Saunas, showers, and Splash Landings are closed at this time.
- **Reservations Required**
To provide proper spacing and adhere to group limitations, we are requiring reservations to be made through getfitglencview.org. Reservations are available 24 hours in advance and limited to 1 session per day.
- **New Location**
All participants should check in at the WEST entrance of Park Center. Fitness Staff will greet you as you enter the double doors. Please be sure to make your reservation BEFORE arrival.
- **Temporary Reduced Hours**
Center Hours = Monday- Friday 5am-8pm, Saturday 7am-4pm, Sunday CLOSED.
Lap Swim at Flick Pool Hours = 5:30am-7am, 7:15am-8:45am, 9am-10:15am
Higher Risk Individual hours for Fitness Center
Recommended hours for higher risk individuals will be 1pm-4:30pm on weekdays.
- **Bring Your Own Towel and Water Bottle**
Please plan to bring your own towel and water bottle. Drinking fountains will not be available (only bottle filler feature). Please bring only your basic necessities as a limited number of lockers will be available.
- **Health Screenings**
Participants will go through basic health screening questions upon checking-in in order to keep our staff and participants safe.

How **YOU CAN HELP** keep it **SAFE**

- **Don't Work out if you're Sick**
If you are experiencing cold or flu symptoms, have a fever, or have been exposed to someone with COVID-19: stay home and protect other participants and staff.
- **Face Coverings Required**
Please be sure to wear a face covering whenever not exercising. This includes checking in and out of the facility.
- **Maintain Space and Sanitize Equipment**
There will be spacing decal reminders throughout the fitness center to ensure proper spacing. Everyone will be REQUIRED to wipe down their equipment before and after use, for both your safety and others.
- **Be a Good Citizen**
With everyone following the guidelines and rules set forth, we are able to provide a safe and fun fitness experience.

How **WE** are keeping you **SAFE**

- **Minimum Basic Operations**
We are limiting staff contact by maintaining only minimum basic operations. Staff are required to stay home if they are ill or in contact with someone who is ill. Additionally, we're avoiding close contact whenever possible. Please understand our staff are providing the best experience possible given limitations.
- **Extra Enforcement of Hygiene**
Staff are upping their hand washing and frequently disinfecting common touch points.
- **Sanitizing Stations Available**
There will be hand and equipment sanitizing stations available throughout the fitness center.

Failure to Follow Guidelines

We care about your health.

The COVID-19 pandemic is very serious. Please be respectful of staff and fellow patrons at all times. **Failure to follow staff directives and the guidelines set forth will result in suspension of your fitness privileges until further notice.**

The Park District may change and update guidelines and restrictions at any time given the fluid nature of the pandemic and as new regulations are implemented or new guidance is developed.