



Ogden Parks and Recreation Fitness/Recreation Program Participant Guidelines



Arrivals/Departures:

- All programs are pre-register only. Use www.ogdenparksandrec.com to register for a program. Drop-ins will not be permitted. You may only participate in the program you are registered.
- Use the South OPR/Gymnasium entrance. Participants will be checked in according to programs. Check-ins will begin 5 minutes prior to class time.
- Spectators are not allowed; only those registered for programs will be admitted (exception for programs that list 1 adult required).
- Participants will need to verbally sign in with the Class Instructor or the OPR Evening Attendant. The following health questions must be answered prior to arrival:
 - Question #1: Have you had any of the following symptoms in the last 24 hours that are new or not usual for you: temperature of 100°+, cough, difficult time breathing, sore throat (not due to allergies), body aches, loss of taste or smell, severe fatigue, loss of appetite, diarrhea?
 - Question #2: Per NYS Guidelines, are you required to quarantine due to COVID exposure?
 - Pending on the program, questions may be asked verbally upon your arrival or your arrival will assume you are able to answer NO to these questions.
- All Participants must wear acceptable face coverings. This will be strictly enforced.
 - You may remove the mask to eat/drink.
 - Participants unable to wear a mask due to medical reasons may wear a plastic face shield.
 - Acceptable face coverings include cloth-based face coverings and disposable masks appropriate for exercise that cover both mouth and nose.
 - Bandannas, buffs, and gaiters are not acceptable face coverings.
 - Adult OUTDOOR Fitness classes: acceptable face coverings must be worn upon arrival, and while walking to your space. Covering may be removed while exercising in your space but must be on when not exercising, out of your space, or departing the facility.
- Participants are required to sanitize their hands upon entering the facility and prior to exiting.
- Please keep socialization after your programs to a minimum within the facility. Even better, take these conversations outdoors (and 6 feet apart, of course).
- Participants must bring their own water bottles. Water fountains will not be open. Restrooms are open to 1 person at a time. Lockers/showers are not available; come dressed to play.

Class/Equipment:

- Classes may have spaces marked for you to stand/set up equipment on.
- Participants may need to provide own personal equipment- including dumbbells, paddles, goggles, mats, etc. Some equipment may be rented for a fee for the duration of the program by calling 617-6174 or emailing recreation@ogdenny.com. 48-hours notice is requested for any rental.

Cleaning Procedures:

- Equipment that is provided by OPR will be cleaned and disinfected after each use.

All procedures, guidelines, and schedules are subject to change at any time.

Updated 4.1.2021