



Ogden Parks and Recreation  
Fitness Center  
Member Guidelines



**Arrivals/Departures:**

- Participants must have an account to use the Fitness Center. Create an account and register for applicable membership at [www.ogdenparksandrec.com](http://www.ogdenparksandrec.com). Memberships are processed Monday-Friday. Registrations made when the office is closed will be honored beginning the next business day.
- Fitness Center hours will be posted.
- Daily membership options are not available.
- COVID restrictions (time/capacity limits; limited machines, etc.) may be in place at any given time.
- If you are sick, stay home.
- Use the South OPR entrance for arrival prior to 8:45am and after 4:00pm. Use the Main (courts.rec.police) OPR entrance during business hours.
- Participants will need to sign in with OPR Staff. Please ask yourself the following health questions prior to arrival:
  - Question #1: Have you had any of the following symptoms in the last 5 days *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, fever/chills, congestion/runny nose, loss of appetite, nausea/vomiting/diarrhea?
  - Question #2: Per NYS Recommendations, are you required to quarantine due to COVID exposure/positive test in the last 5 days?
  - Your arrival will assume you are able to answer NO to these questions.
  - If at any time you feel ill while in our building, please inform the instructor and depart quickly.
- Mask Policies
  - Programs/events may have different policies in place at any given time.
  - Please allow space for social distancing.
- The Fitness Center will be accessed through the Town Hall (north) staircase only.
- Patrons must bring their own water bottles. Downstairs OPR or Town Hall restrooms are open; showers and changing facilities are not available. Please note, OPR bathrooms may be closed at any time throughout the day due to children's programming or cleaning.
- Participants must sign out with the OPR Staff.

**Cleaning Procedures:**

- Members are asked to sanitize their hands prior to entering the fitness center and prior to exiting.
- Patrons must wipe down each piece of equipment before and after each use. Anything you touch must be cleaned. Cleaning supplies are provided.
- Each piece of machinery is to be cleaned prior to moving onto a new piece.
- Fitness Center may be closed at any time for cleaning.