



Ogden Parks and Recreation Fitness Center Reopening Plan Member Guidelines



Arrivals/Departures:

- Number of persons in the Fitness Center at one time will be limited. Capacity limits are in effect. Members must register for a timeslot at least 24 hours in advance (or Friday for Monday) by calling our office at 617-6174
 - You must register 24 hours prior for a timeslot (or Friday for Monday). You will be able to register for a 1 week time period. Subsequent weeks will open on Wednesdays (holiday weeks to be announced).
 - Call our office at 617-6174 to schedule a timeslot
 - Timeslots will be available most days between 8:15am-7:10pm and on Fridays between 8:15am-4:10pm. There may be timeslots closed at any time for staffing/cleaning reasons.
 - Failure to show up for a timeslot may result in removal from future timeslots.
 - Only 1 timeslot will be allowed per participant, per day.
 - We cannot allow drop-ins at this time.
 - Timeslots subject to change.
- If you are sick, stay home.
- Use the South OPR entrance. Participants will be checked in according to timeslots. Please do not arrive more than 5 minutes prior to your timeslot. Acceptable face coverings must be worn to enter the facility.
- Members will need to verbally sign in with the OPR Administrative office or the OPR Evening Attendant. All members will need to submit answers to health questions.
 - Question #1: Do you have any of the following: (fever, cough, sore throat, chills, muscle pain, new loss of taste or smell, or shortness of breath)?
 - Question #2: Have you tested positive for COVID-19 in the past 14 days?
 - Question #3: Have you had close contact with a confirmed or suspected COVID-19 case in the past 14 days?
 - Question #4: Have you traveled outside the country or traveled to another state on New York's COVID-19 travel advisory watchlist (see <https://coronavirus.health.ny.gov/covid-19-travel-advisory>) within the last 2 weeks?
- Members are asked to sanitize their hands prior to entering the fitness center and prior to exiting.
- All members must wear acceptable face covering at all times. This will be strictly enforced.
 - You may remove the mask to eat/drink.
 - Members 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 for use in gyms at this time.
 - Forgot your mask? No problem, you can purchase one for a small fee from the OPR Admin Office.
- The Fitness Center will be accessed through the Town Hall (north) staircase only.
- Patrons must bring their own water bottles. Water fountains will not be open. Downstairs OPR restrooms are open to 1 person at a time. Lockers and showers remain closed. Please note: bathrooms may be closed at any time throughout the day due to children's programming or cleaning.
- Participants must verbally sign out with the OPR Administrative Office or the OPR Evening Attendant. Capacity limits are in effect. This is extremely important.
- Further business within the town hall must be completed by exiting the facility at the OPR end and re-entering at the Town Hall end.
- Please keep socialization after your workouts to a minimum within the facility. Even better, take these conversations outdoors (and 6 feet apart, of course).

Equipment:

- Some equipment may be unavailable/closed. Unavailable equipment will be noted by signage and unplugged.
- Please do not use strength equipment if someone is using equipment directly next to your machine. Wait until the person is done to maintain physical distancing.
- Please keep workouts to 55 minutes or less.

Cleaning Procedures:

- Patrons must wipe down each piece of equipment before and after each use. Anything you touch must be cleaned. Cleaning wipes are provided.
- Circuits will not be allowed. Each piece of machinery is to be cleaned prior to moving onto a new piece.
- OPR staff will be disinfecting equipment throughout the day.
- The Fitness Center will close for a full cleaning at mid-day, Monday-Friday.