



Ogden Parks and Recreation  
Fitness/Recreation Program  
Participant Health & Safety Guidelines



#### Arrivals/Departures:

- Participants must have an account to participate in programs. Create an account and register for programs at [www.ogdenparksandrec.com](http://www.ogdenparksandrec.com). Most programs are pre-register only. You may only participate in the program you are registered. Select drop-in programs will be noted.
- Use the Main Lobby (Police/Courts/Recreation) entrance between 8:30am-4:30pm. Please use the South OPR/Gymnasium entrance for programming prior to 8:30am and after 4:30pm. Participants will be checked in according to programs. Check-ins will begin 5 minutes prior to class time.
- Spectators may not be permitted; only those registered for programs will be admitted (exception for programs that list 1 adult required or specify otherwise).
- Participants will need to verbally sign in with the Class Instructor or the 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.
- Face Mask Policy
- Mask Policies
  - Programs/events may have different policies in place at any given time.
  - Please allow space for social distancing.
- Participants are asked to sanitize their hands upon entering the facility and prior to exiting.
- Participants must bring their own water bottles. Water fountains are use at your own risk..
- 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. This will be identified in the program details.

#### 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 without notice.**