



Check list for Working Out at the Niles Park District Golf View Fitness Center

- ❖ Face coverings should be worn at all times while exercising or participating in a practice or competition.
- ❖ At this time Only Fitness Members may enter the Fitness Center to work out. There is no drop in allowed and guest passes cannot be used at this time. The Track is also not available currently. This will be done in phases.
- ❖ All members wishing to use fitness must have arranged a time prior to working out. Phone reservations can be made by calling 847-967-1529. Reservations will be on the hour.
- ❖ Do not come to work out if you are sick. If you are experiencing cold or flu like symptoms, have a fever, or have been exposed to someone with Covid-19; stay home and protect other participants and staff.
- ❖ All members must be aware that not all pieces of equipment will be available for use. There will be a one-hour maximum time that you may be in and working out.
- ❖ There will be a time limit of 30 minutes on all cardio equipment.
- ❖ Please fill your water bottles prior to entry, as water fountains are unavailable.
- ❖ Towel service has been discontinued for the health and safety of our members and Staff. Please bring your own towels.
- ❖ Please follow all social distancing while at the Fitness Center.
- ❖ Please follow all social distancing signs and other directional signs placed throughout the fitness centers.
- ❖ Please allow for one person at a time in the elevator unless you are with a person with whom you currently reside.
- ❖ When using the staircase please allow for social distancing as people are moving up and down.
- ❖ Please do not use handrail if it is not necessary.
- ❖ Wipes are provided in both the cardio area and weight room area.
- ❖ **We ask that all members take the time to wipe down their equipment and area they are in prior to and after. If sweat travels to the floor, the member must wipe up the floor surrounding their equipment.**
- ❖ As we follow social distancing guidelines the locker rooms and showers are not currently available.
- ❖ **Be respectful.** With everyone following the guidelines and rules set forth, we can provide a safe and fun fitness atmosphere.
- ❖ **Failure to follow guidelines;** We care about your health. The Covid-19 pandemic is very serious. Please be respectful of staff and fellow patrons always. Failure to follow staff directives and the guidelines set forth will result in suspension of your fitness privileges until further notice.
- ❖ Please note schedules can change at any time. We will do our best to update you through emails and social media platforms. Please make sure that we have your correct email on file.

Starting June 26<sup>th</sup> Golf View hours will be:

Monday-Friday 6am-8pm

Saturday-Sunday 7a-5pm