



## COVID-19 Protocols for Walking Track at the Niles Park District Golfview Fitness Center

### ❖ COVID-19 Protocols - Walking Track

- Mask required at all times.
- Time limit of 45 minutes walking on the track.
- Maximum of 10 participants on the track per 45-minute time slot.
- Please follow all social distancing while walking on the track and throughout the fitness center.

### ❖ Reservations

- All members & guests wishing to use the walking track must have scheduled time prior to working out.
- Reservations will be on the hour for 45 minutes in length.
- Reservations must be made 24 hours in advance, 1 day at a time.
- Phone reservations can be made by calling 847-967-1529.
- Do not come to work out if you are sick. If 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.

### ❖ COVID-19 Protocols - Building

- 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.
- Please fill your water bottles prior to entry, as water fountains are unavailable.

❖ **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 track privileges until further notice.

❖ **Please note:** Schedules may change at any time. We will do our best to update you through social media and website platforms.

### Track hours:

Monday-Friday: 7:00 am-7:30 pm

Saturday-Sunday: 7:00 am-4:30 pm