

## INITIAL REOPENING PLAN FOR THE LAKERIDGE FALLS ASSOCIATION FITNESS CENTER WITHIN THE CLUBHOUSE DURING COVID-19

All residents prior to any events or participation understand that we strongly encourage you to review the Federal, State and Local. You agree to participate at your own risk and to follow the COVID-19 guidelines established within the LRF facility.

Reservations are encouraged, made by signing up using the form on the LRF Website, under the Forms tab. Times available are 7:00 am to 8:00 pm in hourly intervals on the hour. Users with reservations have priority over walk-ins.

1. **ONLY five (5) people allowed in the fitness center at any given time. Closed circuit cameras will be on as usual and we encourage residents to remind others if they are over-capacity.**
2. **Users should maintain the recommended social distancing of 6 feet from others at all times.**
3. **A facemask or other face covering is required.**
4. **Everyone must use hand-sanitizing gel at front entry or their own upon arrival.**
5. **Everyone must wipe down all contact parts of machines before and after each use as well as anything else they come in contact with, such as the cubbies or stretching table.**
6. **Social distancing on Treadmills and other cardio machines is necessary, so you can use only every other machine at any given time. **Free weights are available effective August 14, 2020.** Chairs, the floor mat, and balls are unavailable.**
7. **We are not allowing personal trainers at this time.**
8. **If supplies become low, please notify the office staff via email or phone – please do not go to the offices unless you have made an appointment.**
9. **Water fountains are out of order; bring your water bottles with lids.**
10. **Restrooms are available.**

The responsibility of safely using the fitness center is on every user. Please **DO NOT** use the facility if you are having any symptoms of COVID or have had exposure to anyone with COVID to ensure the safety of everyone.