



# WELCOME BACK!

HEALTH AND FITNESS CENTER  
**Fall 2020**



## What you can expect in your return:

- COVID-19 SCREENING QUESTIONNAIRE UPON CHECK IN
- SOCIAL DISTANCING DURING ACTIVITY
- FACILITY CAPACITY LIMITS
- USE OF PPE/SANITATION
- EQUIPMENT ISSUE CHANGES

## Building Hours

**Monday-Thursday**

6:30am-10pm

**Friday**

6:30am-8pm

**Saturday**

10am-8pm

**Sunday**

10am-10pm

# HEALTH & FITNESS CENTER PHASE 3

## **Before Coming to the Fitness Center Please Note:**

No one with a fever or symptoms of COVID-19, or known exposure to a COVID-19 case in the prior 14 days, is permitted in the establishment. We encourage those who are high risk individuals to work out at home or outside. Face Coverings required throughout the building EXCEPT during exercise.

## **Patron Screening:**

Each person will be given a COVID 19 Screening questionnaire before admission each day. Anyone experiencing symptoms will not be permitted in the facility and directed to the Health Center.

## **Social Distancing:**

Maintain **10 ft** distancing between you and others. Exception: Members of the same household. Expect for some of our equipment to be offline to help with distancing measures.

## **Facility Capacity/Occupancy Limitations:**

Each area has a 250 person limit. Many areas will be limited to less to meet the 75% max occupancy limit to each space.

## **Guests of members:**

Guests purchasing a day pass must reside in the same household.

## **Equipment Issue:**

All equipment will be issued from the front desk to allow for cleaning between use. The use of any equipment that cannot be thoroughly disinfected between uses will be offline. You may bring your own for personal use only(ex: basketball, exercise band, etc.).

## **Locker Rooms:**

OPEN with 6ft distancing

## **Group Fitness:**

Virtual and In person will be offered. Fall Schedule Starts 8/24

## **Climbing Wall: Closed**

**HAVE A QUESTION? EMAIL US:  
CAMPUSREC@LONGWOOD.EDU**