

# **Norris Recreation Center Phase 4 Guidelines**

1. All participants should wear face covering when entering the facility and whenever not exercising (exceptions can be made for people with medical conditions or disabilities that prevent them from safely wearing a face covering).
2. Norris Recreation Center is open to our members and guests.
3. Members and nonmembers must do a COVID-19 self-check prior to exercising at NRC.
4. Each space is limited to 50% capacity
  - a. Fitness Center – 50 users at one time
  - b. Group Fitness Studio – 14 members plus 1 instructor
  - c. Cycle Studio – 10 members plus 1 instructor
  - d. Mini-Gym – 3
  - e. Tennis Courts – 50 users at one time
  - f. Indoor Pool – 50 users at one time
5. Members must follow the new traffic flow pattern to assist with physical distancing (6 ft.).
6. Members must come dressed to exercise.
7. Members must maintain adequate physical distancing (6 ft.) between each other.
8. Members must clean equipment before and after use.
9. Water fountains are not available. The bottle refill station in fitness center is available.
10. Towel service has been suspended.
11. Locker rooms including sauna and whirlpool and child care center are closed.