

**IMPORTANT: The guidelines stated here have been developed in conjunction with the Arkansas Department of Health, the Medical Fitness Association and the Conway Regional Medical Center COVID steering committee. The guidelines are not all-inclusive and may be amended at any time as deemed necessary. For all questions regarding interpretation of our guidelines, the decision of CRHFC management is final.**



### Facility access

Pre-entry screening is required for ALL members and employees. Be prepared to wait upon arriving.

DO NOT come to the center if you answer YES to any of the following.

- Have had a fever of 100.4°F or greater in the last 2 days
- Have a cough, difficulty breathing, sore throat, or loss of taste or smell
- Had contact with a person known to be infected with COVID-19 within the previous 14 days

You may wish to refrain from using the center if you:

- Are 65 years of age or older
- Have an underlying health conditions such as high blood pressure, chronic lung disease, diabetes, severe obesity, asthma or weakened immunity

**ALL members will have their temperature checked before entering.** Anyone with a temperature >100.4 will be denied entry. We recommend not exercising before entering.

Keep 6 feet away from other members when approaching the entrance, while waiting to be screened and to check in.

**Members MUST wear a mask to gain entry and while in common areas such as the locker room and main lobby.** This does not include shirts pulled over the face. Masks are not required while actively exercising. **Failure to comply with this requirement will result in revocation of membership privileges.**

Members under age 12 may only access the Play Center during its operating hours and the pool area during Family Swim time. See schedules for availability.

Members will enter through the right-side front door. The left side door is for exiting only and the revolving door is locked.

Members will check-in as usual using their membership keytag.



## Hours of operation

M-Th 5:00am - 9:00pm

Fri 5:00am - 8:00pm

Sat 7:30am - 6:00pm

Sun 12:30 - 5:30pm

**Hours are subject to change.**



## Fitness areas (1<sup>st</sup> and 2<sup>nd</sup> floor)

**Personal training services are available. Please contact your trainer for details. New clients should contact Mallory Lefler at [mlefler@conwayregional.org](mailto:mlefler@conwayregional.org)**

**12 feet of fitness distancing is required between members when exercising** on the fitness floor and on the turf. Personal contact is not allowed.

The free weights and plate loaded equipment have been relocated to the first floor and a new functional training studio has been created on the first floor as well.

The track is currently closed for walking/jogging and has been repurposed for distancing equipment.

Mats and many accessories with porous surfaces have been removed. Please bring your own mat if you wish to use one.



## Facility sanitizing and equipment cleaning

**Members are expected to clean equipment before and after use.** Multiple cleaning stations are available in the fitness areas. Staff will circulate to clean equipment on an ongoing basis. Staff will make periodic overhead announcements regarding this and remind members in person as necessary.

We have installed three airPHX ([www.airphx.com](http://www.airphx.com)) sanitizing systems strategically throughout the Health and Fitness Center. airPHX utilizes plasma technology to create

powerful cleaning agents that kill airborne AND surface organisms organically. Because it requires no chemicals or liquid additives, the airPHX process is organic and safe. Best of all, it has been proven effective at killing Human Coronavirus.

## **Aquatics**

**Lap Swimming** (max of two members per lane) and **Adult Exercise** are allowed at this time. **Six-foot distancing must be observed for Adult Exercise, and we are restricted to 50% capacity.** Adult Exercise includes water walking and stationary exercise by members age 12 and up (no recreation or play). Two to three lanes of the pool will be dedicated to Adult Exercise along with Lap Swimming at various times of the day. Below is a summary of the guidelines. Please see the pool schedule for details.

- Lap swimming allowed with two swimmers per lane and 60 minutes maximum
- Lap swimmers in the same lane **must rest on opposite ends of the pool**
- Lap swimmers **must use the first available lane before displacing another swimmer**
- Adult Exercise (water walking and stationary exercise) is allowable
- Maximum of 20 members for Adult Exercise when two lanes are in use
- Maximum of 30 members for Adult Exercise when three lanes are in use
- **Members must maintain 6 feet of distancing when in the pool and on the pool deck**
- Members under 12 are allowed in the pool during Family Swim times. See schedule for details.

Aquatic classes have resumed. See schedule for details. **Please be advised that the entire pool may be reserved when classes are held.**

The **whirlpool is open** with the following guidelines in place:

- 10-minute time limit per member
- 4 persons maximum
- 6-foot distancing required

The **sauna and steam room are open** with the following guidelines in place:

- 10-minute time limit per member
- 2 persons maximum
- 6-foot distancing required
- Available 8a-4:30-pm M-F and all operating hours Saturday and Sunday

**Members must follow staff instructions. Be courteous to your fellow members and vacate the pool and whirlpool in a timely manner if members are waiting.**



## Locker rooms

**Wear a mask and maintain 6 feet of personal space when in the locker rooms** and limit personal interaction.

**Showers are open and towel service is available.**

To promote distancing, every 6<sup>th</sup> locker bank will be available for use. These lockers will be clearly labeled. All other lockers will be locked.

Showers, locker rooms and toilet areas will be mist sanitized at regular intervals daily. This disinfecting solution is not harmful but will leave surfaces wet.



## Group Exercise

A variety of Group Exercise classes are available. A class schedule is available at <https://conwayregionalhfc.org/fitness-group-exercise/group-exercise>.

Floor markers have been placed in the Group Exercise Studio and spin bikes are set up 12 ft by 12 ft on the court to create a safe environment.

A limited amount of equipment will be made available for group exercise classes. **Participants must clean their equipment after class and return it to its proper storage place.** Members will need to bring their own mat.



## Spin Studio

The Spin Studio has been permanently relocated to the court. Please see our class schedule at <https://conwayregionalhfc.org/fitness-group-exercise/group-exercise> for our indoor cycling class offerings.



## Play Center

The Play Center is open and we are following DHS licensed childcare guidelines to promote a safe environment for your child.

- Children under the age of two are not asked to wear a mask to enter the facility, but children age 3 and up are required.

- Infants may stay in the Play Center for up to 70 minutes. Children who are walking or age 2 or older may stay in the Play Center for 120 minutes.
- We will have a maximum capacity of 25 children in the Play Center. Our check-in system will allow us to give parents/guardians a time estimate if the capacity is reached.

Hours for the Play Center are below and are subject to change:

M	8:00am – 1:00pm and 4:00-7:30pm
T-Th	8:00am - 12:00pm and 4:00-7:30pm
Fri	8:00am - 12:00pm and 4:00-6:30pm
Sat	8:00am - 12:00pm
Sun	1:00 - 4:00pm



## Lounge

The lounge is closed until further notice to encourage social distancing.



## Basketball court

The basketball court has been repurposed as our Spin Studio.



## Racquetball courts

The racquetball courts have been repurposed as storage areas during our restructuring project. We intend to reopen them when the project is complete.



## Benches/seating

Please observe social distancing of 6 feet when sitting on benches in common areas and the pool.



## Water fountains

Per CRHS system policy, water fountains with push buttons only have been turned off to reduce the risk of infection. Please use the auto-fill stations in the locker rooms, bring a water bottle or purchase water from our store.



## Accounts and Billing

**We did not bill members for the days we were closed.**

**All regular membership terms and conditions are in full effect.** Accounts that requested a freeze during this time will automatically reactivate on the agreed upon reactivation date. If you previously requested a freeze and wish to return before your agreed upon return date, you can reactivate your account when you check in during your first visit back to the center. **Please see your membership contract for details.**