

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 council. 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 at this time.

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 Floor/Turf

Personal training services have resumed. Please contact your trainer for details. New clients should contact Mallory Lefler at 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.

We have repurposed the turf as an alternative strength and cardio training area.

The track is 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.



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.



Aquatics

Lap Swimming (max of two members per lane) and **Adult Exercise** are allowed at this

time. **Twelve-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 10 members for Adult Exercise when two lanes are in use
- Maximum of 15 members for Adult Exercise when three lanes are in use
- **Members must maintain 6 feet of distancing when in the pool and while on the pool deck and 12 feet when actively exercising**
- Under 12 not allowed in pool (Play Center access only at this time)

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

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

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

The sauna and steam room are **CLOSED** until further notice.

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 has resumed.

To promote distancing, every 6th 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

Group Exercise classes have resumed and include a variety of classes including Indoor Cycling, Pilates, Zumba and Bodyweight/HIIT.

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 and welcoming return.

A class schedule is available at <https://conwayregionalhfc.org/fitness-group-exercise/group-exercise>.

No equipment will be used in classes, with the exception of spin bikes. Members will need to bring their own mat for Pilates and Bodyweight/HIIT.



Spin Studio

The Spin Studio will be closed until further notice but select bikes will be available for member use on 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 with **reduced hours** and **time restrictions**. We will follow 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.
- Members under the age of 12 may stay in the Play Center for up to 60 minutes regardless of age until further notice.
- 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-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 is closed and has been repurposed as our Spin Studio.



Racquetball courts

The racquetball courts are closed until further notice to avoid personal contact.



Benches/seating in common areas

Most benches/seating have been removed to encourage social distancing.



Water fountains

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.