

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

Contactless check-in is available using your membership keytag.

Pre-entry screening is required for ALL members and employees.

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.

Please maintain 6 feet of distance between yourself and others when approaching the entrance, while waiting to be screened and to check in.

Despite the governor lifting the mask mandate, members are required to wear a mask to gain entry and while in common areas such as the locker room and main lobby. This is a Conway Regional system-wide policy. 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.



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 (1st and 2nd floor)

Major pieces of equipment have been spaced 12 feet apart and others are separated by partitions.

Distancing is encouraged between members while exercising.

The track is open for walking/jogging.

Please bring your own mat if you wish to use one.

Our personal training studio is open for private sessions with personal trainers. Contact Mallory Lefler at mlefler@conwayregional.org for more information.



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) 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

Be advised that the entire pool may be reserved when aquatic 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
- 3 persons maximum
- 6-foot distancing required

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



Locker rooms

Wear a mask and maintain 6 feet of personal space.

To promote distancing, a limited number of lockers are available for use. These lockers will be labeled with a green dot. 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 ten feet apart and spin bikes have been spaced in the Spin Studio to create a safe environment.

Participants must clean their equipment after class and return it to its proper storage place. Members will need to bring their own mat.



Play Center

The Play Center is open.

- Children age 2 and under are not asked to wear a mask in the Play Center, but children age 3 -9 are strongly encouraged. Children age 10 and up are required to wear a mask.
- 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.

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

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



Racquetball courts

Racquetball court 1 is open for member use. A maximum of four players are allowed at a time for 60 minutes. Reservations are encouraged. Racquetball court 2 is being used for equipment storage until further notice.

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 or second floor, bring a water bottle or purchase water from our store.



Accounts and Billing

All regular membership terms and conditions are in full effect. Please remember that accounts on freeze will reactivate automatically on the agreed upon reactivation date. In addition, a 30 day-notice is required to cancel an account. 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.**