

In an effort to keep everyone healthy and strong, I urge you to:

- STAY HOME if you are not feeling well.
- WASH YOUR HANDS with soap and water upon arrival, throughout your stay, and prior to leaving the Rec Center
- MAINTAIN SOCIAL DISTANCE at all times while in the Rec Center
- CLEAN EQUIPMENT AND ACCESSORIES **BEFORE AND AFTER** EACH USE
- COVER YOUR COUGH

We have put into place a variety of additional cleaning/disinfecting protocols to help keep our staff and members healthy. Throughout the day high traffic and high touch areas will be cleaned and disinfected according to a set schedule and as needed. Members are also asked to clean equipment before use to protect themselves and after use to protect others.

New waivers - All members are required to sign an updated waiver the first time they visit the Rec Center after reopening. **Members under 18 years of age** must have a parent or legal guardian accompany them the first time to sign the waiver for them.

As recommended, we will be reopening the Rec Center in phases. Please familiarize yourself with the following list of changes that you will notice in Phase I.

What to Expect Upon Arrival

- All members will enter through the main entrance. North Door entrance will remain closed until further notice.
- Rec Center staff will perform temperature screenings on anyone seeking to enter the facility in accordance with Collins policy and Iowa Department of Public Health guidelines.
- Masks are encouraged for members when applicable. Do not use a mask if it affects your breathing while exercising. Masks are required for Rec Center employees.
- Locker rooms are open. Signs have been posted on lockers to facilitate locker selection to maintain proper social distancing.
- Saunas will remain closed until further notice.
- Bring your own shower towel. Workout towels and your own cleaning towel will be provided.
- Please bring a water bottle to fill at the water bottle fill stations to limit use of the drinking fountains.
- Restrooms, drinking fountain, and hallway adjacent to the Physical Therapy department are closed to Rec Center members. Rec Center members may use the restrooms in the locker rooms and All Gender restrooms.
- Showers in the All Gender restrooms will be closed to allow more traffic for restroom use.
- Members are strongly encouraged to use credit cards or make payments online through [our website](#).

Facility Modifications and Equipment Accessibility

To maintain proper social distancing:

- Some of the cardiovascular equipment is strategically blocked off.
- Red dots are on the floor in the free weight areas to give guidance where benches should be placed.
- One way traffic patterns are marked on the floor between equipment, in the men's locker room, and to control flow into and out of the High Court area.

- Exercise mats will not be available. Please plan to bring your own mat if you will be using one for your workout.

Service Changes

- Instructor-led classes will resume in June. (More info below.) Each class will be evaluated and will resume as is appropriate for that particular class. Details will be provided as they become available. Virtual classes will continue to be offered. *
- Babysitting room remains closed until further notice.
- Members only. No guests.
- Quality Time for children will not be offered on Saturdays and Sundays.
- One-on-one personal training is available. [Click here](#) for more information about personal training or [click here](#) to fill out a request to be contacted by a personal trainer. Small Group Personal training is not available at this time.
- No organized sporting activities (basketball, racquetball, pickleball, etc.)
- Coffee is not available.
- Lounge areas remain closed.

Group Fitness Classes

We are currently evaluating each group fitness class and will resume as is appropriate for that particular class. Details will be provided as they become available. We will continue to offer virtual online classes. [Click here](#) to view the schedule. We will also allow members to use the Wexer on demand classes in our cycling studio for up to two people. This service may be in higher demand, so please plan to use the scheduling white board next to the Cycling Studio entrance.