

## KC Fitness Facility Protocols

### Hours

The Community Center will be open as follows:

Monday – Friday, 8:00 AM – 12:45 PM (60-minute pre-registered time slots) \*

\*We reserve the right to further modify hours, as necessary.

### Using the Facility

Reservations can be made 7 days in advance, are on a first come, first served basis, and limited to one reservation per person per day.

### Booking a Reservation

Establish or update account if you do not already have one. Go to:

<https://apm.activecommunities.com/kcranchmetrodistrict>

Go to the Fitness page

<https://ken-carylranh.org/programs-activities/fitness-wellness/>

of the website to select the activity you would like to reserve time for.

### Wearing of Masks

Staff are required to wear a mask, will have their temperature taken and will verify that they are symptom free prior to each shift.

Please refer the most current COVID19 mask guidelines here:

<https://ken-carylranh.org/community-news/covid-19-updates/>

### What to Bring

Bring your own towel and water bottle. The drinking fountain will be available for refilling of water bottle only.

### Arrival

When you show up for your time slot, please stay in your car until your reserved start time as the doors will be locked during the clearing and cleaning of the building.

When you arrive at the facility, please conduct a self-assessment prior to entry. A Symptom Check flyer will be posted at the facility for you to reference. If you are experiencing symptoms or have been exposed to COVID-19 in the last 10 days, please **DO NOT ENTER**.

Please enter the facility only through the main entrance. You will exit only through the downstairs exit.

Please make use of the hand sanitizing station when entering the building. There are also several sanitizing stations throughout the building.

Please wait your turn in line. There will be markers on the sidewalk as well as in the foyer to **maintain 6-feet of distance** throughout the check-in process. You will be greeted by staff who will confirm your reservation, check you in, make sure you are symptom free and send you on your way to work out in the fitness area for which you signed up.

Walk-ins will not be accepted.

### **Social Distancing**

Members are requested to social distance in our facility. Members should maintain a six feet buffer zone between themselves and others, unless from the same household. Fitness equipment has been spaced to provide at least a 6-foot radius.

Tables and chairs in the lobby area are not available for congregating. Directional signage has been added as well as doors marked as “entrance only” or “exit only” to help keep the flow of traffic in the building.

### **Locker Rooms**

Locker rooms and showers will not be available for use. Please come dressed to exercise. We ask that any items you bring in remain on your person.

### **Restrooms**

The Lobby Restrooms and will remain open. The locker room restrooms will be closed for use by fitness patrons and open only to aquatics patrons.

### **Storage Cubbies**

There will be no cubbies in the fitness area. Please keep personal items in a backpack or other wearable storage on your person.

## **Lost & Found**

We will no longer have a Lost & Found. However, understand that if we find IDs, wallets, purses, cell phones or jewelry we will secure those items for temporary safe keeping.

## **Weight Room Area**

Equipment is spaced to allow at least 6 feet of distance.

Members are REQUIRED to disinfect equipment PRIOR TO and AFTER use. All areas “touched” must be cleaned. Please do not forget to clean:

- pins in the weight stacks
- any equipment touched, including dumbbell handles & plates, medicine balls, TRX straps, seat or back adjustment handles
- free weight bars
- benches and other fitness accessories

## **Cardio Equipment Area**

To ensure 6-foot distancing machines have been moved or are temporarily closed. Appropriate signage is displayed.

Members are REQUIRED to disinfect equipment PRIOR TO and AFTER use. All areas “touched” must be cleaned. Please do not forget to clean high touch areas as well as area sweat has pooled.

## **Elevator**

If you need to use the elevator, please only ride individually, unless you are with another person in your household.

## **Stairs**

Only one person on the stairs at a time unless you are with another person in your household.

## **Drinking Fountains**

Drinking fountains will be available for water bottle filler only. Please bring your own water bottle.



## **Televisions**

Televisions in the gym will be on. However, the remote control will not be available to patrons. If you would like the station changed on a television, please see a staff member.

## **Fitness Classes**

Fitness Classes will be limited to current capacity limitations. Participants must maintain proper distancing during class, disinfect all equipment before and after use.