



## Phase 4

### Prairie Fit Guidelines

The following participation guidelines apply to Plainfield Park District Prairie Fit during Phase 4 of the Governor's Restore Illinois Plan. The Illinois Department of Commerce & Economic Opportunity Phase 4 Health & Fitness Business Guidelines, in addition to information from public health organizations, was used in the development of the guidelines. The guidelines are subject to change as new information becomes available.

#### **Instructors/Facility Staff:**

- Instructors and facility staff will be provided instruction/education on COVID-19 prevention.
- All instructors and facility staff must perform a self-assessment daily and not report to work if they are ill or exhibiting symptoms of COVID-19. If an individual begins to exhibit symptoms during the program or shift they must be isolated from others.
- If a staff member has symptoms they must wait to enter the premises until they have had no fever for at least 72 hours, other symptoms have improved, and at least 10 days have passed since their symptoms first appeared, OR until feverless and feeling well (without fever-reducing medication) for at least 72 hours OR confirmed to not have COVID-19 via 2 negative COVID-19 tests in a row, with testing done at least 24 hours apart.
- Instructors/facility staff should maintain a minimum 6-foot distance from other staff and participants, unless instruction makes it impractical. Staff are required to wear a face covering while in public spaces or interacting with others.
- Hand washing or hand sanitizing is recommended before and after activities

#### **General Facility Guidelines:**

- Participants must conduct a self-assessment daily and not attend the program or visit the facility if they are ill or exhibiting symptoms of COVID-19. If a participant begins to exhibit symptoms during the program or workout they must be isolated from others until they leave the premises.
- If a participant has symptoms, they must wait to enter the premises until they have had no fever for at least 72 hours, other symptoms have improved, and at least 10 days have passed since their symptoms first appeared.
- Participants who have tested positive for COVID-19 or have been in contact with someone who has tested positive within the past two weeks must stay home
- Participants experiencing COVID-19 symptoms while at Prairie Fit must tell a staff member
- Participants must provide their own face coverings over the nose and mouth, and are required upon arrival as well as indoors when not exercising.

*\*Per the CDC, symptoms include cough, shortness of breath or difficulty breathing, fever, chills, muscle or body aches, headache, sore throat, new loss of taste or smell congestion or runny nose, nausea or vomiting and diarrhea.*

## General Facility Guidelines (Continued):

- Locker rooms and showers will remain **CLOSED** at this time. Family restrooms will be available if needed.
- The upstairs track, functional fitness area, fitness studio, and gymnasium (basketball courts) will remain **CLOSED** at this time.
- Follow the state's guidelines for social distancing throughout the fitness area – be respectful of others and do not use equipment or machines if 6 feet distance cannot be maintained
- The Park District will use a reservations process that will be used by members to reserve workout times. Members will be provided with instructions.
- Disinfecting wipes will be available throughout the fitness center.
- Hand sanitizer will be available at the main service desks
- Lost and found of non-valuable items will be eliminated from facility operations.

## Restrooms & Locker rooms:

- Family restrooms will be available. Locker rooms will remain **CLOSED** at this time.
- We encourage members to come prepared to work-out and limit the number of outside items brought in and should not be shared with other participants.
- Lockers will be available inside fitness area – bring your own lock – only water & cell phones will be allowed in the fitness area

## Prairie Fit Guidelines

- You may arrive 5 minutes early to your time slot reservation. You will not be allowed into the facility prior to that.
- Once in the facility you will sign in and check in at the front desk.
- Arrows will be placed on floors of the fitness center to promote one-way flow to provide space for distancing.
- Patrons will be required to clean machines/equipment before and after use. Disinfectant wipes will be located throughout fitness area
- No spotting – even if you live in the same household
- A 10 minute warning will be given prior to the end of the session
- If you arrive late for your reservation your total time will not be extended

## Sanitization

- Cleaning products will include EPA-approved disinfectants or disinfecting wipes for sanitizing equipment before and after use by participants.
- Lockers, restrooms, common areas and surfaces will be cleaned and disinfected routinely in high-traffic areas.
- In addition to every evening, the fitness center will be disinfected by staff in between available time slot

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**Signage**

- At entry to the facility, signs requiring social distancing and face coverings will be posted along with cleaning protocols.
- Reminder signage for hand-washing, sanitization of equipment, social distancing, etc. will also be posted in the facility.

**Public Restrooms**

- Public areas and restrooms will be cleaned routinely while Participants are scheduled in the building using EPA-registered disinfectants, particularly on high-touch surfaces.
- Supplies for handwashing will be checked and stocked every time the restroom is cleaned.

We look forward to seeing you at Prairie Fit!

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