

CARY PARK DISTRICT FITNESS CENTER

PHASE 4 GUIDELINES

FITNESS CENTER HOURS

Monday - Friday: 5:30 am - 8:00 pm
Saturday & Sunday: 7:00 am - 3:00 pm



Call to Make a Reservation
for the Fitness Center
847.639.6100

All Fitness Center users will have to read and sign a COVID-19 Code of Conduct before using the equipment.

FITNESS CENTER PHASE 4 GUIDELINES

- Follow all Illinois Department of Public Health guidelines related to social distancing, hand washing, and face coverings.
- Face coverings are required to enter the Community Center.
- Face coverings should be worn at all times, even when using the equipment and regardless of machine spacing.
- Wash hands or use hand sanitizer immediately upon entering facility.
- Locker rooms will be available. Showers will remain closed.
- Water fountains are not available. Bottle filler only is available.
- Towel service will not be available.
- You must clean equipment before and after each use - please do not be wasteful with gym wipes as one wipe may be used to clean multiple pieces of equipment.
- All equipment will be cleaned and disinfected by staff at designated intervals throughout the day.
- Patrons should abide by social distancing guidelines to protect themselves, guests, staff, and others. Patrons will be asked to leave the facility if they do not follow guidelines.
- One hour time frames will be available by reservation only. Fitness Center members should call to reserve a time. **Please call 847-639-6100 to reserve a time.** Usage without a reservation will not be admitted.
- Fitness Center Members will be able to make a reservation up to one week in advance.
- Non-members may only make a reservation the day of desired use. **Please call 847-639-6100 to reserve a time.** Usage without a reservation will not be admitted.
- Cardio Room capacity will be limited to no more than six users at one time. Strength Room capacity will be limited to no more than two users at one time.
- A limited number of machines will be available in the Cardio Room. You may only use the machine you reserved and are assigned.
- While in the Strength Room, be respectful of others and do not use a machine directly next to someone else, unless that person is from the same household. Strength Room capacity is 2 users.
- Patrons understand that by attending facilities they are assuming risk and possible exposure to COVID-19. If you are feeling ill or exhibiting any COVID-19 symptoms, please stay home until cleared by medical professionals.

Cary Park District Fitness Center

COVID-19 Code of Conduct

Please review, sign and date the bottom and return to the Front Desk

It is the Park District's responsibility to enforce the rules put in place by the Health Department and the Governor's Resurgence Mitigation Plan for Illinois. These rules are for everyone's safety and all members must do their part in following these rules so everyone can continue to enjoy using the Fitness Center safely.

By signing the bottom of this Code of Conduct, you are acknowledging that you will follow the rules spelled out below. If these rules are not followed, your membership may become suspended until restrictions are lifted.

1. Fitness Center Use is by reservation only; members can call to reserve a time and machine up to 1 week in advance.
2. Walk ins are accepted as available.
3. Masks must be worn at all times while inside the building. This includes walking to and from the cardio and strength room, in the bathrooms and while on both cardio and strength machines while under Tier 3 of the Resurgence Mitigation Plan. *NOTE: when McHenry County moves to Tier 2 or Tier 1, mask wearing restrictions may change.*
4. If you are unable to make your scheduled reservation, please call the front desk to cancel so the Park District can accommodate another member.
5. When showing up for your reservation, please check in at the front desk. Staff will provide you the machine number you are assigned.
6. Members do not need to show up right at the beginning of their reserved time slot, however members must not exceed their reserved time slot.
7. Please only use the machine you are assigned to by staff during your reservation. Members cannot use machines directly next to each other regardless if members are from the same household or see each other outside the Park District.
8. Please be courteous of those around you, practice social distancing and make sure you are cleaning the machines after each use.
9. The Park District will continue to keep members informed of any changes. Please see staff with any questions.

Sign

Print Name

Date

