

WORKING OUT SAFE INDOORS

Lakeview Fitness will open the facility with limited capacity on July 1st, with a number of provisions to protect the safety of our members, employees, and our community.

We believe we can open our facility while maintaining safe physical distance among individuals and providing a clean and safe environment for our members. We are committed to safety and have a plan in place allowing patrons to exercise with as little contact as possible while adhering to the guidelines set forth by the Illinois Department of Commerce & Economic Opportunity.

How **THE EXPERIENCE** is changed

✓ Limited Capacity

In accordance with state guidelines, there will be a 50% capacity limit for our facility. Members should check availability before heading to the facility, especially during peak times.

✓ Reservations Required for Group Ex and Pool

To provide proper spacing and adhere to group limitations in both our group exercise classes and lap swimming, we are requiring reservations to be made through our Lakeview Fitness App. Follow these four simple steps: Open the app, click Find A Class, select the class you wish to attend, and then click Book Class.

✓ Workout Stations

In accordance with the state's guidelines, we will be using barriers between equipment if there is less than 6ft social distancing. Otherwise, we will space equipment at least 6 feet apart or decommission machines with a sign to create 6 feet.

✓ Member Responsibilities

Members will be expected to follow certain cleaning and social distancing guidelines in

order to use the facility. They are detailed in the next section.

✓ Health Screenings

Participants will go through basic health screening questions prior to entering the facility, or group exercise classes, in order to keep our staff and participants safe.

✓ Locker Rooms & Showers

Members should arrive at the facility dressed in workout attire. The locker rooms and showers will be open if needed, but in a limited capacity. Only specified lockers and showers will be operational. Members are asked to sanitize lockers before and after use.

✓ Cleaning and Disinfecting Protocols

Lakeview will be implementing stringent cleaning and disinfecting protocols to keep our members and staff safe. We will have a Fitness Floor Attendant on the floor at all times continuously cleaning, more disinfectant and sanitation stations, safety barriers, an Airphx system, and a designated time during the day when we shut down to complete a deep cleaning of the facility.

How **YOU CAN HELP** keep it **SAFE**

✓ **Don't Workout if You're Sick**

If you are experiencing cold or flu symptoms, have a fever, or have been exposed to someone with COVID-19: stay home and protect other participants and staff.

✓ **Maintain Space with Other Participants**

If you are in a group ex class, there will be marked spaces providing the proper distance between you and other participants. Please stay within your designated space during class. If you are working out on the fitness floor, please be aware and stay at least 6 ft away from other members.

✓ **Face Coverings Required**

Please be sure to wear a face-covering whenever not exercising. This includes common areas, hallways, locker rooms, and checking in and exiting classes.

✓ **Cleaning and Disinfecting**

Please be sure to clean and disinfect all equipment before and after use. Wet a paper towel with disinfectant and wipe equipment down, do not spray directly on equipment. Constantly sanitize your hands as well.

✓ **Be a Good Citizen**

With everyone following the guidelines and rules set forth, we are able to provide a safe and fun fitness experience.

How **WE** are keeping you **SAFE**

✓ **Minimum Basic Operations**

We are limiting staff contact by maintaining only minimum basic operations. Staff are required to stay home if they are ill or in contact with someone who is ill. Additionally, we're avoiding close contact whenever possible. Please understand our staff are providing the best experience possible given limitations.

✓ **Extra Enforcement of Hygiene**

Staff are upping their handwashing and frequently disinfecting common touchpoints.

✓ **Sanitizing Stations Available**

There will be more hand sanitizing stations available throughout the facility.

Failure to Follow Guidelines

We care about your health. The COVID-19 pandemic is very serious. Please be respectful of staff and fellow patrons at all times. **Failure to follow staff directives and the guidelines set forth will result in suspension of your fitness privileges until further notice.**

The Park District may change and update guidelines and restrictions at any time given the fluid nature of the pandemic and as new regulations are implemented or new guidance is developed.