



MANSFIELD
COMMUNITY CENTER
Family, Fitness & Fun!

Welcome!



Member Guide to COVID Procedures.

Updated April 26, 2021

Welcome

Welcome to the
Mansfield Community Center!

As we navigate a COVID-19 world, there are extra precautions in place at the Mansfield Community Center. Please read through these policies carefully, as they apply to you during your visits. Also know that State Guidelines often change abruptly, and the best resource for up to date information is through e-mail notices and the Mansfield Community Center website.

If at any time you have questions please contact the Mansfield Community Center Reception Desk.

Mansfield Community Center

address 10 S. Eagleville Road, Storrs, CT 06268

email parksandrec@mansfieldct.org

phone 860-429-3015

website www.mansfieldcc.com

Facebook [Facebook.com/MansfieldCommunityCenter](https://www.facebook.com/MansfieldCommunityCenter)

TEMPORARY
CHANGE TO
COMMUNITY
CENTER
HOURS

NEW



MANSFIELD
COMMUNITY CENTER
Family, Fitness & Fun!

Monday-Friday
5:30am-1:30pm
and
3:30pm-8:00pm
(Closed 1:30-3:30pm)

Saturday &
Sundays
7:00am-4:00pm

Closed Holidays

HOURS

EFFECTIVE
THURSDAY,
DECEMBER
10, 2020

Facility-wide Policies & Procedures

MASKS or cloth face coverings that completely cover the nose and mouth are required at all times, unless you are actively entering the water in the pools or are actively showering in a shower stall.

SOCIAL DISTANCING is required of facility users. When approaching the facility, and once in the facility please be conscious of the floor markings and social distancing protocols to maintain safety and compliance. Expect relocated and restricted access to various equipment in order to meet new standards. Follow signage for traffic patterns throughout the facility.

HEALTH ASSESSMENTS/SELF SCREENING

Patrons must self-screen at home prior to each visit. If you are unwell or are experiencing any symptoms of COVID-19, do not come to the Community Center. Use of hand sanitizer is required upon entry into the facility, and is available in the lobby and in various locations throughout the facility.

Before coming in, ask yourself:

- Have I been in close contact with a confirmed case of COVID-19 in the past 14 days?
- Am I experiencing a new cough, shortness of breath, or sore throat?
- Have I had a fever of 100.4°F or higher in the last 48 hours?
- Take your temperature at home. Temperature must be below 100.4°F

WAIVER AND RELEASE All patrons wishing to participate in Community Center activities must sign the Communicable Disease Waiver and Release. 5

CLEANING AND DISINFECTING is increased and intensified throughout the facility. Employees will clean all equipment frequently and patrons and guests must wipe down equipment before and after each use with provided products and materials that meet EPA and CDC guidelines for use against COVID-19. The facility is closed Monday-Friday, 1:30pm-3:30pm for full area cleaning and disinfecting. Additional cleaning and disinfection will occur each evening, seven days per week, when the facility is closed to the public.

WATER FOUNTAINS are closed. Per current recommendations, water fountains are not available. Please bring your own water bottle. Water bottle refill stations may be used for refill of personal water bottles only.

PERSONAL ITEMS A very limited number of lockers are available on a first-come basis for daily use. Personal belongings brought into the facility should be limited as much as possible. Use of coat racks and cubbies building-wide will be limited. Personal belongings for swimmers can be left in designated areas on the pool deck. Fitness area users are welcome to utilize the upstairs cubbies.

GROUP FITNESS CLASSES have resumed, but are not included in with membership. You may register at the discounted member-class rates for the full session, or purchase drop-in passes to classes at a single or multi-class rate. We encourage you to continue to check our [Facebook](#) daily for fitness tips and ideas, and to utilize videos and resources available on our website.

REMINDER Child Care and common areas are not available during this time.

Locker Rooms

LIMITED LOCKER ROOM AVAILABILITY

A limited number of lockers are available for daily use on a first-come basis. Please spray your locker before and after use.

Locker rooms are available for changing and showering.

- Please limit showers to 10 minutes.
- **Masks completely covering the nose and mouth are required at all times**, unless in a shower stall showering.
- **Sinks/sink area is for hand washing only**. Actions requiring the removal of your mask (make-up application, shaving, brushing teeth, etc.) are *not* permitted.
- Use of hair dryers is permitted, but masks must be worn.

WHAT EQUIPMENT IS AVAILABLE?

Patrons are required to provide their own towels. Limited lockers and access to wall-hair dryers is available.

PERSONAL ITEMS:

Limited lockers are available on a first-come basis. Members should limit items they bring into the facility and only use lockers if truly necessary. Available lockers are marked. Use of coat racks and cubbies building-wide will be limited. Personal belongings for swimmers can be left in designated areas on the pool deck.

CLEANING REQUIREMENTS:

Patrons are required to clean all equipment before and after use with spray provided. This includes spraying down shower stalls and lockers. Staff will provide additional cleaning as needed. Intensified spray disinfectant will be used on all used equipment during shutdown periods and when the facility is closed.

Teen Center

GENERAL TEEN CENTER ACCESS

The Teen Center is available to individual adults and families during all facility hours. Limit two families at a time. Please see the Reception Desk for equipment.

CLEANING REQUIREMENTS:

Patrons are required to clean all equipment and touch-points before and after use with wipes provided. Staff will clean additionally as needed.

Gymnasium

GENERAL GYMNASIUM ACCESS

Reservations are not required except during Pickleball play. All other times are drop-in, however, space is limited.

- **Masks** completely covering the nose and mouth are required at all times.
- **Maximum 4 players to a court** playing. Court = 1/4 gym. An additional 4 players may wait on the sidelines of each court space provided they maintain 6 ft. of social distance.
- **2v2 pick-up basketball games are permitted.** Each player must sign-in at the reception desk for contact tracing and obtain a wristband.
- Dunking or hanging on hoops and moving of pickleball nets is prohibited.

WHAT EQUIPMENT IS AVAILABLE?

Basketball hoops, basketballs, and pickleball nets and balls will be provided and set up by Community Center staff. Patrons are required to provide their own additional equipment for use in the gym (including futsals, pickleball paddles, etc.). Gym mats and Tot toys will not be available.

PERSONAL ITEMS:

Come prepared to play! **Patrons are asked to bring no personal items except a water bottle, keys, and small items required for game play into the facility if possible.** Locker access is very limited on a first-come basis for daily use. REMINDER: Water fountains will be closed. Water bottle filler may be accessed to re-fill personal water bottles.

CLEANING REQUIREMENTS:

Community Center equipment will be disinfected between patron use. Spray disinfectant will be used at minimum on gym floor surfaces after closing each day. Players utilizing Community Center basketballs and pickleballs must clean them before and after use with provided cleaning products.

2V2 BASKETBALL PLAY RULES

Required:

- Players must sign in at reception desk specifically indicating basketball play to allow for contact tracing.
- Wristband will be issued upon sign in. No wristband, no play.
- Masks must be worn covering nose and mouth throughout play and while on sidelines, no exceptions.
- Anyone currently exhibiting signs of Covid shall not play and should leave facility immediately.
- Participants will regularly disinfect hands using soap and water or hand sanitizer provided.
- Participants will regularly disinfect ball and other highly touched surfaces.
- Maintaining 6 foot social distance from players and other observers while observing from sidelines is required.
- Maximum 4 players per $\frac{1}{4}$ court (2v2).
- Maximum 4 spectators per $\frac{1}{4}$ court.
- During busy times, each player will be limited to one hour of play-time, based on the time of their gym sign-in.

Recommended:

- Cohort play should be maintained where possible.
- Game intensity modified to allow for less physical contact and more social distancing.

PICKLEBALL PLAY

- Reservations *are* required for Pickleball play. See the schedule at www.mansfieldcc.com. Reserve a time on SignUpGenius.com under the "Gymnasium".
- Both doubles and singles play are permitted.
- Balls and nets are provided, paddles are not. Players are not permitted to move nets.
- Balls must be cleaned by players between games *at minimum*.
- Maximum three courts at once, with up to 4 players and 2 spectators at each court.

Fitness Center

FITNESS AREA AND TRACK GENERAL ACCESS

Reservations are not required. Patrons are to enter the Fitness area through the front stairwell and exit through the back stairwell. The elevator will be available to those that need it, however only one person may use the elevator at a time (unless immediate family). All patrons must adhere to all posted policies and procedures- examples below:

- **Masks** completely covering the nose and mouth are required at all times.
- Closed toe athletic shoes must be worn
- Shirts must be worn
- Facility is ages 14+ with limited exceptions
- Family Track Time is available after 12pm daily. Parents/guardians must accompany children on the Track.

WHAT EQUIPMENT IS AVAILABLE?

Please thoroughly clean equipment with supplied spray and paper towels before and after use. Spray paper towels thoroughly, then wipe down equipment with towel. Do NOT directly spray machines/equipment.

Please check in with the Fitness Assistant during your visit prior to utilizing cardiovascular equipment. Fitness Assistants will reserve cardio space on available equipment for each patron, not to exceed 45 minutes, and will direct the patron to the appropriate fitness area. Internet access and/or TV may not be available on all equipment due to equipment relocation in the facility. Cardiovascular equipment in the Sitting Room can be reserved at the main Reception Desk on the first floor.

CARDIO EQUIPMENT:

5 treadmills available
(every other one)
6 ellipticals
1 AMT
1 stair master
1 rower
3 spin bikes
4 recumbents
1 upright
2 expresso bikes
1 arm bike

STRENGTH EQUIPMENT:

Main Floor Weight Equipment:
Selectorized weight equipment*
Weight bench stations
Free weights**
Plyo-boxes**
Medicine Balls**
Bands**

*Use of machines is dependent upon capacity and spacing. See signage. Patrons may use all selectorized weight equipment with proper cleaning, however, must leave one open machine between patrons at all times.

PERSONAL ITEMS:

Come ready for your workout. Patrons accessing the fitness area are asked to bring no personal items except a water bottle and keys into the facility. Keys/jackets may be stored in cubbies in the fitness area. Other personal items that will remain on your person (watch, glasses, phone in armband) are permissible. **Weight-lifting gloves may NOT be worn.** Locker room and shower access are available. Lockers are limited, and available for day-use only on a first-come basis. Lockers should only be used if necessary.

CLEANING REQUIREMENTS:

Patrons are required to clean all equipment before and after use including all touch points, sweat, and possible areas of saliva contamination (i.e. – cardiovascular display panel and PVS). Patrons must also disinfect areas any personal items contacted. Disinfectant spray and paper towels will be readily available for patron use throughout the designated fitness areas. Fitness staff will provide additional cleaning as needed. Intensified spray disinfectant will be used on all used equipment during shutdown periods and when the facility is closed.

ADDITIONAL INFORMATION/POLICIES:

Personal workout sheets created and saved prior to COVID-19 have been retained in file box, which is kept under fitness desk. Upon request, Fitness Assistant may locate personal workout sheet for a patron. Patrons must independently retain this file as no file system will remain active for general access. No paper forms will be retained for patron access at Fitness Desk. Upon request, Fitness Assistant may provide requested forms for patron to independently retain for their records. No magazines or newspapers will be provided, all reading material left by patron must be discarded.

REMINDER: The water fountain will be closed. The water bottle filler may be accessed to refill personal water bottles.

Main & Therapy Pools

POOL AREA RESERVATIONS ARE STRONGLY ENCOURAGED.

Your Access Code for the SignUpGenius Reservation system is: **CU@MCC**

Reservations are made in one-hour increments on the SignUpGenius online reservation system, and allow for a 45-minute swim period, with additional time allotted for rinsing/ changing before and after swimming. If you require additional rinse or change time, your swim may need to be less than 45 minutes. Please read all sign-up details closely for current lane quantities and lane sharing information. Limited drop-in spaces may be available, continue reading below.

LATE ARRIVALS:

10 Min Rule: Pool reservations are honored for 10 minutes from the start of the reservation slot time. If after 10 minutes a member with a reservation has not arrived on deck for their swim time, the remainder of the slot will be forfeited to a drop-in swimmer waiting to swim.

EARLY ARRIVALS:

5 Min Rule: Members are not permitted to show up more than 5 min early to their pool reservation time. We have a 10 min gap from the time the 1st group gets out of the water to when the 2nd group come in. This is for staff to properly prepare and disinfect for the next wave of swimmers. If you show up more than 5 min early you will be asked to wait on the bench until pool is clear and staff have taken care of their responsibilities.

DROP-IN OPPORTUNITY:

Drop-ins: Members wishing to drop-in may come to the pool deck no earlier than the start of a swim slot, and must notify the guard they are hoping to drop-in. This will be first-come, and will be totally dependent on lane availability after the 10 minute arrival window is complete. Drop-in swimmers will still be expected to rinse prior to entering the pool, and will be asked to exit the pool at the advertised exit time for the slot. Drop-ins will apply to all slots according to the pool schedules posted on the website.

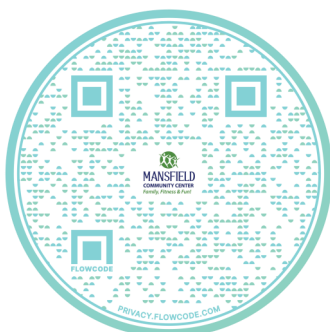
HOW DO I SIGN UP?

Sign-ups are available online via SignUpGenius.com. The direct link to Mansfield Community Center sign-ups is on our website www.mansfielddcc.com, along with the upcoming weeks pool schedules.

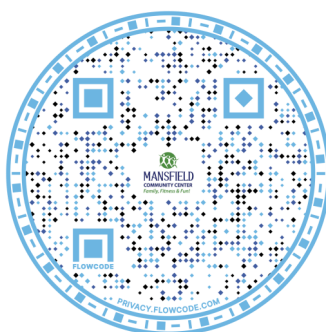
Reservations slots become available on a rolling basis 8-days out. For example, on Mondays, reservations open for Tuesday of the following week. Slots become available at the time of the slot (i.e. a 10 a.m. slot appears at 10 a.m.).

SCAN HERE WITH YOUR SMARTPHONE CAMERA TO VIEW THE POOL SCHEDULES

Therapy Pool Schedules



Main Pool Schedules



Then click the link below each schedule to be directed to the SignUpGenius website.

Having trouble online? Reserve by phone by calling 860-429-3015 ext. 0

If you require special assistance (such as use of the pool lifts), please make note of that in the comments area when reserving your time block. Time blocks cannot be extended, and your swim time may need to be reduced. Please plan accordingly.

RINSE AND CHANGE:

Per State mandate, all swimmers are required to complete a quick rinse before entering the pool. Swimmers may elect to change or shower after swimming in the Main or Family Locker Rooms. Please limit showers to 10 minutes. Electing not to shower or change after your swim does not extend your swim time.

POOL AREA MASK REQUIREMENTS:

Masks are required at all times up until you are about to enter the water. For safety, masks will NOT be permitted in the water while swimming in the Main Pool. Therapy Pool users who will not submerge their head below water can elect to wear masks while swimming. Please note, mask wearing in the Therapy Pool is *not* required, and other swimmers may be maskless. It is therefore important to stay in your designated space.

PERSONAL ITEMS:

Come ready for your swim. **Patrons are asked to bring no personal items except a water bottle, keys, swim cap, goggles, towel, and after swim change of clothes into the facility.** Locker access is very limited, and available on a first-come basis. While. Swimmers are provided bins in their swim area for storage of personal belongings during your swim.

WHAT EQUIPMENT IS AVAILABLE?

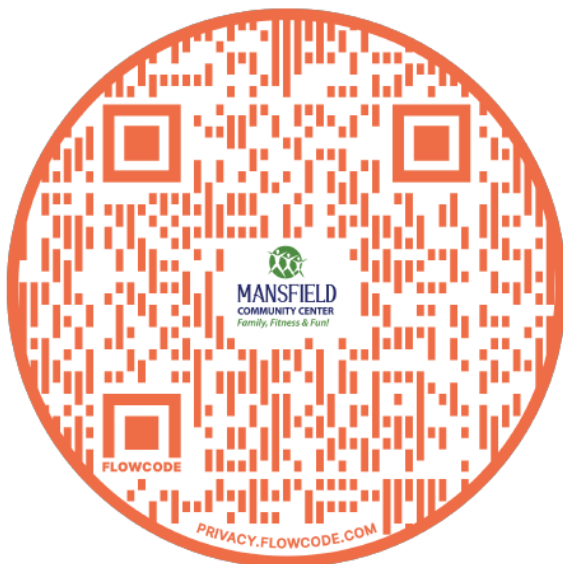
Use of kick-boards, pool buoys, pool noodles, and aqua belts provided by the Center will be allowed. Ask a lifeguard for desired equipment. Patrons will be required to disinfect equipment before and after use. Staff will complete additional disinfecting between uses.

CLEANING REQUIREMENTS:

Aquatic staff will provide additional cleaning between each swimmer use as needed. Rinse and change areas will be cleaned regularly, including use of spray disinfectant spray during shutdown periods and when the facility is closed.

REMINDER: The water fountain will be closed. The water bottle filler may be accessed to refill personal water bottles.

SCAN TO VIEW SIGNUPS!



HOW TO SCAN: OPEN, AIM & TAP



Open the camera
on your phone



Aim it at the
Flowcode



Tap the banner
that appears

