

WELCOME BACK

COVID-19 HEALTH & SAFETY PLAN

RAM FIT CENTER

The Ram Fit Center is excited to re-open our doors Friday, October 23 at 2:00 pm and welcome you back!

Fitness Center Hours:

Monday-Friday: 6:00 am - 9:00 pm

Saturday & Sunday: 7:00 am - 5:30 pm

FACILITY POLICIES

The health and safety of our community is our main priority. The fitness center space and equipment will be limited to ensure social distancing can be maintained during workouts. The athletic department and custodial services have been working together on ensuring our facilities health and safety plan is in accordance with the state and city mandates.

- In order to keep our occupancy and social distancing at a minimum, there will be a "reservation-only policy" in place to use the fitness center.
- You may not enter without a reservation and proper ID.
- Face masks must be worn the entire time.
- The main cardiovascular area and spin room are open. All other areas are marked closed and off limits.
- The equipment has been properly spaced apart allowing a safe workout.
- There are sanitizing stations throughout the facility.
- Individual workouts only. No groups will be allowed.
- Make sure water bottles have a tightly closing lid. A towel and yoga mat are optional to bring.
- No food or open beverages are allowed.

Accountability and Responsibility

Please note anyone who violates any of the facility policies will have their gym privileges revoked immediately.



RESERVATIONS

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IMLeague.com reservation system:

- Download the app and create an account by entering your contact information.
- You will be able to register only once a day for a 1-hour session.
- There is a 24-hour window for registration and a limit to 25 people per that 1-hour workout.
- Each hour is followed by a 1/2 hour closure for sanitizing the equipment.

ENTERING THE FITNESS CENTER

- Face masks must be worn the entire time. Please see approved face masks below. The items in the "caution" category are not allowed.
- Please arrive on time for your reservation and line up outside the center maintaining social distance.
- Staff will open the doors and allow you to check-in.
- Swipe in your Fordham ID at the front desk and your IMLeagues registration will be checked in. A second ID is needed if your picture does not match.
- The locker area is closed. You must be dressed to workout.
- Limit any personal items you bring as they are your responsibility as must remain with you.
- Please sanitize equipment before and after use and maintain social distance as you move around.
- Keep your earbuds volume low in order to hear communication over the speaker from the staff.

LEAVING THE FITNESS CENTER

- Once the hour is over, you must be ready to promptly leave the facility.
- Quickly wipe down any equipment you have been using and throw away all trash.
- Please manage your time accordingly, your time in/out will be strictly enforced.
- A 1/2 hour facility closure will follow to allow for the custodial staff to sanitize all equipment.





APPROVED FACE MASKS

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DO choose masks that	DO NOT choose masks that
 <p>Have two or more layers of washable, breathable fabric</p>	 <p>Are made of fabric that makes it hard to breathe, for example, vinyl</p>
 <p>Completely cover your nose and mouth</p>	 <p>Have exhalation valves or vents, which allow virus particles to escape</p>
 <p>Fit snugly against the sides of your face and don't have gaps</p>	 <p>Are intended for healthcare workers, including N95 respirators or surgical masks</p>

Caution: Gaiters & Face Shields

 Evaluation is on-going but effectiveness is unknown at this time

 Evaluation is on-going but effectiveness is unknown at this time

Special Situations: Glasses

 If you wear glasses, find a mask that fits closely over your nose or one that has a nose wire to limit fogging

Information taken from the CDC website. For more information, [click here](#).

QUESTIONS OR CONCERNS

Please contact Sarah Bickford, Administrator of Fitness and Recreation, at sbickford@fordham.edu.

