

# **WHAT YOU NEED TO KNOW ABOUT COMING TO THE MEADOW VIEW LODGE FITNESS CENTER (dated July 2020)**

## **IMPORTANT NOTICE: PLEASE READ!**

**By registering for this class/activity, you are agreeing to the following:**

Per CDC Guidelines, do not have a fever, cough, sore throat, or are shortness of breath. You have not been suspected or diagnosed with a case of COVID-19. You have not been exposed to a person known to have Covid-19 and/or you have not traveled in the last two weeks to an area under restrictions for Covid-19. You agree that you are voluntarily participating in an activity and you assume all risk associated with participating in this activity, including the risks associated with contracting Covid-19. The Sun City Community Association of Huntley has only taken certain steps in implementing certain public guidelines and cannot guarantee a germ free environment.

## **CAPACITY**

The capacity of Meadow View Lodge Fitness Center is 15 people, based on the Restore Illinois Guidelines for Phase 4 of 5 persons per 1,000sq ft.

## **HOURS**

Monday-Friday 6am-12pm

Sat/Sun 8am-12pm

## **TIME SLOTS**

### **Monday-Friday**

6:15am-7:15am  
7:45am-8:45am  
9:15am-10:15am  
10:45am-11:45am

### **Saturday-Sunday**

8:00am-9:00am  
9:30am-10:30am  
11:00am-12:00pm

## **ARRIVING AT MEADOW VIEW LODGE**

When arriving for your time slot, you must enter the building at MVL main entrance (parking lot). You must have your ID card (or ID card on the app). No card = No Admittance. By

scanning your card at the entrance, you are attesting that you are symptom free of Covid-19.

Your reservation is for 60 minutes. **Please arrive at the Meadow View Lodge Fitness Center no earlier than 5 minutes prior to your time slot and maintain a 6-ft social distance from other guests.** During this time slot, you will check in for the fitness center at the fitness desk in the lower level and agree at that time that you are symptom free. Please bring a clean pair of shoes and use the chairs and benches in the lower level to change shoes and use the bins near the cardio equipment for your shoes/bags/etc. Please come dressed in your workout attire as there will be no changing facilities available. The men's and women's locker rooms are closed at this time. The handicap bathroom in the lower level (unisex) is available for your use during your reservation time. The bathrooms in the upstairs and all other areas including but not limited to Studio A and B, lounge areas are closed at this time. We are asking that you leave in your workout attire as changing facilities and showers are not available. You must clear Meadow View Lodge within your 60 minute reservation time, so cleaning and sanitization can occur. If you need additional time exiting the facilities, please take time to leave earlier so that housecleaning can begin on time.

### **FACE MASKS**

Face masks must be worn while in the building, before and after exercise, but are not required to be worn while exercising. We ask all residents to use your own best judgement if exercising in the fitness center is right for you at this time. Per the CDC, individuals who have a compromised immune system and/or cannot wear a mask should exercise caution while in the facility. At times, management will open the doors in the fitness center to allow outdoor air inside. This may affect the cooling, but, outdoor air is preferred while exercising per guidelines.

### **SANITIZING EQUIPMENT**

You should wipe down all pieces of equipment with provided sanitizing wipes both before and after use. Staff will be cleaning throughout your reservation time and after your reservation time. Please avoid touching your face and cough into your sleeve. Throw away all used sanitizing wipes. We ask that you do not wipe down equipment with your own towel. Use a new wipe each time.

### **AVAILABLE EQUIPMENT**

Certain pieces of equipment have been decommissioned to allow for adequate spacing. In addition, signs will indicate the maximum number of people in a given area (i.e. strength training equipment). Please observe capacity limits. Many small items of equipment have been taken off the floor for the time being. These items include bands, stretch cords, mats, small hand weights, and balls, to name a few. Please observe all signs indicating which items of equipment are not to be used at this time.

### **SOCIAL DISTANCING**

Maintain a 6-ft distance from other people while in the facility.

### **HOW TO RESERVE**

See the separate handout on the website on “How to Reserve a Time Slot for Fitness”

**Please limit yourself to 2-3 reservations per week so others can enjoy the facility**

**Reservations for the Fitness Center open on Wednesday at 9am for the following week starting on Monday.**

**We prefer you make your reservations online. We would like to help you do that, through the website, or through the app. Instructions for logging into the website or app are available on the website, or at the PL CAM desk.**

If you need assistance, please call the Meadow View Lodge Fitness Center at 847-515-7692. You may also make a fitness center reservation in person at the PL CAM Desk Monday-Friday 9am-5pm, or at the PL Fitness Desk, or at the Meadow View Lodge Fitness desk. When coming into the lodge, you must wear a face mask, and please wait for us to check groups into the fitness center. You must bring your ID Card.

If you have any questions, please revisit the Phase 4 Guidelines available on the website.