



Guess Your Temperature...Win a T 'Shirt

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Cascade, MD- Members of the Fort Ritchie Community Center can win a free T 'Shirt if they can properly guess their temperature upon entering the facility. The Community Center has established a COVID-19 prevention protocol based upon guidelines from the CDC, State of Maryland, and Washington County. The protocol includes each member answering a series of questions related to their possible exposure to the virus as well as having their temperature taken by a Community Center staff member.

"We came up with what we hope is a fun way for our staff to approach each member," said Buck Browning, executive director of the Community Center. "It can be intimidating to have someone hold an infrared thermometer to your forehead, so we are trying to make it a little less awkward for both people," he added.

The Community Center features a fitness center, weight room, gymnasium, and multi-purpose athletic room, along with other amenities. Equipment such as treadmills, stationary bicycles, and strength machines have been aligned so that they are at least six feet apart. Some machines have been closed off to improve the social distancing among members Browning said.

The T 'Shirt initiative has been well-received by members. "We had ten members guess correctly on the first day we offered the T 'Shirts," Browning said. "I thought we might do this for a month or so but at this rate we will run out of shirts in a week or two," he laughed. The initiative will continue while supplies last he said.

The Community Center is a 501c3 non-profit organization located in Cascade on the former Fort Ritchie U.S. Army Post. In addition to the fitness center and weight room, the Community Center offers group exercise classes, youth programs, and a wide variety of community events such as craft shows, holiday celebrations, and speaker presentations. For more information on the Community Center, please visit online at www.thefrcc.org.

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