

## Fallsgrove Fitness Center COVID-19 Rules & Regulations February 2021

**Fitness Center Hours: Monday - Friday 10 a.m. - 4 p.m. (hours subject to change. Check reservation form for daily hours).**

- Prior to visiting the Fitness Center, residents must fill out a waiver form (only needs to be filled out once): <http://bit.ly/FallsgroveFitness> and a health questionnaire (must be filled out EVERY time you visit the fitness center): <http://bit.ly/Fallsgrovehealth>
- In order to ensure the health and safety of all residents, please DO NOT use the Fallsgrove Fitness Center facilities if any of the following are true:
  - you have traveled outside of MD/VA/DC area in the last 14 days
  - you have a fever of over 100.3 or are feeling sick/unwell in any way, or if anyone in your household is sick or experiencing any COVID-like symptoms
  - you are waiting on the results of a COVID test
  - you have been in contact with a confirmed COVID-positive individual
  - you have been told by a doctor or any other health professional that you should be quarantining due to confirmed or suspected exposure.
- Prior to using the Fitness Center facilities, residents must fill out a waiver form, a health questionnaire, **and make a reservation online**. NO WALK INS ALLOWED
- Reservations will open at approximately 7 p.m. the night before and will be closed off at 8 a.m. each day for that day's reservations. Ex. if you want to go to the gym on Tuesday, you can reserve your spot between 7 p.m. on Monday - 8 a.m. on Tuesday. This rule is in place so that volunteers and management staff are not overwhelmed with reservation management throughout the day.
  - Please only sign up if you are able to keep your reservation. **Failure to show up for your time slot will lead to revocation of your fitness center privileges for seven (7) days.**
- Please enter and exit from the main clubhouse doors. When you arrive, please give your name to the management staff.
- Please maintain at least 6 feet distance from all other individuals at all times
- Residents must follow any instructions/guidance from Management staff
- Reservations are for 50 minutes. Residents may only sign up for one (1) time slot per day. Two (2) people will be allowed to reserve the same time slot. Residents are expected to maintain social distancing in the fitness center at all times.

- If no one has reserved a time slot after you, you may remain for extra time after your time slot **WITH MANAGEMENT APPROVAL**. Please ask management staff when you arrive if you would like to stay for extra time and they will let you know if it is available. Please note, extra time is not guaranteed and is at the discretion of the management team, pending availability and other factors. Please also note that both rooms close periodically throughout the day for cleaning so even if there is not a reservation after yours, the room may not be available.
- Personal training sessions/trainers are NOT ALLOWED during the COVID-19 pandemic
- In order to maintain adequate air flow/exchange in the fitness center, there will be at least 1 open window and 2 air purifiers running AT ALL TIMES. **Please do not close the windows or turn off the air purifiers.**

**ALL RESIDENTS MUST WEAR A MASK AT ALL TIMES WHILE IN THE CLUBHOUSE AND FITNESS CENTER FACILITIES. THIS INCLUDES WHILE IN THE BATHROOMS AND WHILE EXERCISING.** Masks must be worn in the Cardio Room and Weight Room even if no one else is in the room. This is a Montgomery County Regulation and is in place to prevent the spread of this airborne illness. There are no exceptions to this rule or second chances. Failure to abide by this rule will lead to revocation of Fitness Center privileges until the COVID-19 State of Emergency is lifted.

**WIPING DOWN EQUIPMENT:** By virtue of using the fitness center, residents agree that they will wipe down ALL equipment after use. If sweat or any bodily fluids are around the equipment (ex. On the floor, in cupholders, etc) residents are obligated to wipe up bodily fluids. There are no exceptions to this rule or second chances. Failure to abide by this rule will lead to revocation of Fitness Center privileges until the COVID-19 State of Emergency is lifted.

Please note that the entire clubhouse, including the fitness center, is under closed circuit television monitoring. Residents may be observed periodically either in person by a member of management making spot checks in the fitness center OR via video surveillance in order to ensure that these important health and safety rules are being followed. By virtue of using the clubhouse and fitness center facilities, residents understand that they may be observed live or via video in order to ensure rule compliance.

Thank you for your cooperation and helping us ensure the health and safety of our Falls Grove Community!