Phase 1 REVISED Reference Guide for WLHC (June 2, 2020)

General Information
• Hours in June will be Monday-Friday, 5am-8pm; Saturday from 7am-5pm and Sunday from 2-6pm.
• Pool – Monday-Friday 6am-7:30am and 11:30am-1pm are lap swim only; 6-7:30pm is open swim and lap swim. Sat/Sun is opens swim/lap swim from 2-4pm.
• Members only – NO GUESTS are currently allowed – we will reevaluate for July.

Safety
• Screening is REQUIRED when you enter the WLHC.
  o If you answer “YES” to any of the following questions, you will not be allowed to enter the club:
    ▪ Have you returned from travel to New York, New Jersey, Connecticut, New Orleans or overseas within the last 14 days?
    ▪ Have you had a fever of 100.4F or greater in the last 2 days?
    ▪ Do you have a cough, difficulty breathing, sore throat or loss of taste or smell?
    ▪ Have you had contact with a person know to be infecte4d with COVID-19 within the previous 14 days?
    ▪ Do you have a compromised immune system and/or have chronic diseases?
  **Once a person has signed the new waiver and come to WLHC since the re-opening, WLHC will ask the user, “Can you review the questions? Has anything changed?”
• All users will have to wear a personal face covering except when actively exercising. Refusal to wear mask/face covering means you cannot enter the facility.
• Hand sanitizer stations have been added throughout the facility. Please use these as you enter the facility and throughout your time in the building.
• Spacing – maintain 6’ of distance between people in hallways and at entrance and 12’ of distance between people actively exercising.

Lazboy Weight/Cardio Room
• We have arranged to allow 12 foot spacing between all machines/racks. Some machines have been closed to allow for this spacing.
• Users must stay 12 ft apart from another user. No sharing of equipment.
• Users must wipe down equipment before and after they use it – benches, seats, handles, touch screens, weight plates, bars, bands, dumb-bells, etc. There are pre-moistened cleaning wipes available for your use.
• Only one person will be allowed in each station and is limited to a maximum of 60 minutes.

Gymnasium Courts
• The WLHC will not be checking out any equipment (balls, racquets, outdoor, etc).
• Recreation gyms – NO CONTACT GAMES ALLOWED in any sport (basketball, soccer, volleyball, pickleball) and no sharing of equipment will be allowed.
• No more than 2 individuals can be at one basket at a time, and if two are at the basket, each have to use their own ball – no sharing of equipment. Members with a family/household membership can share one ½ court in the recreation center, providing they all arrive together.
• One soccer goal is on Court 2 – No more than 3 individuals can use that half-court to practice dribbling and shooting – and each must have their own ball.
• If a volleyball net is needed, no more than 2 individuals can be on that court at a time and each have to use their own ball – no sharing of equipment.

**Track**
• A 12-foot distance between walkers/runners is required.
• No walking/running side by side is allowed.
• Respect others by practicing distancing when passing.
• Limit the use of handrails when possible.

**Racquetball Courts**
• The WLHC will not be checking out any equipment (balls, racquets, outdoor, etc).
• Racquetball – only one person in each court at a time. NO GAMES CAN BE PLAYED.

**Pool**
• Maintain physical distancing on the deck and in the water.
• Diving board and starting platforms are closed at the time.
• No equipment is available at the pool. Swimmers must bring their own kickboards, noodles, etc.

**Locker Rooms**
• Showers are closed at this time per the State of Arkansas.
• You can use the locker rooms for restroom needs and to store your items in your locker and change if needed. (The WLHC encourages you to consider coming to the gym already in your workout clothing.)

**Fitness Classes**
• Group Power and Group Centergy are in session with a limit of six per class. Please contact instructor directly to secure your spot.

**Silver Sneakers and Silver Splash Classes**
• Silver Sneakers will begin June 9th from 9:45am-10:45am on Tuesday and Thursday in Sells.
• Silver Splash will begin June 8th from 10:45am-11:30am on Monday and Wednesday in the pool.