

## Restrictions in Place for WLHC (updated July 23, 2020)

### General Information

- 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 open swim/lap swim from 2-4pm.
- Members only – NO GUESTS are currently allowed.
- No equipment is available for check out.

### Safety

- Screening Signs on the Door – please review each time you come to the WLHC.
  - 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?
- If you have any symptoms or don't feel like yourself, please DO NOT come to the WLHC.
- Persons 65 years of age or older may wish to refrain from entering.
- Persons with underlying health conditions including high blood pressure, chronic lung disease, diabetes, severe obesity, asthma or weakened immunity may wish to refrain from entering.
- All users will have to wear a personal face mask except when actively exercising.
- 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.
- Exercise 12 feet apart from anyone else in the room. Exception – household members are only exception with a max of 2 at a machine/area.

### Gymnasium Courts

- Recreation gyms – NO CONTACT GAMES ALLOWED in any sport (basketball, soccer, volleyball) and no sharing of equipment will be allowed.
- No more than 2 individuals or one household 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 2 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 or one household can be on that court at a time and each have to use their own ball – no sharing of equipment.
- Masks are required as you leave the gym courts.
- Gym Courts are for active participants only – no spectators or loitering allowed.

### **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.
- Masks are required as you leave the track.

### **Racquetball Courts**

- Racquetball – only one person (exception: 2 from same household) in each court at a time.

### **Pool**

- Maintain physical distancing on the deck and in the water.
- No equipment is available at the pool. Swimmers must bring their own kickboards, noodles, etc.

### **Locker Rooms**

- Showers are available if needed.
- 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.)
- Masks are required as you move around the locker room.

### **Fitness Classes**

- Group Power and Group Century 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 meet 9:45am-10:45am on Monday through Thursday in Sells Gym.
- Silver Splash meets 10:45am-11:30am on Monday and Wednesday in the pool.