

FITNESS CENTER

Hours of Operation:

- Monday – Friday: 0500 - 1900
- Saturday/Sunday: 0600 - 1200
- Holidays: CLOSED

COVID-19 Preventative Measures and Operating Procedures Basic

Guidelines:

- Military (Active Guard, and Reserve), Retirees, Dependents (ages 16 and up), and DOD Civilian Common Access Card Holders Only
- 100% ID Check
- Masks are required entering and moving throughout the facility
- Maintain minimum of 6' distance
- ONLY areas available (Max. total capacity 85):
 - o Weight Room (Max. capacity 40)
 - o Cardio Room (upstairs/mezzanine) (Max. capacity 25)
 - o Selectorized weight equipment room (Max. capacity 20)
 - o Gymnasium – shooting only (no games)
 - o Restrooms
 - o All outdoor areas and equipment (e.g. weight plates, bars, tires, stools, etc.)
- No facility reservations
- Note: Classes will resume in Fitness Center effective 1 December

Workout Parameters:

- 1-hour maximum workout sessions
- Mask wear is required in all areas but may be removed while on cardio equipment
- Limit to 1 piece of equipment at a time (no supersets)
- Bring personal water bottle (bottle fillers are available but drinking fountains are not)

Sanitation/Disinfecting:

- Fitness Center staff will provide specific disinfecting requirement applicable to each room
- Equipment is marked off to ensure 6' distancing/do NOT remove tape
- Bring personal towel o **You** must wipe sweat off prior to disinfecting the entire machine and plates o **You** will be provided all items needs for disinfecting o **You** must wait to use a piece of equipment a specified time after disinfecting o **YOU** MUST clean equipment BEFORE and AFTER use

Reporting: If an individual on base tests positive for COVID-19, PHEO will confirm if they frequent the fitness center within the last 7 days. If the answer is yes, Fitness Center Staff will identify when the individual was in the center and determine other patrons who were in the fitness center at the same time. This data is only available for up to 7 days after a person badges into the fitness center.