



Phase 4 Participation Guidelines

Fitness

The following participation guidelines apply to Naperville Park District Fitness programs and use of Fort Hill Fitness during Phase 4 of the Governor's Restore Illinois Plan. The Illinois Department of Commerce & Economic Opportunity Phase 4 Health & Fitness Business Guidelines, in addition to information from public health organizations, was used in the development of the guidelines. The guidelines are subject to change as new information becomes available.

Instructors/Facility Staff

- Instructors and facility staff will be provided instruction/education on COVID-19 prevention.
- All instructors and facility staff must perform a self-assessment daily and not report to work if they are ill or exhibiting symptoms of COVID-19. If an individual begins to exhibit symptoms during the program or shift they must be isolated from others.*
- If a staff member has symptoms they must wait to enter the premises until they have had no fever for at least 72 hours, other symptoms have improved, and at least 10 days have passed since their symptoms first appeared, OR until feverless and feeling well (without fever-reducing medication) for at least 72 hours OR confirmed to not have COVID-19 via 2 negative COVID-19 tests in a row, with testing done at least 24 hours apart.*
- Instructors/facility staff should maintain a minimum 6 foot distance from other staff and participants, unless instruction makes it impractical. When outdoors staff are required to wear a face covering if a minimum 6 foot distance cannot be maintained from others. When indoors, staff are required to wear a face covering while in public spaces or interacting with others.
- Hand washing or hand sanitizing is recommended before and after activities.

Participants

- Participants must conduct a self-assessment daily and not attend the program or visit the facility if they are ill or exhibiting symptoms of COVID-19. If a participant begins to exhibit symptoms during the program or workout they must be isolated from others until they leave the premises.*
- If a participant has symptoms, they must wait to enter the premises until they have had no fever for at least 72 hours, other symptoms have improved, and at least 10 days have passed since their symptoms first appeared.

**Per the CDC, symptoms include cough, shortness of breath or difficulty breathing, fever, chills, muscle or body aches, headache, sore throat, new loss of taste or smell congestion or runny nose, nausea or vomiting and diarrhea.*

- Fort Hill Fitness will operate at no more than 50% of occupancy at any given time.
- The Park District is finalizing a new reservation app that will be used by members to reserve workout times in the future. Once the app is ready for use members will be provided with instructions. Until then, Fort Hill staff will monitor fitness center usage and limit access to 50% occupancy at any one time.
- Participants must check-in at the main service desk upon arrival to the facility.
- Participants must wear face coverings over their nose and mouth while in the facility whenever not exercising. Participants are required to provide their own face coverings.
- Participants must maintain 6 foot social distancing at all times, unless instruction makes it impractical.
- Participants are encouraged to arrive at the facility dressed in workout attire. Locker rooms and showers will be available, however, participants must maintain 6 feet of social distance at all times.
- Participants should clean and sanitize equipment before and after use. Disinfectant wipes are available for use on facility equipment.
- Equipment should not be shared between participants at the same time unless they are from the same household.
- Group Exercise participants will select their equipment at the beginning of class and not share with other participants.
- Personal items should have proper separation and should not be shared with other participants.
- Handwashing or hand sanitizing is encouraged often.
- Participants should travel to the facility alone or with a member of their immediate household, if possible.

Facilities/Programs

Spacing, Capacity, Numbers

- Fort Hill Fitness equipment will be configured to allow for 6 foot social distancing between individuals without use of a barrier or 3 feet apart with barriers.
- Childcare and the Indoor Playground will remain closed until further notice.
- Disinfecting wipes will be available throughout the fitness center and studios.
- Hand Sanitizer will be available at the main services desks and in the studios.
- Lost and founds of non-valuable items will be eliminated from facility operations.

Sanitization

- Cleaning products will include EPA-approved disinfectants or disinfecting wipes for sanitizing equipment before and after use by participants.
- Cleaning and disinfecting of group exercise studios will occur after each class.
- Locker rooms, restrooms, common areas and surfaces will be cleaned and disinfected every hour in high-traffic areas.
- In addition to every evening, the fitness center will be disinfected by staff Monday through Friday, from 2:00 pm to 2:30 pm. The fitness center will be closed during this time.

**Per the CDC, symptoms include cough, shortness of breath or difficulty breathing, fever, chills, muscle or body aches, headache, sore throat, new loss of taste or smell congestion or runny nose, nausea or vomiting and diarrhea.*

Signage

- At entry to the facility, signs requiring social distancing and face coverings will be posted along with cleaning protocols.
- Reminder signage for hand-washing, sanitization of equipment, social distancing, etc. will also be posted in the facility.

Public Restrooms

- Public areas and restrooms will be cleaned approximately every hour while Participants are scheduled in the building using EPA-registered disinfectants, particularly on high-touch surfaces.
- Supplies for handwashing will be checked and stocked every time the restroom is cleaned.

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