

# Bell Canyon Fitness Center

## Temporary COVID-19 Health and Prevention Practices and Reminders

The Bell Canyon Community Center is committed to helping keep our community healthy and fit. It is vital for your own and others' safety that everyone respects the necessity of these posted guidelines and the responsibility to our community of following them. Thank you.

### *Fitness Center Hours and Operations*

- The gym and multipurpose room hours are:
  - **Open** Monday-Friday, 8:00 AM-2:00 PM and 3:00-11:00 PM
  - **Closed** 2-3:00 PM and 11:00 PM-8:00 AM
  - **Open** Saturday-Sunday, 8:00 AM-3:00 PM and 4:00-11:00 PM
  - **Closed** 3-4:00 PM and 11:00 PM-8:00 AM
- Some equipment has been powered off, removed, or moved to provide sufficient space to work out safely
- The water fountain has been removed for the time being – remember to bring your own water bottle with you
- The TVs in the gym will be on, each TV set to a different, popular channel, with closed captioning. No remote controls will be available, and channels cannot be changed.
- 10 people are allowed at one time in the gym and two in the multipurpose room
- Use of cardio machines is limited to a 30-minute maximum

### *Fitness Center Environment*

- Hand sanitizer dispensers are provided, and we require residents to clean their hands upon entry
- Cleaning solution stations are provided, and we require residents to wipe down any equipment they use before and after their workouts
- The multipurpose room floor has been marked off to allow two separate workout/ stretching areas. One person may use one marked off area, or a person and their family member together may use one space.

### *Protecting Yourself and Others While Using the Fitness Center*

- Clean your hands before entering the Center by washing with soap or using sanitizer and use hand sanitizer upon entry, as required
- Clean any equipment you use, wherever your hands touch, before and after
- If you don't feel well, or have been exposed to COVID, please don't come to the Center.
- Wear a face covering or mask when entering and leaving the Fitness Center and as much as possible while in the facility
- Don't touch your face with unclean hands
- Keep a safe social distance from other patrons using the facilities
- You may need to wait at times in order to maintain a safe distance and use specific equipment, or even to use the Center if more than 10 others are already working out. Feel free to ask when people expect to leave so that you know when to return.
- You are welcome to work out with a resident family member, but for safety reasons, no trainers/coaches or guests are allowed in the fitness center because of the potential for exposure to COVID-19 from a non-household member.

### *Reminders*

- WiFi access SSID: **BCCC**
- The doors to the outside and between the gym and multipurpose room are to remain closed at all times
- Weights and benches must remain in the gym and are NOT allowed in the multipurpose room
- Use of external/cell phone speakers prohibited - use headphones

We will do our best to practice methods to protect everyone's safety, but there is still some risk associated with using a gym. Equipment cannot be perfectly disinfected between users, and social distancing may be difficult to abide by all the time. Keep in mind, coming to the Fitness Center during this time means accepting these risks.