



The following are guidelines of the FAC COVID-19 Preparedness and Response Plan and local Health Department orders. Please make sure to read this document completely to know what to expect when you come back to the FAC as we will be opening in phases.

WHAT TO EXPECT PHASE 1 (Updated May 15, 2021)

The information below is subject to change at anytime as new information and resources become available.

- All members and visitors to the FAC will be required to self screen upon entering the building (Do not enter if you have a cough, fever or shortness of breath).
- Per the MDHHS order masks MUST be worn at all times while in the facility , even during exercise by those who are not vaccinated The only time masks do not have to worn is while you are swimming or in the shower. Those who are fully vaccinated can choose to wear them or not.
- All members and participants are required to sign a [waiver](#) prior to using the facility, one time only.
- Limited number of participants in the weight room and cardio areas at one time.
- Some equipment will not be available to allow for social distancing and disinfecting procedures.
- Participants must disinfect equipment before and after use.
- Participants must wash or sanitize hands before and after working out.
- High touch areas will be disinfected regularly throughout the day.
- Group Exercise classes will be limited based on size of the area, to allow for at least six-foot radius between participants.
- The competition pool is restricted to lap swim.
- Indoor track is open but does require social distancing.
- Pickleball will be limited and participants must register for play times in advance.
- Basketball will is not available at this time.
- Hot tub and steam sauna access is not available at this time.
- Water fountains are not available, however a no-touch water bottle fill station is available in the weight room.
- Towels will not be provided. Members must bring their own towels.
- Locker rooms will be available and will be disinfected on a regular basis. There will be a limited amount of lockers available to allow for proper social distancing. Showers are open.
- Child care will not be provided.
- Guests will not be allowed to use the facility.



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Weight Room

- The weight room will be limited to 20 members at a time due to the facility capacity limits. In order to use the weight room, please check out a lanyard from the front desk and return it immediately after your workout.
- Members must clean their own equipment before and after use.
- Food and protein powders are not allowed in the weight room.
- Please make sure to practice social distancing while working out.

Cardio Room

- The cardio area will be limited to 25 members at a time due to the facility capacity limits and social distancing of cardio equipment. In order to use the cardio equipment, please check out a lanyard from the front desk and return it immediately after your workout.
- Members must clean their own equipment before and after use.
- Please make sure to practice social distancing while workout out.

Indoor Track

- The indoor track will be open but will be limited to 8 members at a time. In order to use the track, please check out a lanyard from the front desk and return it immediately after your workout.

Competition Pool

- Lap swimming will be available on first come, first serve basis. Swimmers must limit their swim time to 45 minutes or less. Masks must be worn on the pool deck.
- There is a maximum of 2 swimmers per lane and 4 swimmers in the diving well at a time. Swimmers waiting must distance themselves 6 feet apart on the pool deck.
- Please refer to the website for lap swim hours.

Family Pool

- The family pool will not be open for open swim.
- The family pool will be open for group and private swim lessons.
- The family pool will be open for shallow water classes.

Hot Tub/Steam Sauna

- The hot tub and steam sauna will not be available.



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Locker Rooms

- The locker rooms will be available. Some lockers will not be available to permit social distancing. Towels are no longer available, so please be sure to bring your own towel each visit.

Child Care

- Child care will not be open.

Group Exercise

- Group exercise classes will be available and may be scheduled for outdoors (weather permitting) or indoors.
- Indoor class sizes will be limited to accommodate proper social distancing.

Pickleball

- Pickleball will be available on a limited basis. Players must register prior to playing. There is a maximum of 10 players allowed in the multi-purpose gym at a time. Please refer to Pickleball Reservation and Rules sheets for complete details. Masks must be worn at all times.

Basketball

- Basketball will not be available.



PICKLEBALL RESERVATIONS AND RULES

The information below is subject to change at anytime as new information and resources become available.

- All players must be current members.
- Play time must be reserved in advance. Drop in play is not permitted.
- Reservations are for 45 minutes of play time for maximum 10 players. No other players or spectators are allowed to be in the gym during the reserved play time.
- You must cancel your reservation up to two hours in advance in order to avoid a \$5 no show fee.
- Games must start and end on time.
- Reservations can be made on the FAC app or by emailing at slcfac@gmail.com.
- Reservations can only be made one week in advance.
- Once your 45 minutes is complete, please gather all personal belongings and exit the multi-purpose gym in a timely manner to allow the next group to enter the multi-purpose gym.
- Masks must be worn at all times while in the facility including during play time by those who are not vaccinated.

Pickleball Available Times:

<u>Monday-Friday</u>	<u>Saturday</u>
7am-7:45am	11am-11:45am
11:15am-12pm	12pm-12:45pm
12:15pm-1pm	1pm-1:45pm
1:15pm-2pm	2pm-2:45pm
2:15pm-3pm	

How to sign up on the mobile app:

1. Go to purchase service and choose pickleball package (no charge).
2. Go to sign up for classes and find the day and time that you would like to reserve.
3. Click register.

If you are unable to attend your scheduled time, please cancel your time on the app or call the SLFAC at 616.847.5858.



GROUP EXERCISE CLASS RESERVATIONS

The information below is subject to change at anytime as new information and resources become available.

- Classes are for members only.
- Classes are limited in size due to facility capacity and social distancing.
- Members must pre-register for classes. You can register for classes one week in advance. (example: Monday you can register for the following Monday)
- Masks must be worn at all times while in the facility including during class time by those who are not vaccinated.
- Members need to bring their own water.
- Members need to bring their own towel.
- Members need to bring their own mat.
- Land classes may be held outdoors so please dress accordingly.

How to sign up on the mobile app:

1. Go to purchase service and choose purchase services if you do not already have a class package.
2. Go to sign up for classes and find the day and time that you would like to reserve.
3. Click register.

If you are unable to attend your scheduled time, please cancel your time on the app or call the SLFAC at 616.847.5858.