

Re-opening and Temporary Operation Protocols Forgotten Coast Fitness & Wellness Center (FCFWC)

The below guidelines were developed by the FCFWC and are intended to safeguard the health, safety and welfare of FCFWC members and staff. These guidelines are effective upon reopening May 26, 2020 and will remain in full force and effect until cancelled or modified by the FCFWC Board of Directors.

1) The FCFWC will open only when staffed. Operating Hours are as follows:

Monday - Friday: 6:00 a.m. until 12:00 noon; and 1:00 p.m. until 7:00 p.m.

NOTE: Machines will be cleaned M - F between 12:00 noon and 1:00 p.m.

Saturday - 1:00 p.m. until 6:00 p.m.

Sunday - CLOSED

2) Social distancing guidelines are in effect and will be enforced. Staff and trainers will wear a face mask at all times and in all areas of the FCFWC. Members are encouraged to wear face masks.

3) "Six-feet-apart-distancing" is required in the free weight and stretching areas. "One-machine-apart-distancing" is required in the machine area.

4) Staff will take each member's temperature prior to entry. Members with a temperature reading above 100.4 degrees Fahrenheit will be denied access. Anyone with symptoms of illness will be denied access or asked to leave.

5) The fingerprint scanner will be temporarily disabled. The entry door will remain open during operating hours. Staff will monitor in and out "traffic".

6) The aerobics area is off limits to members unless accompanied by staff. There will be no group classes or group instruction until further notice.

7) The number of members allowed in the facility at the same time will not exceed fifteen (15) members (does not include staff). Work-out times are limited to no more than one hour when there are 15 members in the facility.

8) Cardio work-outs (i.e. treadmills, bikes, etc.) are limited to 30 minutes.

9) Memberships will remain temporarily paused until the FCFWC receives a request from a member to activate their membership.

10) No new memberships will be sold until further notice. Anyone, who within the past 12 months was a monthly member, may renew their membership. No day or week memberships will be sold until further notice.