

## **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 July 1, 2020, and will remain in full force and effect until cancelled or modified by the FCFWC Board of Directors.*

1) Hours of Operation are as follows:

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

- \* CLOSED JULY 4<sup>TH</sup> 2020
- \* Monday - Friday: 6:00 a.m. until 8:00 p.m.
- \* Saturday - 1:00 p.m. until 6:00 p.m.
- \* Sunday - CLOSED

2) Social distancing guidelines should be followed. "Six-feet-apart-distancing" is required in the free-weight and stretching areas. "One-machine-apart-distancing" is required in the machine area.

3) Staff and personal trainers must wear facial coverings at all times in the FCFWC. Members are encouraged but not required to wear masks. Masks (while exercising) are exempt from the City of Apalachicola Mask Proclamation.

4) Temperatures will be taken when staffing allows. 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) Staff will monitor in and out "traffic" and are authorized to take member temperature readings.

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) New monthly memberships may be purchased. Single day and week memberships are not being sold until further notice.

10) Membership pauses are being extended until August 1, 2020.

**Board of Directors**

**Forgotten Coast Fitness and Wellness Center**