



WELCOME TO THE FREEMAN FITNESS CENTER

- Face Masks are required (PER DPH, Face Shields and Bandanas are NOT considered acceptable Face Coverings) and MUST be worn to enter the facility and throughout your visit.
- ALL patrons MUST scan their Sea Colony issued ID badge upon entrance.
- Please DO NOT linger/gather in any areas of the facility, and exit promptly after usage.

WORKOUT PATRONS

- Patrons will wait outside until directed by a Fitness Employee.
- Patrons MUST wear a Face Mask **at all times**.
- Patrons MUST wipe down equipment before and after each use.

INDOOR POOL AREA

- During the course of the day, the indoor pool is cleaned every 2 hours on the hour at 8 am, 10 am, 12 pm, 2 pm, 4 pm, 6 pm and 8 pm. •It takes 15 minutes to clean and disinfect all furniture and touchpoints.
- **While the pool area is being cleaned, patrons must wait outside the facility until cleaning is completed.**
- The pool reopens at 8:15 am, 10:15 am, 12:15 pm, 2:15 pm, 4:15 pm, 6:15 pm and 8:15 pm.
- Please plan your schedule to arrive before or after the scheduled cleanings.
- Face masks MUST be worn until entering the pool and/or hot tub and put back on after exiting the pool/hot tub.

RESTROOMS

- ONLY utilized for hand washing, using the restroom, and changing out of your wet bathing suit after pool/hot tub use.
- Face Mask MUST be worn at all times in the restroom.