



FREEMAN FITNESS CENTER REOPENING PROTOCOLS

The Freeman Fitness Center is open based on the current State mandates, for use of the Workout Room, Indoor Pool and Outdoor Pool areas. Patrons must use a face mask coverings when they are not engaged in vigorous physical activity, defined as done with a large amount of effort resulting in a substantially higher heart rate and rapid breathing. Patrons **MUST** wear face coverings while weight lifting and at all times in the gym. Patrons do not have to wear a face covering while using the pools or hot tub.

For everyone's protection, please do not enter the Freeman Fitness Center if you:

- Are exhibiting any symptoms of the COVID 19 virus: mild to severe respiratory illness with fever, cough or difficulty breathing, or other symptoms identified by the CDC guidelines.
- Have been in contact with someone with COVID 19 in the last 14 days.
- Are a vulnerable individual (defined as someone 60 years of age or older, and/or an individual with serious underlying health conditions, including high blood pressure, chronic lung disease, diabetes, obesity, asthma, and those whose immune system is compromised, such as by chemotherapy for cancer and other conditions requiring such therapy. For states in Phase Three, a vulnerable individual can resume public interactions, but should practice social distancing.) At this time, there are no states in
- Phase Three.

Health and Safety Protocols

- Please use the hand sanitizer available at the entrance of the building and throughout the facility.
- Patrons will scan their Sea Colony issued ID card at the designated area upon entrance.
- Please read and follow all policy and procedures located on signs throughout the facility. This includes patrons working out in the Weight Room, Outdoor/Indoor Pool areas and Restrooms.
- Follow all directional arrows located on the floors in the building.
- Please utilize appropriate doors to enter/exit the facility and areas within the facility, which are clearly marked.
- The restroom and sink areas are open.
- Hands free water filling stations are available; please bring a personal water bottle to fill. The water fountains are not available at this time.
- Showers/locker room areas are not available at this time.



Workout Room Protocols

To ensure thorough cleaning of all of the equipment and to comply with the current max occupancy guidelines, patrons must schedule times to work out in the Weight Room/Gym areas. To schedule a workout time:

- **Online a day in advance:** Follow this link <https://www.seacolony.com/fit-scheduler>. It is available one day in advance. After submission, you will receive an email confirming your reservation.
- **Call 302-539-4511 the day of:** Patrons who do not utilize the online (day before) reservation, will need to call the Fitness Center the day they want to work out to see what times are available and reserve a slot over the phone.
- Patrons may sign up for an hour time slot daily. As conditions improve, times will change. Please be considerate when reserving a timeslot to workout at the Fitness Center. Due to constraints on our max capacity, we want to ensure all patrons are able to enjoy working out. If you have signed up and are unable to attend, please call us at the Fitness Center to cancel your reservation. Times, max number of occupants and reserving your workout timeslot are subject to change as new guidelines are implemented by the Governor and Sea Colony Management. Any changes will be communicated.
- **Available slots per hour per guidelines-** 24 people (30% of maximum Fire Code occupancy)

Morning:	6:30-7:30	8-9	9:30-10:30	11-Noon		
Afternoon:	12:30-1:30	2-3	3:30-4:30	5-6	6:30-7:30	8-9

Workout Logistics

- Please arrive at your scheduled time.
- Check in at the appropriate area in the lobby where you will scan your Sea Colony-issued ID.
- Please do not gather or linger with fellow patrons during your time at the facility.
- Utilize provided anti-bacterial gym wipes to wipe down equipment before and after each use (this is required).
- Do not move any equipment. All equipment has been rearranged for proper social distancing.
- Please exit the building, following the directional arrows and signage at the scheduled end time to ensure the staff has proper time to disinfect for the following time slot.
- If you are utilizing other areas within the facility (restroom, pool areas), please follow the directional arrows and signage from these areas. Max occupant numbers are in place for both the indoor and outdoor pool areas. Please refer to the detailed Indoor and Outdoor pool procedure and guidelines listed below in this document.

Because of concerns about spreading germs, the following equipment is not available at this time: Workout towels, foam rollers, resistant bands, versa loops, slam balls, medicine balls. The following areas are closed at this time: stretching areas, showers/locker room areas, and storage cubbies.