



CPF Re-Opening Guidelines - Phase 4

Reduced Capacity & Reservations

During the initial re-opening, Community Park Fitness will open at the limited capacity of 10 members. Members will book time slots in 1-hour increments either online or by calling the Fitness Center at 630-353-4318.

Only members with a reservation will be allowed into the facility at this time.

Arrival & Check-in

Before coming to Community Park Fitness, members should ask themselves:

1. Do I have symptoms of COVID-19 illness (fever, cough and/or shortness of breath, chills, repeated shaking with chills, muscle pain, headache, sore throat, loss of taste or smell)?
2. Do I have a fever at or above 100.4 degrees Fahrenheit?
3. Do I feel sick?

Members should **stay home** and proceed to follow the Patron COVID procedures located at the end of this document if they answered **yes** to any of those questions.

Members should arrive fully dressed and prepared for their workout and no more than 5 minutes earlier than their scheduled time. Members should remain 6 feet apart at check in and not congregate around the front desk. Members will scan their own cards and not leave any cards on the front desk.

Face Coverings

All members will be required to wear face coverings over the nose and mouth when entering and leaving the facility and whenever they are not exercising. This includes when moving between machines, cleaning machines, and in the locker rooms.

Available Equipment & Social Distancing

Each day, the equipment that is available for use will be indicated with signage. Only the equipment with the "open" sign will be available for use to abide by social distancing. Available machines will be spaced at least 6 feet apart. When using the weight floor, or the functional training studio, members must abide by social distance guidelines and stay 6 feet from one another.

Whenever equipment (weights, kettlebells, resistance bands, etc.) is used, members should bring them to the desk attendant when they are finished. The desk attendant will clean them before putting them back onto the fitness floor.

No mats will be available at this time so please plan accordingly.

Lobby equipment will be removed and rearranged to allow for social distancing.

Cleaning & Disinfecting

All equipment will be disinfected before the start of each day. All members should disinfect the machine or equipment before and after use. Staff will also clean machines and equipment between each use.

Staff will disinfect common areas and touchpoints including bathrooms, door handles, etc. at least once per hour.

Locker Rooms

Locker rooms will be available in a limited capacity. Members are encouraged to come to the fitness center dressed and ready to exercise. If a member does need to change, they may do so in the locker room. One member will be allowed in the locker room at a time to allow for social distancing. Showers will be temporarily closed at the time of reopening. Bathrooms will be open for member use only. Also, towel service will be suspended at this time. Please bring your own towel to use on the fitness floor.

Other Amenities

Member amenities including towel service, coffee and toiletries will be suspended at the time of reopening. This is to eliminate multiple common touchpoints that will be difficult to disinfect. To operate the televisions, the front desk staff will use the remotes to eliminate another common touchpoint.

New Memberships

New members can fill out an interest form on our website at www.lisleparkdistrict.org/communityparkfitness. They will be contacted with further instructions on how to purchase a membership. Prospective new members will not be able to visit the facility without an appointment at this time.

Patron COVID Procedures

PARTICIPANT DAILY COVID-19 CHECKS, PRIOR TO ATTENDING A PROGRAM OR ENTERING A FACILITY

Prior to reporting to the program, please ask yourself/your child the following:

4. Do I have symptoms of COVID-19 illness (fever, cough and/or shortness of breath, chills, repeated shaking with chills, muscle pain, headache, sore throat, loss of taste or smell)?
5. Do I have a fever at or above 100.4 degrees Fahrenheit?
6. Do I feel sick?

If you answered “YES” to any of the above three questions, **do not proceed to the program and notify the program manager**. Participants who are experiencing COVID symptoms should call their doctors and follow CDC guidelines.

RETURNING TO PROGRAMS

Before being granted admittance back to the park district program after exhibiting COVID 19 symptoms, participants must have

- Gone 72 hours without having a fever without fever-reducing medicine, **and**
- Other symptoms have improved, **and**
- At least 10 days has passed since their symptoms first appeared.

If participant does contract COVID-19, they should remain isolated at home for a minimum of 10 days after symptom onset and can be released

- After feverless and feeling well (without fever-reducing medication) for at least 72 hours **OR**
- Has 2 negative COVID-19 tests in a row, with testing done at least 24 hours apart.

If the patron has been away from work based upon the order and/or recommendation of the patron’s physician, we will require a note from a physician indicating that the patron can return to the program.

PROCEDURES FOR EXPERIENCING SYMPTOMS AT PROGRAMS

If a participant begins to feel COVID 19 symptoms while at the program, they will be sent home from the program. In the case of a child feeling symptoms, they will wait in a designated isolation area with one employee until a parent or guardian can pick them up.

Before being granted admittance back to the park district program after exhibiting COVID 19 symptoms, participants must have

- Gone 72 hours without having a fever without fever reducing medication, **and**
- Other symptoms have improved, **and**
- At least 10 days has passed since their symptoms first appeared.

If participant does contract COVID-19, they should remain isolated at home for a minimum of 10 days after symptom onset and can be released

- After feverless and feeling well (without fever-reducing medication) for at least 72 hours **OR**

- Has 2 negative COVID-19 tests in a row, with testing done at least 24 hours apart.

POSITIVE CASE OF COVID 19

If a participant or staff member has contracted COVID-19, a message will be sent to anyone who has had close contact with that participant. They are advised to quarantine 14 days after the last recent contact with the individual and seek a COVID 19 test. Please notify the program manager immediately if you have received a positive COVID-19 test result.