



BUFFALO  
GROVE  
PARK  
DISTRICT



Dear Valued Member,

The Fitness Center at the Buffalo Grove Park District remains open per the Governor's Phase 4 Restore Illinois plan. Please read this letter in its entirety, as it contains all of the information you will need to workout with us.

### Memberships

- If you do wish for us to activate your membership, you must email [fbilling@bgparks.org](mailto:fbilling@bgparks.org), and state that you want your membership activated.
- If you wish to cancel your membership, you must email [fbilling@bgparks.org](mailto:fbilling@bgparks.org).
- All group exercise classes (virtual and live) will be included with all active memberships.
- All promotional memberships, student passes and annual memberships will be adjusted accordingly.

### Hours of Operation

- Until further notice, our new facility hours are Monday through Thursday from 5 am - 9 pm, Friday from 5 am - 7:30 pm, and Saturday and Sunday from 6 am - 5:30 pm.

### The following areas of the facility will be open to members:

- Free Weight and Selectorized (pin loaded machines) Areas (Maximum limit of 47 members)
- Cardiovascular Area (Maximum limit of 65 members)
- Live Group Exercise classes (Maximum limit of 10 members each)
- Personal Training (Limited reservations based on social distancing requirement)
- Reformer Training (Limited reservations due to studio space and social distancing requirement)
- Stretching Area (Limited space due to social distancing requirement)
- Swimming Pool and Therapy Pool (Reservations required, please see website for more information)
- Track (Reservations required, please see website for more information)
- Kickboxing Area
- Pickleball Court (Limited reservations, please see website for more information)
- Locker Rooms (Maximum limit of 10 members)

### The following areas of the facility are closed until further notice:

- Kids Club
- Wellness Room
- Hot Tub and Sauna
- Heart Strong Area

Towel service is discontinued until further notice.

The water fill station at each drinking fountain will only dispense water into a bottle.

Restrooms will be open, with stalls marked for use.

**Before each visit to the Fitness Center:**

Please check how well you are feeling before each visit to the Fitness Center. If you have any symptoms of COVID-19, or have been exposed to anyone with COVID-19, please stay home. Symptoms include fever, chills, headache, sore throat, cough, shortness of breath or difficulty breathing, runny nose, muscle pain or recent loss of taste or smell.

**Check In Procedure**

- Upon entry to the Fitness Center, the front desk is divided into 3 areas of service:
  - Station 1 is for Check In only.
  - Station 2 is for Purchases (personal training, group exercise packages, water bottles, etc.).
  - Station 3 is for Membership Services.

**Member Expectations while at the Fitness Center**

- Everyone must wear a face mask to enter the building - no exceptions. Face masks will not be provided.
- Face masks that cover the nose and mouth must be worn at all times in the building (including during workouts).
- Social distancing is required. Please maintain a minimum distance of 6 feet from others.
- Members will be required to clean any equipment touched, both before and after use. Disinfecting spray and wipes will be available at sanitizing stations throughout the facility.
- Equipment may not be shared, unless members reside in the same household.

Thank you for adhering to these requirements while visiting the Fitness Center. Your health and safety are of utmost importance to us, which is why we strive to make your experience here a comfortable one. We look forward to seeing you soon.

Sincerely,

Joe Zimmermann  
Fitness Center General Manager

## Health Screening Questionnaire

Please review this list of symptoms before each visit to the Fitness Center. If you have any symptoms listed here, or have been exposed to anyone with Covid-19, please stay home.

- Have you felt feverish?
- Do you have a cough?
- Do you have a sore throat?
- Have you been experiencing difficulty breathing or shortness of breath?
- Do you have muscle aches (not attributed to a previous workout)?
- Have you had a new or unusual headache (e.g., not related to caffeine, diet, or hunger, not related to a history of migraines, clusters, or tension, not typical to the individual)?
- Have you noticed a new loss of taste or loss of smell?
- Have you been experiencing chills or rigors<sup>1</sup>?
- Do you have any gastrointestinal concerns (e.g., abdominal, pain, vomiting, diarrhea)?
- Is anyone in your household displaying any symptoms of COVID-19?
- To the best of your knowledge, have you or anyone in your household come into close contact<sup>2</sup> with anyone who has tested positive for COVID-19?

<sup>1</sup> Rigors: a sudden feeling of cold with shivering accompanied by a rise in temperature.

<sup>2</sup> Close contacts include household contacts, intimate contacts, or contacts within 6 feet for 15 minutes or longer, unless wearing an N95 mask during period of contact.