

June 11, 2020

Dear LIFEstyle Fitness Client,

We are pleased to share that the Fitness center will be re-opening Monday June 15th. We are closely following Governor Mills' guidelines and taking every precaution we feel necessary to ensure your safety while working out.

Things will look a little different when you return to the gym, so please review the information below in preparation for your next visit.

COVID-19 Waiver: All clients will be required to sign a new release of liability form upon return to the Fitness Center. Parents/guardians will need to sign for minor children. We've included one in this mailing for your convenience. Save yourself time by reading and signing ahead of time and bringing it with you.

Screening: Clients must enter via the Fitness Center entrance and will be screened prior to entry. Please ring the newly installed doorbell and wait for staff to come to you. You will be asked some questions and have your temperature taken before being allowed in.

Masks: As with all Millinocket Regional Hospital facilities, masking is required to gain entry. Please protect yourself and our staff and have your mask on when you arrive.

Gym: We understand that working out with a mask may not be feasible. Clients are asked to wear a mask when possible, such as during low impact activities, to keep our environment as safe as possible. If wearing a mask is not possible, the 6-foot social distance bubble is increased to 14 feet. Staff will work with you and others to be sure everyone can workout at a safe distance. For that reason, only 8 fitness clients will be allowed in the Center at one time.

Locker rooms: In complying with the reopening guidelines, locker rooms will remain closed except for use of restrooms. Please come dressed for your workout. Showers and changing areas will not be available.

Sanitizing: Your help will be critical to keeping our environment safe. Please clean equipment both before and after your work out; wiping all surfaces that you may touch with the alcohol solution and paper towels provided. Hand sanitizer is available throughout the facility as well.

Pool: The pool is being reserved for physical therapy patients at this time. We are working on plans to safely reopen the pool to fitness center clients in the near future. When the pool re-opens, it will do so with limited capacity and likely by scheduling a time slot to come in. Stay tuned!

Membership: Your membership will pick up where it left off! Until we settle in with our new safety procedures, the gym will be open only to current clients. We will refrain from accepting new members at least through June.

Club Membership: Due to the strict guidelines we must follow, after hours gym access has been temporarily suspended. We apologize for any inconvenience this may cause and will let you know when this changes.

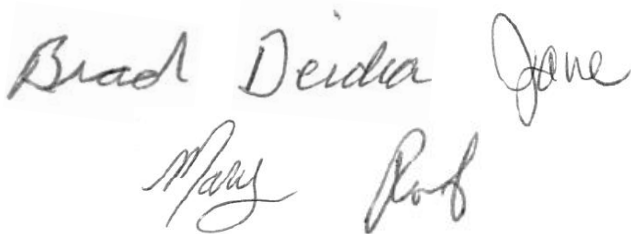
Attendance: Using your swipe card to check in each time is mandatory. Be sure to bring yours with you and let staff know if you need a new one.

Hours: Our hours of operation will remain the same with the exception of a lunch break from 12:30pm to 1:00pm when staff members will not be available.

Please be patient as we all adjust to these new procedures and limited capacity. If you have any questions call us at 723-6454 or send us an email at wellness@mrhme.org.

We hope you're as excited as we are to get back into the gym!

Yours in health,



Remember:

- Wear your mask for screening and low impact activities
- Bring your own water. The water fountain will not be available except for refills.
- Come dressed for your work out and plan to shower at home!