

# LIFeStyle Fitness Center



8/4/2020

Dear LIFeStyle Fitness Pool Client,

**We are pleased to share that the Pool will be re-opening Monday August 10<sup>th</sup>.  
However, it is by appointment only.** *(Information about scheduling is on the next page)*

We are closely following Governor Mills' guidelines and taking every precaution we feel necessary to ensure your safety while using the pool (and/or gym). Things will look a little different when you return, and we wanted to prepare you for those changes.

Listed below is information we want to share with you:

**COVID-19 Waiver:** All clients are required to sign a new release of liability form upon return to the Fitness Center, if you haven't already.

**Screening:** All pool clients must enter via the Fitness Center entrance and to be screened prior to entry. We have installed a doorbell for use when staff aren't at the door and clients arrive. Please be patient, staff will answer the door as soon as possible. You will be asked some questions and have your temperature taken before coming 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. Plan to wear it until you get to the locker room. It is not expected to be worn in the pool area. So, be sure to maintain your social distance (6ft) when in the pool and locker room.

**Locker rooms:** Locker rooms will remain closed to gym clients except use of restroom. For those using the pool, you will use the showers to rinse off before and after pool use. It is your decision whether you come with your bathing suit on, or if you change here.

**Sanitizing:** Your help will be critical to keeping our environment clean and germ free. In order to re-open and stay open we need your help in sanitizing the areas you touch.

**Please note:**

- Hand sanitizer is available throughout the facility and at the door when you enter/exit. Plan to use it.
- It will be your responsibility to use the spray bottle of alcohol to disinfect the shower stall you use and to wipe down the bench you sit on. Staff will go over this with you.

**Membership:** Your membership will pick up where it left off! Until we settle in with our new safety procedures, the pool will be open to only those who were active members when we closed on March.

**Attendance:** Using your swipe card to check in each time is mandatory. We will be keeping a record of when you arrive and when you leave.

**Scheduling:** This is probably the biggest change.

- All pool visits will be by appointment only and **need to be scheduled one day ahead of time**. You will call the fitness center at 723-6454 to schedule with staff. Call Friday to schedule for Monday, call Monday for Tues, etc.
- Only 2 people will be allowed to use the pool at a time (so that you can keep 6 feet apart while in the pool)
- Appointments will be made in 2-hour blocks of time to allow enough time for you to come in, use the pool and exit before the next session starts.
  - Monday, Wednesday and Friday the time slots are as follows:
    - 6:30am, 8:30am and 4:30pm
  - On Tuesday and Thursday, the time slots are as follows:
    - 6:30am, 8:30am, and 10:30am, afternoons 1:00, 3:00 and 5:00pm
- If the schedule fills up for the week, we will start a waiting list in case of cancellations
- You must let us know ASAP if you are unable to make your pool visit, so we can let those on the waiting list know

Please be patient as we all adjust to these new procedures. We will be open to suggestions each step of the way and will make changes as we learn new ways of conducting business. Our overall goal is to keep everyone's health and wellness in mind while we learn to adjust to the "new normal."

If you have any questions call us at 723-6454.

Yours in health,

*Brad Deida Jones*

*Mary Rob*

*LIFeStyle Fitness Staff*

