



Ascension

Exercising Together

Here's how we're keeping you safer while exercising:

Screening At Each Visit

All members will be screened via a verbal health questionnaire & temperature check prior to entering the facility. If you are experiencing any symptoms and/or have a **temperature greater than 99.4 degrees** please stay home & stay safe.

Face Coverings

Per state mandate, face coverings are **required at all times while in the facility, including during exercise, except for while swimming**. Please bring your own face covering. A small supply of face coverings will be available for purchase for \$1 each.

Physical Distancing

Facility capacity limits will be in effect for all exercise areas. Equipment and programs have been redesigned to provide for, or exceed the recommended physical distance between members as well as create more options for exercising independently.

Additional guidance on maintaining the necessary physical distance is posted in each area.

Disinfection Procedures

Under the guidance of Ascension infection control experts we've implemented a 3 step process for ensuring adequate disinfection of equipment and spaces.

Safety Ambassadors

Specially trained staff members will act as our safety ambassadors, ensuring that disinfection guidelines are being met and assisting members with the new procedures. These staff members will be easily identifiable by their red shirts.

Check Out Procedure

To ensure that the facility is not exceeding the state mandated capacity number members will be required to check out when leaving the facility. A self scanner is located at the exit gate.

Here's what you can do:

Stay home if you are sick. Temperature greater than 99.4 and/or a cough or shortness of breath.

Bring your own face covering and keep your mouth and nose covered at all times, except while swimming or showering.

Wipe down any equipment **BEFORE** and **AFTER** each use.

Practice physical distancing at a minimum of 6 feet apart at all times.

Share any concerns. Let a safety ambassador or the front desk know if you are concerned or have questions about any of the safety protocols.

Phase I - Activities & Services Available:

Limited Hours of Operation: Monday-Friday: 5:30 a.m. - 7:30 p.m., Saturday: 7 a.m. - 4 p.m., Sunday: 9 a.m. - 4 p.m.

Physically distanced cardio - gym, fitness floor

Physically distanced strength training - circuit studio, fitness floor weight room

Track - Walking only

Locker rooms - Maximum 3 persons per bay.

Fitness pools & hot tub - Lap and warm water pool by online reservation only, limit of 45 minute time slot, once per day. **Reservations may be made through our member facing online portal:**

bhfc.clubautomation.com. **Instructions for establishing your account & making a reservation are available in the Schedules & Resources section of our website:**

fitness.borgess.com.

Personal training - Available by appointment. Call 552-2250 to schedule.

Racquetball - Solo play or same household only. Reservation at front desk required.

Indoor classes - back court of gym, online reservation or drop-in only if space is available, limit of 15 participants per class.

Reservations are required for all group exercise classes & may be made through our member facing online portal: bhfc.clubautomation.com. Instructions for establishing your account & making a reservation are available in the Schedules & Resources section of our website: fitness.borgess.com.

Outdoor classes & programs - various activities, classes & training programs available. Schedule posted on social media & at front desk.

Virtual group exercise - We will continue to offer virtual classes and have workout videos available on YouTube.

Massage & Acupuncture - available by appointment only. Call 552-2348 to schedule.

Cafe area - Packaged snacks & bottled beverages available for takeout purchase. Coffee and water for purchase to go from front desk staff.

Phase I - Activities & Services Not Available:

Limited Hours of operation - This will allow us extra time necessary for cleaning and disinfecting at the end of the day.

Stay & Play babysitting

Basketball, multi-player racquetball & pickleball

Table tennis & volleyball

Saunas in locker rooms

Aquatic classes and programs

Youth group and private swim lessons

Hot tub and access to Borgess Spine pool

Rentals for pools or rooms

Drinking fountains - Water is available at the front desk in cups, but bottle filling is not permitted.

Shampoo & soap - Please bring your own toiletries for showering.

Lost & Found - Items will be retained for 1 week maximum before being discarded. Some items may need to be discarded immediately due to health concerns.

Guest passes & usage by non-members - All activities are available for members only in this phase.

Family & Friends Time - Due to closure of the court areas, and to ensure adequate member availability in lap lanes, family guests, including children are not allowed in this phase.