

LAKE LAND COLLEGE

STUDENT FITNESS CENTER GUIDELINES FOR FALL 2020

August 10, 2020

Lake Land College seeks to promote the health and well-being of students and staff through use of the [Student Fitness Center \(SFC\)](#) located in [Room 116 in the Field House](#). To make the SFC available during the Fall 2020 semester, strict protocols in accordance with the CDC, IDPH, Restore Illinois: Health & Fitness Center Guidelines, and the College's Return to Campus Plan must be followed.

Individuals utilizing the SFC for personal use, team use, or class use (PED209, PED210) , must agree and abide by all requirements indicated below:

SCHEDULE TIME IN ADVANCE

- To avoid unnecessary exposure, decrease congestion and allow for appropriate sanitation, patrons will schedule a 50 minute work-out period through an online reservation system linked on the [SFC website](#). Hours of availability will be posted on the website and are subject to change.
- The maximum capacity allowed in the SFC at one time is reduced to 35 patrons while the SFC is operating in accordance with current Restore Illinois Fitness Center Guidelines. If those Guidelines change, these Guidelines will be updated.

WEAR WORKOUT ATTIRE AND BRING FULL WATER BOTTLE AND TOWEL

(No accessibility to locker rooms or water fountain)

- All SFC patrons must be wearing appropriate workout attire at the time of check-in at the SFC and plan to wear the same attire when leaving the Fitness Center. Locker rooms will not be accessible for showers or changing attire.
- SFC patrons are encouraged to lock personal valuables in their cars. Other items may be stored in the open "cubbies" while working out.
- Patrons must bring their own water bottle with sufficient capacity for the entire workout, as there will be no access for refills. No sharing of water bottles. Any bottles left unattended after a workout session will be disposed of.
- Any athletes using the Fitness Center must do so before practice or after showering and changing into clean workout attire following practice.

WEAR FACE COVERING AND MAINTAIN SOCIAL DISTANCING AT ALL TIMES WHILE IN THE FITNESS CENTER

- Because the SFC is visited by other patrons, all patrons must wear a face covering appropriately covering their mouth and nose at all times while in the Fitness Center, including while working out, and regardless of whether or not anyone else is present at the time. All patrons must also maintain at least 6 feet of social distancing at all times.

COMPLETE CHECK-IN PROTOCOL PRIOR TO EACH USE

- All patrons must have completed the [Lake Land College Campus Visit Screening Form](#) on the College website or Laker mobile app and be wearing the appropriate face covering to check-in.

- All patrons will enter the SFC through the outside [double doors located on the East side of the building](#) directly off of Parking Lot A. If a line forms for entry, patrons must maintain social distancing and form the line outside the building as marked by signage.
- Each patron will have a non-touch temperature check done by SFC staff. The temperature will be verified for entry but not be recorded. Any patron with a temperature of 100.4 or higher will be provided confidential information regarding next steps and prohibited entry.
- Each patron will present/scan their Lake Land ID card for check in at the SFC check-in counter. (Students will not be able to key-in their ID#.) Only those individuals who are scheduled will be allowed to enter the SFC.

FOLLOW GUIDELINES FOR USE OF EQUIPMENT

- Equipment available for use will be placed at least 6 feet apart.
- Any equipment that is taped off or has a sign posted "Ready to Clean" is not available for use.
- Work-out in the free-weight area will be limited to two racks at a time.
- Patrons may not share equipment during work-out.

CLEAN EQUIPMENT BEFORE AND AFTER USE

- Disinfecting wipes will be provided throughout the SFC. Patrons will need to wipe down touch points on the equipment before and after each use. SFC staff will disinfect all surfaces and equipment each hour. Any equipment with a sign posted "Ready to Clean" is not available for use.

EXIT THE SFC IMMEDIATELY FOLLOWING WORK-OUT

- Following the scheduled work-out, patrons will gather their belongings and leave the SFC, exiting through the same double-doors in which they entered.

NOTE: SFC staff will wear an appropriate face covering and maintain social distancing at all times while in the SFC. Staff will wear appropriate disposable gloves while cleaning and disinfecting equipment.

For additional information:

Visit the [Student Fitness Center](#) website at www.lakelandcollege.edu/fitness-center

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