



Dundee Township Park District Phase 4 Fitness Facility Reopening

Please take a moment to read through this important information, so you are familiar with our updated operations, including adjustments to our hours of operation and information regarding your membership. We ask for your patience with the reopening as there will be several changes and guidelines for our employees and members to follow. We thank you for your understanding as safety continues to be our top priority.

Adjusted Fitness Hours

In order to complete more frequent and deeper nightly cleaning to equipment and surfaces, the hours of operation are adjusted as follows.

Randall Oaks Fitness Center - *Temporary Hours of Operation*

- Monday-Fridays: 5:00 am-8:00 pm
- Saturday & Sunday: 7:00 am-5:00 pm

Rakow Fitness Center - *Temporary Hours of Operation*

- Monday-Friday: 5:30 am-8:00 pm
- Saturday & Sunday: 7:00 am-5:00 pm

Membership Information

We want all our members to be at ease and allow them to use the facility at their own pace. We would like to give our fitness members time to feel comfortable with our new, modified operations that focus on the safety of our members and staff. If you have any additional questions, please email our Membership Coordinator, Kathy, at kprigge@dtpd.org or myself, Bill, at bhepperle@dtpd.org.

Capacity

Per the guidelines issued for Phase 4, we will be operating our fitness centers at 50% of our normal capacity. Therefore, the facility will only be open to our current active members. We will be accepting new memberships, but not guests or daily visits until we get a better understanding of the usage patterns. Access will be offered on a first-come, first-served basis if we reach capacity at any time.

Capacity at the Randall Oaks Recreation Center will be able to accommodate 40 members at any given time. The Rakow Center will be able to accommodate 20 members at any given time. Currently, we do not want to implement a time-registration policy for our members. Once the facility reaches capacity, we will not allow additional members into the center until the total number of members in the facility falls below the capacity limit.

If you arrive at our facility and we are at capacity, you will be asked to leave the facility and wait in your car. We will call you to enter once someone leaves, or you will be able to return later in the day. We encourage participants to call the fitness desk at (847) 428-7131 x1400 (Rakow Center) or x2100 (Randall Oaks Recreation Center) to check if we are at capacity before coming to the fitness facility. We ask that you are considerate of others and limit your work out to one hour and fifteen minutes. We will continue to evaluate this process and may need to implement a reservation-based system to control usage numbers. You will be notified if we change our procedure.

Fitness Center Capacity

- Randall Oaks Recreation Center – Fitness Center capacity will be limited to 40 members at any given time.
- Rakow Center – Fitness Center capacity will be limited to 20 members at any given time.

Group Exercise Studio Capacity

- The Randall Oaks Group Exercise Room capacity will be limited to 17 participants at any given time.
- The Rakow Center East/West Room capacity will be limited to 21 participants at any given time.

Safety Precautions

Everyone in our building requires a mask or face coverings upon entering the building. Members will need to wear face coverings when entering and leaving the facility and when social distancing cannot be achieved. Face coverings may be removed when exercising but must be worn while switching equipment, walking to and from classes, or to use the restroom.

The Dundee Township Park District will not be taking temperatures of patrons entering the building. Instead, we ask that all employees and fitness members utilizing the facility perform a self-check before coming to the facility. Ask yourself the following questions before coming to the facility. If you answer yes to any of these questions, please do not come on-site that day to help prevent the spread of illness. Staff may ask you if you've completed the self-check upon entering the facility.

- Do you have a fever of 100.4 degrees Fahrenheit or higher?
- Do you have a cough?
- Do you have a sore throat?
- Do you have muscle aches?
- Have you been experiencing difficulty breathing or shortness of breath?
- Have you had a new or unusual headache?
- Have you noticed a loss of taste or loss of smell?
- Have you been experiencing chills or rigors (i.e., a sudden feeling of cold with shivering accompanied by a rise in temperature)?
- Do you have any gastrointestinal concerns (e.g., abdominal pain, vomiting, diarrhea)?
- Have you tested positive for COVID-19 in the last 14 days?
- Is anyone in your household displaying any symptoms (as listed above) of COVID-19?
- To the best of your knowledge, in the last 14 days, have you come into close contact with anyone who has tested positive for or been diagnosed with COVID-19?

In addition, the Dundee Township Park District will be following all cleaning procedures based on the CDC recommendations. Hand sanitizer stations will be available throughout the facility, and desk shields have been placed at the fitness desk to protect you and our staff. Face coverings will be worn by all Park District staff inside the building.

Social Distancing

When possible, we recommend that patrons allow for a social distance of 6-ft. while in the building.

Cleaning

Our staff will continually clean the equipment and facility throughout the day. All members are required to clean the equipment they use before and after each use. After the facility is closed, staff will wipe down all equipment in order to prepare for the next day of operation.

Locker Rooms

At this time, Men's and Women's locker rooms are temporarily closed, however, we look forward to the Locker Rooms at both the Rakow Center and Randall Oaks Recreation Center reopening on Sunday, November 1st. Showers within all locker rooms will remain closed until further notice. Please leave your personal belongings at home as the staff will not be responsible for personal items.

Amenities and Services Temporarily Closed/Suspended

The following amenities and services will be temporarily closed or suspended according to the current Phase 4 guidelines.

- Drop-in Basketball, Drop-in Group Fitness Classes, and Drop-in Fitness Center Usage: Suspended (Randall Oaks & Rakow Center)
- Fitness Equipment Removed:
 - Foam rollers
 - Single Hand Grip attachments (with foam casing) (Fitness Centers & Group Fitness Room)
 - Stretching Mats (Fitness Centers & Group Fitness Room)
 - Triceps Rope attachment(s)
 - Yoga Blocks (Fitness Centers & Group Fitness Room)
 - Yoga Bolsters (Fitness Centers & Group Fitness Room)
 - Yoga Straps (Fitness Centers & Group Fitness Room)
- Personal Training clients CAN bring their own fitness equipment as long as they are Training outside and DO NOT bring the equipment into the facility.
- Gymnasium: Closed (Randall Oaks & Rakow Center)
- Indoor Track: Closed (Randall Oaks & Rakow Center)
- KidZone: Closed (Randall Oaks)
- Locker Rooms: Will reopen on Sunday, November 1
 - SHOWERS WILL REMAIN CLOSED UNTIL FURTHER NOTICE
- Magazine Service: Suspended (Randall Oaks & Rakow Center)
- Newspaper Service: Suspended (Randall Oaks & Rakow Center)
- Sauna: Closed (Rakow Center)
- Towel Service: Suspended (Randall Oaks & Rakow Center)
 - Members and Personal Training clients CAN bring their own towel to use

- Water Bottle Sales: Suspended (Randall Oaks)
- Water Fountains: Closed (Randall Oaks & Rakow Center)
 - Please bring your own water bottle. Only touchless refillable water stations will be available for use. Water fountains will not be accessible at this time.
- Whirlpool: Closed (Rakow Center)

Equipment

In order to promote safe social distancing, the following changes have been made to our fitness equipment.

Cardiovascular

Every other piece of cardiovascular equipment will be accessible and operable. This will allow our facilities to maintain 6-ft. for social distancing.

Strength Equipment

The appropriate maneuvering of specific pieces of strength equipment have been made to allow 6-ft. for social distancing and to secure a barrier between strength units where applicable.

Group Exercise Classes

The staff has revised the group exercise schedules to allow 30-minutes between classes to clean and sanitize equipment and to maintain social distancing. The group exercise studios will be marked to manage social distancing requirements, and spaces will be available on a first-come, first-served basis. Due to the current guidelines, some class formats have been adjusted. Finally, before and after class, please maintain 6-ft. social distancing. The updated schedule of classes can be found on our website.

Important Changes

- 8-ft. markings have been placed in the Group Exercise Room at the Randall Oaks Recreation Center and the East/West Room at the Rakow Center. Participants must stay within the boundaries to maintain social distancing.
- Participants will be allowed to grab the equipment they need for class. At the end of class, the participants will wipe down all of the equipment and return the items to the appropriate storage unit.
- Before and after class, please maintain 6-ft. social distancing.

Group Exercise Studio Capacity

- The Randall Oaks Group Exercise Room capacity will be limited to 17 participants at any given time. *(Not counting Instructor)*
- The Rakow Center East/West Room capacity will be limited to 21 participants at any given time. *(Not counting Instructor)*

At this time, the following classes have been canceled until further notice.

- Senior Aerobic Classes
- 50+ Fitness Registration Classes
- SWAT Registration Classes

Personal Training

One on one personal training sessions will continue at both of our locations.

Open Gym

There will be no open gym hours during Phase 4 of our reopening. The use of the gymnasium is restricted to our Summer Camp Program only. This will help us to maintain a safe environment for our camp participants.

Lap Swim

We will be offering lap swim at the Rakow Center Indoor Pool during Phase 4. Lap swim will be available on a first-come, first-served basis. Please see the current schedule at <https://www.dtpd.org/aquatics/lap-swim/>

Arrival

On your first visit back, please remember to bring your own towel and water with you, dressed and ready to work out. Leave personal belongings at home as our locker rooms will remain closed until further notice. Staff will not be responsible for personal items. Masks will always be required in the building, except while exercising. Upon entering the facility, please use the hand sanitizer located at each entrance. Proceed to the Fitness Center and have your membership card ready. Card scanners have been turned around so that you will scan your membership cards at the fitness desk. Please wait for the fitness attendant to acknowledge you before you proceed into the fitness center.

If at any time you have a question, please call us at (847) 428-7131 or email info@dtpd.org. We hope that you will work with us to follow these guidelines and make the best experience possible. We look forward to seeing you soon!