



## **Restore Illinois Bridge Phase Guidelines Fitness Facility**

We hope everyone has been healthy and safe during these uncertain times. Now that Illinois has moved safely back into the Bridge Phase of the Restore Illinois Plan, we are ready to resume our operations with adjustments in place to keep everyone safe.

Please take a moment to read through this important information, so you are familiar with our updated Fitness Center operations. 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 questions, please email our Membership Coordinator, Kathy, at [kprigge@dtpd.org](mailto:kprigge@dtpd.org) or myself, Bill, at [bhepperle@dtpd.org](mailto:bhepperle@dtpd.org).

### **Capacity**

Per the guidelines issued for the Bridge Phase, we will continue to operate our fitness centers at 50% of our normal capacity. The facility will continue to be open to our current active members as well as individuals interested in utilizing the fitness center and paying our daily drop-in fee(s). We will also be accepting new memberships. 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 50 members at any given time. The Rakow Center will be able to accommodate 20 members at any given time. Reservations/time slots will no longer be required for members to workout in our fitness centers.

### **Indoor Track**

Capacity for our Indoor Track will be limited to 15 participants at any given time. Currently, we are enforcing a reservation system for all participants to utilize the Indoor Track.

- Reservations can be made the day before your visit by phone Monday-Friday 5:30 am-7:30 pm and Saturday-Sunday 7:00 am-5:00 pm. For same-day reservations, you must call for availability. Each time slot is 45-minutes.
  - For Randall Oaks Recreation Center, please call 847-428-7131 x2502.
  - For Rakow Center, please call 847-428-7131 x1400.

Once we reach the limited capacity, we will not allow additional individuals onto the Indoor Track until the next reservation time slot.

### ***Fitness Center Capacity***

- Randall Oaks Recreation Center – Fitness Center capacity will be limited to 50 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**

**Face coverings must be worn at all times**, including while engaged in individual exercise regardless of the person or machine spacing; this includes group exercise classes. Our patrons, members, and staff's safety and well-being are the priority as we navigate these months ahead. To protect our community, we require people to wear face coverings. As always, thank you for your patience, ongoing support, and flexibility.

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 have 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 have reopened, however, 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 Bridge Phase guidelines.

- Drop-in Group Fitness Classes Usage: Suspended (Randall Oaks & Rakow Center)
- Fitness Equipment Removed:
  - Foam rollers
  - Stretching Mats (Fitness Centers & Group Fitness Room)
  - 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.
- KidZone: Closed (Randall Oaks)
- Magazine Service: Suspended (Randall Oaks & Rakow Center)
- Newspaper Service: Suspended (Randall Oaks & Rakow Center)
- Sauna: Closed (Rakow Center) · Stretching Area(s): Suspended (Randall Oaks & 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**

Group exercise studios have been 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. **Face coverings must be worn at all times including when engaging in exercise.**

### ***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.

- SWAT Registration Classes

### **Personal Training**

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

### **Lap Swim**

We will be offering lap swim at the Rakow Center Indoor Pool during the Bridge Phase. Lap Swim reservations can be made online by visiting our website at [www.dtpd.org](http://www.dtpd.org).

### **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. Staff will not be responsible for personal items. Masks will always be required in the building, including 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.

If at any time you have a question, please call us at (847) 428-7131 or email [info@dtpd.org](mailto: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!

Bill Hepperle  
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