

Dundee Township Park District Return to Phase 5 Fitness Facility Reopening

We hope everyone has been healthy and safe during these uncertain times. Now that Illinois has moved safely back into the Phase 5 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 or myself, Bill, at bhepperle@dtpd.org.

Capacity

Beginning on Friday, June 10, Fitness Center(s) capacity restrictions will be lifted.

Indoor Track

Beginning on Friday, June 10, reservations will no longer be needed to access the Indoor Track(s). In addition, capacity restrictions will also be lifted.

Safety Precautions

By entering the Fitness Center(s) without a face covering, you are verifying truthfully that you have been fully vaccinated. Dundee Township Park District requests that if you are not fully vaccinated that you continue to wear a face covering and practice social distancing.

We ask that all employees and fitness members utilizing the facility continue to 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.

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

Beginning on Friday, June 10, the Locker Room showers will be accessible at both the Randall Oaks Recreation Center and Rakow Center.

Amenities and Services Temporarily Closed/Suspended

The following amenities and services will continue to be temporarily closed or suspended:

- **KidZone:** Closed (*Randall Oaks*)
- **Magazine Service:** Suspended (*Randall Oaks & Rakow Center*)
- **Sauna:** Closed (*Rakow Center*)
- **Towel Service:** Permanently Discontinued (*Randall Oaks & Rakow Center*)
- **Water Bottle Sales:** Suspended (*Randall Oaks*)
- **Whirlpool:** Closed (*Rakow Center*)

Equipment

Beginning on Friday, June 10, all Fitness Center equipment will be back in service with no social distancing signage.

Group Exercise Classes

Beginning on Friday, June 10, Group Exercise Class capacities will be increased to abide by new room capacities that are listed below.

Randall Oaks Group Exercise Classes Maximum Capacities:

- BodyPump: 30 participants
- Spin: 22 participants
- Vinyasa Yoga (*held in Multi-Purpose Room*): 13 participants
- ALL OTHER CLASSES: 30 participants

Rakow Center Group Exercise Classes Maximum Capacities:

- Spin: 14 participants
- Senior Aerobics/Stretch and Strength: 28 participants
- ALL OTHER CLASSES: 35 participants

The updated schedule of classes can be found on our website. **By entering the allocated Group Exercise Room(s) without a face covering, you are verifying truthfully that you have been fully vaccinated. Dundee Township Park District requests that if you are not fully vaccinated that you continue to wear a face covering while participating in any Group Exercise Class.**

Important Reminder

- 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.

Lap Swim

We will be offering lap swim at the Rakow Center Indoor Pool during Phase 5. Lap Swim will continue to utilize online reservations that can be made online by visiting our website at www.dtpd.org.

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!

Bill Hepperle
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