

## Guidelines and Rules for Westside Community Center Weight Room Reopening:

In adherence with the COVID-Safe Practices, the following changes will be made:

- Gym participants will be required to come in by **appointment only**  
Call 505-314-0176 Please give three time options for each day from the times listed below that they wish to come in. **Participants cannot request more than three days per week, at this time. Times and days are not guaranteed. Times will be scheduled on a first come first served basis.**

<b>Available times to request Monday- Friday</b>
7:00am -8:00am
8:30am – 9:30am
10:00am – 11:00 am
11:30 am – 12:30 pm
1:00 pm – 2:00pm

Participants will receive a confirmation email, phone call, or text. Please include your preference when requesting your appointment.

Note that times not listed are unavailable due to sanitizing of the facility.

**These hours are temporary and we will return to regular hours in the future when we are open at full capacity**

- Upon arrival for appointment, participants will be asked to line up while appropriately social distancing outside the building. Staff will meet participants at the door to check them in one at a time.
- Please be on time, no one will be allowed in 15 minutes after we check in for appointments. If you are going to be late please call the center. If you are allowed in, your workout end time will remain the same.
- Do not congregate in front of the door. Remain six feet apart at all times.
- Masks must be worn while in common areas (including waiting in line, walking through lobby and going to the restroom) with the exception of exercising in the weight room.
- Come ready to work out. Locker rooms will not be available to use at this time.
- Note that some items have been removed from or blocked off in the gym for safety purposes.

- Weight room staff will be present to ensure social distancing is observed while working out.
- Social gathering in weight room, restrooms or lobby is prohibited.
- Children and others will not be allowed to wait inside while participants are working out. The center including the lobby remains closed, no one will be allowed in 15 minutes after we check in for appointments.
- If you are sick or experiencing any symptom related to Covid-19 we ask that you stay home.

**The safety of our participants and staff is very important to us, anyone not following the safety guidelines will be asked to do so and refusing to comply with the guidelines and rules will result in asking the participant to leave the building.**

**Thank you and welcome back,**

**Westside Community Center Staff**